

## Welcome to Your 2023-2024 School Year



Hello to all of my fellow supporters and defenders of children and welcome to your 2023-2024 school year.

My name is Denise, and I am serving as the Kansas PTA President for the next two years filling the term of Jim Baucom. This newsletter is a communication to bring you information about issues that affect children and to bring you to places where you can connect to help you as you work throughout this year. One of the main focuses for our Kansas PTA Board of Managers this year is to let you know that you are not alone. We are here to assist you. Collectively, we have hundreds of years of parenting experience, and we also have many years of being involved in our Parent Association, PTA, so we want to extend a hand to any of you who may feel that you need it. In my mind, the only stupid question is the one that you didn't ask, so.... this is your invitation to ask away. You can reach us by emailing us through the PTA email address, <mailto:KansasPTA@gmail.com> and your email will be routed to the appropriate board member.

I want to congratulate Briarwood Elementary PTA who recently received the inaugural Jim Baucom Volunteer Award from the Shawnee Mission Area Council. Their idea to have PTA's in their district help to support the non-traditional schools that did not have a PTA in that council started the ball rolling on sharing volunteers and resources across the district. Congratulations again! Kansas PTA also has awards that are presented at our Convention that allow you to honor an educator, a student, or a volunteer for their outstanding work during the year. Please keep that in mind. You will see the call for applications for those awards later in the school year.

In this newsletter you will find information on grants, membership, programs, and health issues that can affect children and their families. Please feel free to share these PTA resources with others in your PTA. We have changed the location of the April Kansas PTA Convention to the Center for Academic Achievement (CAA) Building in the Shawnee Mission School District. This building allows us large wide-open spaces in a handicap accessible building and will give us the opportunity to meet and gather for education, information, and good old fashion socializing. Please be sure to keep an eye out for notifications about this important annual event. One of the ways to do that is to sign up for our Facebook Page. This allows you to be notified of grant opportunities, program submission deadlines, and advocacy alerts that occur between newsletters.

If you are reading this newsletter and our not yet a member of PTA, please remember to join your local school PTA for the 2023-2024 term from July 1, 2023, through June 30, 2024. If you don't have a local PTA, you may become a PTA member by emailing the Kansas PTA office and asking for information on joining our statewide PTA unit, Golden Oaks or just go to the Kansas PTA website at [Kansas-PTA.org](http://Kansas-PTA.org) and hit "Join KS PTA Online" at the top of the page. You will be glad you did!

Have an amazing year!

Denise Sultz

*Kansas PTA President 2023-2025*



## Save The Date: February 6, 2024

Join members of the KS PTA Legislative Team for a day inside the Kansas State Capitol in Topeka. Meet legislators, attend session, and show your support of KS PTA's legislative priorities of quality and accessible education for all children in Kansas. **MORE DETAILS TO COME.**



National PTA is offering **over \$600K to over 500 PTAs** to help conduct programs for families in the areas of digital safety, STEM, healthy lifestyles, the arts and family engagement. Your PTA can be eligible for \$1,250 or more in funding to help cover expenses like food, transportation, and translation services to ensure all families can participate.

- Visit [PTA.org/grants](https://pta.org/grants) to learn more and apply.
- The deadline for the grant applications is Wed, October 4<sup>th</sup> at 11:59 PM PT.

## Make Your School a National PTA School of Excellence

**Enrollment in the School of Excellence program is extended through Oct. 15, 2023.**

The School of Excellence journey involves your entire school community using a roadmap to excellence for Family-School partnerships, resulting in a more inclusive and welcoming school community.



**SCHOOL OF  
EXCELLENCE**

ENROLL HERE: <https://www.pta.org/home/programs/National-PTA-School-of-Excellence>

All PTA's that earn the National PTA School of Excellence designation are considered automatically for the Phoebe Apperson Hearst Award. This is National PTA's highest honor recognizing effective family engagement strategies and includes a \$2,000 grant.



# Give Your Students the Opportunity to SHINE in Writing and the Arts

Get complete participation guidelines at <https://kansas-pta.org/programs/arts-awards/>

## Reflections

**National PTA Reflections Theme: “I Am Hopeful Because...”**

Unleash the artist within your kiddos, there are 6 categories within the Reflections Contest! Ages Preschool–Grade 12, including a special artist division to provide students with disabilities with the opportunity to participate.

Suggested Local Unit Turn-In – Oct. 19, 2023

Council Turn-In – Nov. 4, 2023

State Turn-In Deadline – January 13, 2024

**WATCH your email for additional information and digital turn-in guidance.**

2023-2024 Call for Entry Video: <https://www.youtube.com/watch?v=MuoV5TyfBI>

Reflections Info Video - <https://www.youtube.com/watch?v=8FlqjlxKQms>



## Kansas PTA Citizenship Writing Contest

**The 2023-2024 Citizenship theme: “I Will Lift Others Up By...”**

Kansas PTA is proud to sponsor, support, and encourage our students in grades 5-12 to write an essay or poem on the selected theme for the Citizenship Writing Program. This theme changes every year and encourages students to think about Citizenship in a broad sense.

Get complete participation guidelines at <https://kansas-pta.org/programs/arts-awards/>

# Mary Lou Anderson Reflections Arts Enhancement Grant

National PTA is proud to continue Mary Lou Anderson's legacy of Reflections. Through this grant opportunity, **two local PTAs will be awarded \$1,250** to administer innovative, student-centered programs that increase access to high-quality arts learning experiences and new pathways for students to participate in National PTA's Reflections program.

**This program is for all grades and ages.** To be eligible for the Mary Lou Anderson Reflections Arts Enhancement grant, your PTA must:

- **Participate or have participated in the 2023-2024 [Reflections](#) program "I am Hopeful Because..."**
- Use the funding to provide new pathways for at-risk and underserved students to **participate in innovative and student-centered arts education experiences**, including the Reflections program.

Fall 2023 Program grant opportunities will run from **Aug. 29 – Oct. 4**. Learn more and apply at [PTA.org/Grants](https://pta.org/grants).

---

## Kansas PTA Membership Awards Rundown

**Early Bird Award** – Initial membership dues submitted by **October 1**

**Meadowlark Award** – Early Birds who submit an additional 25 members by January 15

**Golden Apple Award** – Units with 100% membership of full-time certified staff

**One Voice for Every Child Award** – Membership total is equal to or greater than the number of students enrolled in the school

**Challenge Award** – Units with 5% membership increase over the previous year's membership total

**Making a Difference Award** – Units with at least 15% member increase over the previous year's membership total.

**Kansas Honor Roll** – Units with membership equal to or greater than 60% of their enrollment

**Community Outreach Award** – Units with at least 10 non-traditional members





**INVEST**



**FOR YOUR CHILD**

**JOIN**



**FOR YOUR CHILD**

**ADVOCATE**



**FOR YOUR CHILD**

**ENGAGE**



**FOR YOUR CHILD**

**CHAMPION**



**FOR YOUR CHILD**

# PTA FOR YOUR CHILD

**MEMBERSHIP  
CAMPAIGN  
TOOLKIT**

**ACT**



**FOR YOUR CHILD**

**VOLUNTEER**



**FOR YOUR CHILD**

**GUIDE**



**FOR YOUR CHILD**

**PROTECT**



**FOR YOUR CHILD**

**CONNECT**



**FOR YOUR CHILD**

**[Membership Campaign Toolkit >>](#)**

## Immunizations Time



Back to school time is a time to think about doing everything you can to keep your child healthy, so they are able to be in school learning. Getting enough sleep, eating a healthy diet, and getting regular exercise are all important ways to improve your child's health and well-being. Just as important is making sure they have a yearly well visit with their doctor and get their vaccines up to date. In KS, there are certain vaccines that are required by statute to be enrolled in public schools.

You can find all requirements on the KDHE website here:  
<https://www.kdhe.ks.gov/324/Immunization-Requirements>

As we head into winter, influenza and COVID cases tend to increase, so it is also recommended that children get yearly flu and COVID-19 vaccines. Talk to your child's doctor about when they recommend your child get those vaccines. To help prevent transmission of influenza and COVID, it is also important to use good hand washing, cover your cough with your elbow, and to keep your child home from school when they have symptoms of a respiratory illness (fever, cough, headaches, body aches, fatigue, sore throat).

A great resource for more immunization information is the Immunize Kansas Coalition.  
<https://www.immunizekansascoalition.org/default.asp>

## When and How to Wash Your Hands

Keeping your hands clean is one of the best ways to protect your friends and family from getting sick. It is especially important at key times when you are likely to get and spread germs:

*After using the bathroom*

*Before and after preparing food or eating*

*After coughing, sneezing, or blowing your nose*

**Washing hands is easy.** Follow the 5 steps every time — wet, lather, scrub, rinse, dry.



## Healthy Meals Incentives Recognition Awards



As part of a cooperative agreement to develop and implement the USDA Food and Nutrition Service's [Healthy Meals Incentives Initiative](#), Action for Healthy Kids (AFHK) is offering **Recognition Awards** to celebrate School Food Authorities (SFA) that have made significant improvements to the nutritional quality of their school meals. Get full details at:  
<https://healthymealsincentives.org/recognition-awards/>

**M**y name is Monica Crowe, I am a past State President from 2017-2019 and PTA member for almost 30 years.



One of the most important things we do as PTA members is to advocate. Most of us do it every day and don't even realize it. Usually, it's for our kiddos or family.

Something happened recently in my life and I was asked to share it with you.

April 14, 2023, I went to work, ended my day, ran a few errands then returned to my house. Around 4:00pm I started to notice I was very hot and something just didn't feel right, while I was trying to figure out what was happening, I set my phone on my dining room table and moved to my living room in front of a fan. It finally dawned on me, "I'm having a heart attack."

I attempted to get up to get my phone, but my legs didn't want to work. I looked at my clock it was 4:20, my husband usually gets home around 4:30 so I just concentrated on breathing slow and steady.

When he got home, he said I looked funny, I said can you please call 911 and bring me some water or cold rag, he suggested he could take me to the hospital, I said no call 911 please, this has been happening for a bit and I think I need to be in an ambulance now. He brought me baby aspirin, his phone and a cold cloth, then went out to wait for the ambulance, the dispatcher started asking me questions. I was trying to answer but just kept saying please hurry. Minutes later the EMT's were in my house sticking EKG stickers all over me. My husband asked, "Is she having a heart attack?" One of the EMT's turned the monitor around and showed him while shouting for the chair to take me out on. I heard the EMT tell my husband, "We are heading to KU. Go to the ER. We will tell them you are on the way."

Within minutes after arriving at KU, a cardiologist told me I was having a major heart attack. I had 100% blockage in the lower part of my heart. He told me that they needed to get me to the Cath lab now, but there was someone in there and they were finishing up. They actually took me into the hall with all my monitors & IVs so when the room was ready, we were going, A few minutes later my husband got there and told me my girls were in the parking lot and heading inside. The Dr. said: "We can't wait. We need to go NOW!"

By 7:30 PM I was done and in Cardiac ICU with both my girls and my husband there. I have a stent in my heart, and I am still alive and feeling really good. That night my night nurse told me, "Thank you." I asked for what and he said I have read about the perfect heart attack, but most people don't survive the kind you had.

The moral of this story is if something doesn't feel right or sound right, advocate for yourself or others to make it right!

**Helpful Tips for Strokes and for Heart Attacks >>>**



# It Pays to Know the Warning Signs

Do your children or loved ones know these warning signs in case they are there when a medical crisis occurs?



Advent Health shares these Helpful Tips for Strokes and Heart Attacks to help you if you would like to have a conversation with your family members.

## Stroke Warning Signs

**B Balance:** Watch for sudden loss of balance.

**E Eyes:** Check for vision loss or changes.

**F Face:** Look for facial droop, uneven smile.

**A Arm:** Check for arm weakness or drift.

**S Speech:** Listen for slurred speech, or inability to speak, and confusion.

**T Time:** Time to call 911 and note time of symptom onset.

**Be alert. Be aware. Be Fast.**

## Symptoms of a Heart Attack

Pain, squeezing, heaviness, or discomfort in chest.

Lightheaded, nausea or vomiting.

Discomfort in jaw, neck, or back.

Discomfort or pain in arm or shoulder.

Shortness of breath, dizziness, or sweating.

Sudden severe fatigue.

**Be alert. Be aware. Heart attacks can happen anywhere.**

## What to Do if You're Worried About Suicide

<https://childmind.org/article/youre-worried-suicide/>

If you think your child might be feeling suicidal, talk with them about it. Sometimes people are afraid that if they bring it up, it will make the child more likely to attempt suicide, but that's not true. Showing your child that they have someone safe to talk to makes them feel understood.

It might sound obvious but start by making sure your child knows how much you love them, and how important they are to you. Pay plenty of attention to them and let them know that you empathize with how they feel. Try not to tell them that they shouldn't feel the way they do. Instead, try for simple validation: "That sounds really hard," or "I've felt that way too."

When you're worried about a child, it's easy to get into a cycle of being upset and critical. Instead, try to find time to just hang out, chat, and do fun things together. Keeping tabs on kids is another way to keep them safe. Watch their social media, get in touch with their school, and talk with their friends and even their friends' parents.

If your child needs professional support, it's important to find a therapist who has a lot of experience with suicidal teenagers. Your child's pediatrician can give you names of therapists they trust. Make sure your child feels comfortable with the therapist. Both CBT (cognitive behavioral therapy) and DBT (dialectical behavioral therapy) are very useful for suicidal kids. The therapist might also recommend that your child take medication to feel better.

Finally, if you think your child is in danger of attempting suicide now or soon, call 911 or get them to a hospital right away. It's very important to take threats of suicide seriously.



# National PTA and Walmart Team Up to Support Students and Communities

*All PTAs to receive a free, one-year Walmart Business+ membership; funding to be awarded to select PTA grantees to host PTA Wellness Fairs*

ALEXANDRIA, Va., (Sept. 14, 2023)—National PTA announced that Walmart, through Walmart Business, has become the association’s newest [Proud National Sponsor](#). Together, National PTA and Walmart will support students and communities by offering all local PTAs throughout the country a free, one-year Walmart Business+ membership, an estimated value of approximately \$2 million, through which PTAs can save on needed supplies for their schools. Additionally, National PTA, through the support of Walmart, will provide funding to local PTAs to host PTA Wellness Fairs for students and families to learn about healthy living.

“National PTA and Walmart are committed to making a difference in communities across the country. Ensuring students have the resources they need for learning and living a healthy lifestyle are key components to our students’ ability to thrive,” said Yvonne Johnson, president of National PTA. “We are pleased to team up with Walmart to make an impact by providing needed supplies for schools and classrooms and bringing resources and activities to students and families to help them make better-informed decisions around healthy lifestyles.”

“Walmart believes impactful change starts locally in the communities we serve every day. That’s why we’re excited by our work with National PTA to ensure students, teachers, families and communities around the country have access to the resources and supplies they need to support educational success and wellness,” said Ashley Hubka, senior vice president, general manager, Walmart Business.

Walmart Business is a dedicated site and e-commerce experience designed to help organizations like local PTAs save time and money with their purchasing. By providing a free, one-year Walmart Business+ membership, PTAs nationwide can shop for, and order needed supplies for classrooms, teachers and their schools with access to savings benefits such as 2% rewards on orders of \$250 or more and free shipping with no minimums. They’ll also save on purchases through Walmart’s everyday low prices and by using their tax-exempt status.

With support from Walmart, National PTA will also provide 40 local PTAs with \$1,250 each in funding to host a PTA Wellness Fair. [PTA Wellness Fairs](#) provide students the opportunity to engage with health topics beyond the traditional classroom environment and in a fun, flexible and interactive way. The new PTA Wellness Fair program is part of National PTA’s [Healthy Lifestyles](#) initiative, which includes the three pillars of healthy bodies, minds and earth. PTAs can apply for the funding available to help host a PTA Wellness Fair now through Oct. 4 at [PTA.org/Grants](#).

“National PTA’s new PTA Wellness Fairs program is designed to provide access to engaging, educational and fun opportunities that bring knowledge, tools and resources into the lives of students and families to support their health and well-being,” added Nathan R. Monell, CAE, National PTA executive director. “Our association remains committed to ensuring that families and schools have tools and information to best support students’ learning, development and success, as well as improve the health and safety of our communities. We appreciate Walmart’s support of this effort.”

PTAs can visit [PTA.org/MemberOffers](#) to create an account and claim their free Walmart Business+ membership as part of the new alliance between National PTA and Walmart. For additional resources and to learn more about how Walmart provides opportunities for nonprofits like PTA to engage with associates and customers to support their cause, visit [Walmart.com/Nonprofits](#).

[Read Full Press Release here](#)



*everychild.one voice.®*

## Contact Kansas PTA

715 SW 10th Ave #215, Topeka, KS 66612  
(785) 234-5782

[kansaspta@gmail.com](mailto:kansaspta@gmail.com)

### Kansas PTA Board of Managers – 2023-2025

President	Denise Sultz	<a href="mailto:danks@aol.com">danks@aol.com</a>
President-Elect	Vikki Mullins	<a href="mailto:ksptamom@aol.com">ksptamom@aol.com</a>
VP Advocacy	Devin Wilson	<a href="mailto:Ksucats96@gmail.com">Ksucats96@gmail.com</a>
VP Member Services	Janell Keltner	<a href="mailto:nellkel@sbcglobal.net">nellkel@sbcglobal.net</a>
Secretary	Angie Gunion	<a href="mailto:agunion@titankc.com">agunion@titankc.com</a>
Treasurer	Sarah Dunn Adams	<a href="mailto:Sarah_dunn_19@yahoo.com">Sarah_dunn_19@yahoo.com</a>
Marketing & Publicity Chair	Mia Wooldridge	<a href="mailto:miakpowers@gmail.com">miakpowers@gmail.com</a>
Health & Wellness Chair	Kim Martin	<a href="mailto:kimberlysmartin@gmail.com">kimberlysmartin@gmail.com</a>
Extension Chair	Monica Crowe	<a href="mailto:crowemonica@yahoo.com">crowemonica@yahoo.com</a>
State Legislative Chair	Rachel Russell	<a href="mailto:Rgabby826@gmail.com">Rgabby826@gmail.com</a>
Programs Chair	Tash Davis	<a href="mailto:tashjdavis@gmail.com">tashjdavis@gmail.com</a>
Membership Chair	Jon Riekenberg	<a href="mailto:yobtah@gmail.com">yobtah@gmail.com</a>
Inclusivity Chair	Mikesha Bradner	<a href="mailto:mdbradner@gmail.com">mdbradner@gmail.com</a>
Training Chair	Lauri DeNooy	<a href="mailto:Lauri.denooy@gmail.com">Lauri.denooy@gmail.com</a>
Resource Development Chair	Julie Howard	<a href="mailto:kuslider@juno.com">kuslider@juno.com</a>
Region 7 Field Service Rep	Rachel Villa	<a href="mailto:villarachel@gmail.com">villarachel@gmail.com</a>
Shawnee Mission Council Pres	Sommer Saunders	
Turner Council Pres	Carla Soptic	
KS PTA Office Secretary	Natalie Schweda	<a href="mailto:Kansaspta@gmail.com">Kansaspta@gmail.com</a>