

Hello from Your Kansas PTA President,

Over the years I have been asked many times, “What is your favorite holiday?” My answer is always Thanksgiving. A time to gather and reflect on what you are truly thankful for. In good times or in not such good years, there is always a reason to be thankful. In the arts, we are most drawn to people who show their thanks for the good in their life even though they are struggling. Tiny Tim in “A Christmas Carol”. “Annie” in the story of the same name singing about “Tomorrow” even though she was living a “Hard Knock Life”. Linus, the good friend of Charlie Brown, with his heartfelt philosophy on the good in life. Winnie the Pooh and his friends in the Hundred Acre Wood supporting their friend Eeyore when he is down.

Mr. Rogers said two things that have always stuck with me. Many of you have heard the reassuring words he stated that his mother said, **“Look for the Helpers.”** I see that in all of you. Helping children one day, one event, one program at a time. Many times, you may not have the faintest idea how much you have helped a child by your presence and your time. You may be discouraged when your planning only realizes an event that has 10 children or maybe 15 that take part, but you have made a difference to them.

His second phrase I remember is this: **“Anyone who does anything to help a child in his life is a hero”**. Do you think of yourself as a hero? I don’t believe I hear those words thrown around a lot from those who “do anything” for a child. I don’t hear it from educators. I don’t hear it from involved parents. I don’t hear it from school staff. We reserve those words for those we feel really go out of their way for another. We do not shine a light on our efforts. In fact, I hear many volunteers say, “I’m just a parent” or “I’m just a volunteer” as if to diminish your efforts, your time, your skill, and your heart.

I will quote Mr. Rogers one last time. **“I hope you’re proud of yourself for the times you’ve said “yes” when all it meant was extra work for you and was seemingly helpful only to someone else.”** Please be proud of your efforts. Please be thankful that you make a difference. Please be appreciative of your gifts. And...most of all...please be yourself. Your best authentic self for children. They see you even when you don’t know they are watching. They remember you were there even if to you it is just another event. They emulate you and the way you give your best self to make their day a little better.



And please remember, in this season of Thanks, I am Thankful for all of you.

Denise Sultz

Kansas PTA President 2023-2025

P.S. Thank you for taking the time to read this bulletin. We’ve included additional tools for a successful PTA year. There is news about safety, programs that are available, diversity, training, health and wellness and tips for making it through the rest of the holidays. Please reach out if there is any way that we can assist you. [Email us](#) or for updates between bulletins, [follow us on Facebook](#). Have an amazing year!



National PTA is excited to bring back Membership Mania for the 2023-24 school year. Sign up today to join us this school year to strengthen membership together and make every child's potential a reality!

Year-long initiative with free tools and resources, as well as fun activities and challenges.

Participate in calls with National PTA and other PTA leaders in your group for interactive discussions that will enable you to learn from, and grow with, other local leaders.

Several opportunities to win awesome prizes.

[**SIGN UP HERE**](#)



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.

Details of this event will be posted on the Kansas PTA Facebook page and communicated to our email list in January.

News from National PTA

Submit a Nomination for an Advocacy Award! If you know of an outstanding youth or individual PTA advocate, a local unit or a state PTA that has done great advocacy work, nominate them to receive an award from National PTA for their efforts. You can also nominate yourself! The deadline to [submit a nomination](#) is Thursday, Nov. 30. Please share with PTAs in your state. We cannot wait to celebrate all of our great advocates during LegCon 2024.





November was National PTA's Healthy Lifestyles month. But supporting and promoting healthy lifestyles is something your PTA can do all year long, not only during November.

There are 3 Pillars of Healthy Lifestyles: Health Bodies; Healthy Minds; Healthy Earth

[National PTA's Healthy Lifestyles website](#) provides an abundance of ideas and planning tools to help families and local PTA Units support each pillar, including wellness fairs, tasting nights, webinars, and many online resources, too! It's definitely worth exploring as there are ideas, big and small, to support your school community's health.



This time of year can be very busy. Making sure that everyone is up to date with the latest information regarding their position can be somewhat overwhelming.

National PTA has valuable training for unit/Council leaders and volunteers known as **THRIVE** — a learning community for PTA volunteers. The training platform can be accessed at <https://www.pta.org/home/run-your-pta/thrive>.

No matter where you are at in your PTA journey, I encourage you to take some and explore the various short courses. This is a great way to be up to date on best practices and techniques while volunteering with our great association.

Thrive Has NEW Courses! National PTA's interactive, self-paced learning management system, Thrive, now has courses ranging from using Zoom effectively to planning for conventions, and even a new "build-your-own" leadership learning path. If you haven't already, go to Thrive.PTA.org to create an account and get started today.

There's still time... Enter the National PTA Reflections Contest

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.

All information, including registration, deadline entry dates and Reflections Toolkit are located in the Arts and Awards Packet here: <https://kansas-pta.org/programs/arts-awards/>

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=Muaov5TyfBI>

Reflections Info Video -

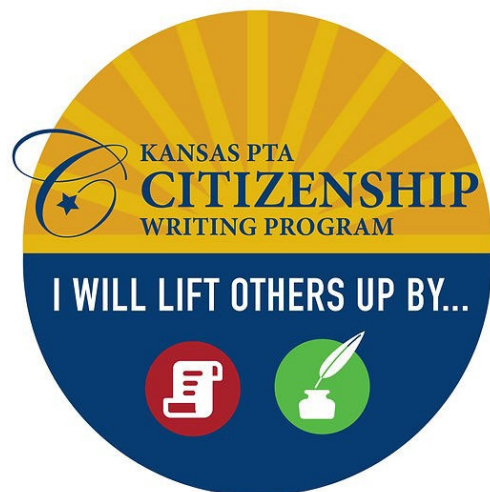
<https://www.youtube.com/watch?v=8FgjlXKQms>

Additional Resources:

<https://www.pta.org/home/programs/reflections/startyourprogram>

<https://kansas-pta.org/programs/arts-awards/>

<https://www.smac-pta.org/reflections>



Get Geared Up for 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/>

Entries due to State PTA February 17, 2024

Suggested Timeline:

- Local Unit Chair December 9, 2023 (or as determined by your local unit)
- *Council Chair January 13, 2024 (or as determined by your local Council)
- **if your unit is not part of a council, submit your entries to the State PTA Chair: KSartsawards@gmail.com

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

SAVE THE DATE

110TH KANSAS PTA CONVENTION
APRIL 12-13, 2024

AT THE SMSD CENTER FOR ACADEMIC
ACHIEVEMENT IN OVERLAND PARK, KS

LOOK FOR DETAILS
COMING IN JANUARY!

**GET
GROWING**
WITH KANSAS PTA



**Kansas
PTA**
everychild.onevoice.®

**Future
Teacher
Scholarship**

Apply Today!

Are you (or do you know) a college student studying to become a teacher? **Consider the KS PTA Future Teacher Scholarship!**

Each year college students in Kansas can apply for scholarships from Kansas PTA. These scholarships are geared to students wanting to continue their careers as teachers in Kansas and are encouraged to apply. Students who have completed two years (must be of junior standing or obtain junior standing during the semesters the scholarship is received or a minimum of 60 hours) in any accredited two- or four-year college in Kansas are eligible to apply for the scholarship. The amount of the scholarship will be \$800 for the year.

Get complete details and applications forms at <https://kansas-pta.org/programs/arts-awards/>

The Top 10 Social Media Apps According to Students, and What Parents Need to Know

Article from ptaourchildren.org

New social media apps are popping up every month, and it feels nearly impossible for parents to keep up with which ones are trending versus which ones are “cringey”.

As a social media educator to tens of thousands of students across the country, I can tell you that in today’s world, social media is how students are social. And why wouldn’t that be the case—you can connect with your friends and family, find resources for learning, seek support, and share your thoughts all in one place?

But for parents, staying on top of the latest social media trends is a bit like playing whack-a-mole. **To help, we’ve rounded up the top ten social media apps that students are using**, according to data pulled from [The Social Institute 2023 Insight Report](#), a nationwide survey of nearly 23,000 students at U.S. public schools and independent schools conducted between August 1 through December 1, 2022, along with [Pew Research](#). Here’s everything you need to know about the top ten apps, as ranked by students.

[Continue Reading for the Top 10 Apps >](#)



It’s Deer Season... Be Alert!



Vehicle-deer crashes can happen any day of the year on Kansas roadways. Across the state, 37% of all single-vehicle crashes in 2022 involved a collision with a deer. The Kansas Department of Transportation reports six people were killed and 575 people were injured in collisions with deer in 2022.

These crashes greatly increase from now until the end of the year because of deer breeding season, with November typically the peak time.

Tips for Drivers:

- ✓ Be especially watchful at dawn and dusk when deer are more active.
- ✓ If you see one deer, expect others, as deer seldom travel alone.
- ✓ Be alert and reduce speeds near wooded areas or green spaces and near water sources such as streams and ponds.
- ✓ Deer crossing signs show areas where high numbers of vehicle-deer collisions have occurred in the past; but they can happen on any roadway, including city streets.
- ✓ Do not swerve to avoid hitting a deer. Motorists could then veer into oncoming traffic, run off the road, hit objects or overturn.
- ✓ Use bright headlights when there is no oncoming traffic and scan for the reflective eyes of deer.
- ✓ If a collision occurs, move the vehicle to the roadway’s shoulder. Then, if possible, call law enforcement – KHP dispatch at *47, the Kansas Turnpike at *KTA or local law enforcement at 911.
- ✓ Put the vehicle’s hazard lights on, whether it is light or dark outside.
- ✓ Remain in the vehicle with your seat belt fastened to be better protected.
- ✓ Contact your insurance company to report any vehicle damage.

Anyone involved in a collision with a deer or other animal resulting in personal injury or property damage totaling \$1,000 or more is required to immediately report the incident to the nearest law enforcement agency.

Managing Holiday Stress in the Classroom

Article from [successbydesign.com](https://www.successbydesign.com)

It happens every year. Just as your students get into a routine, the holidays descend. Special assemblies take away instruction time, an abundance of sugary treats to consume can cause hyperactivity in the classroom, and family trips lead to increased absences. Add in your own family's holiday schedule, and you've got a recipe for one stressed-out teacher!

You can't skip the holidays, but you can find ways to manage the stress and strain that can come along with the most wonderful time of the year. By incorporating some simple tips for teachers and holiday stress management, you can help students cope with holiday stress more effectively, and you might even find yourself enjoying the holiday season more too!

[Read the full article here >](#)



This article is packed with helpful tips for before, during and after holiday breaks, including:

[Tips for Teaching Before Break](#)

[Last Day Before Winter Break Activities](#)

[How to Manage Holiday Stress](#)

[Importance of Relaxing Over Break](#)

[After Winter Break Classroom Activities](#)

'Tis the season to thank your child's teacher with a holiday gift!

Article from ptaourchildren.org

- Gifts for getting organized
- Gifts to reflect and focus on self
- Gifts that add joy to the workspace
- Gifts from the class
- Gifts that keep giving (gift cards)

Office Depot, a National sponsor of National PTA provides this holiday gift guide for teachers. [Read the holiday gift guide.](#)



Greetings!

My name is Mikesha Bradner. I'm a 1st grade teacher in KC metro area and I've been teaching for 18 years. As the Inclusivity Chair, I try to look upon experiences through my lenses as a parent and a teacher. The goal is to help create cultural connections through dialogue and empathy. It is important to put yourself in someone else's shoes, give grace, and assume positive intentions of those around you.

Diversity, equity, inclusion, and belonging (DEIB) can be a sensitive topic to unpack and that's okay. In working with Dr. Danica Moore, founder and CEO of 4tified - a company that engages educational leadership and management systems through racial equity work, the understanding is equity is looked at as a process. Diversity, multiculturalism, belonging, etc. are all results of the equity process.

School districts are made up of many people with varying beliefs, cultures, and experiences. It's important to recognize the cultures within the schools. Culture is not just about race, ethnicity, or heritage. It is also a celebration of groups of people with similar interests, likes, and hobbies, too.

The intermediate elementary in my district has a committee working to host a cultural showcase. This is a great way to bring people together for a shared experience that celebrates everyone's uniqueness. It is about one evening where people can come together and experience different foods, clothing styles, entertainment, and above all else...enjoy learning more about the people in the community.

The National PTA website has some great resources to help people learn about DEIB issues and create actionable steps to meet the needs of all stakeholders in the community. PTA is a great place to help communities build and strengthen the process of equity.



Some resources you'll find on the [National PTA](#) website:

- Multicultural Reference Guide
- National PTA DEI
- Podcast about Diversity, Equity, and Inclusion
- Enhancing Diversity, Equity & Inclusion in your PTA
- How to Talk about Race and Justice in America
- How to Respond to Pushback Against Diversity, Equity, & Inclusion Efforts

Click around and see what there is to learn and share!

Opioid Epidemic: How to Educate Families and Youth

The United States has an opioid epidemic that is one of the leading causes of death in the United States.

Nearly all deaths caused by medications are caused by opioids. ([CDC, 2023](#)) Opioids include prescription pain medications like oxycodone, hydrocodone and fentanyl. Often these drugs are obtained by our youth from parent's and grandparent's medicine cabinets or by buying counterfeit versions obtained from sources easily found on social media platforms. If a teenager takes one pill of a prescription opioid that was obtained from a regulated pharmacy, it is unlikely to kill them, but it can lead to an addiction that becomes harder to control until they are buying pills from unknown sources, which are almost always counterfeit. The counterfeit pills are very difficult to discern from the actual pills and usually contain dangerous amounts of fentanyl that can kill in one dose.



Fentanyl is a very potent opioid with legitimate uses in medical care when properly prescribed and used correctly. When it is manufactured illegally the concentrations are not known and often times a lethal amount ends up in the pill or even just part of the pill. In 2021, a Shawnee, Kansas teenager, Cooper Davis, experimented with 3 friends by taking what they thought was prescription Percocet that they bought from a contact on Snapchat. They split two pills, and each took half of one pill. Cooper Davis died, and the other 3 boys survived. A lethal amount of fentanyl was in one half of a tablet of what turned out to be counterfeit Percocet. Coopers Family has an organization called Keepin' Clean for Coop that educates the public about the dangers of fentanyl poisoning. Their website has many great resources available.

<https://www.cooperdavismemorialfoundation.org/>

National PTA has a wonderful page about [substance misuse](#) with resources for units to use to educate their members about the dangers of opiates and other drugs. The American Medical Association Alliance teamed up with National PTA to make [this 12-minute video](#) educating parents about the dangers of opioid abuse, which can also be found at the National PTA website.

Remember the slogan, **One Pill Can Kill** and educate your members so they can teach parents how to talk with their children about the dangers of opiates. DCCCA, Inc has free naloxone kits and fentanyl test strips available to any resident of Kansas, you can go to [this website](#) to obtain supplies and information about how delivering naloxone quickly to a person experiencing an opiate overdose can save lives.

- Kimberly Martin RN, MEd, BSN Health and Wellness Chair of Kansas PTA 2023-2025

Preventing Prediabetes

Did you know 96 million American adults – 1 in 3 – have prediabetes? Something even more shocking is that more than 8 out of 10 people with prediabetes don't know they have it. Could this be you?

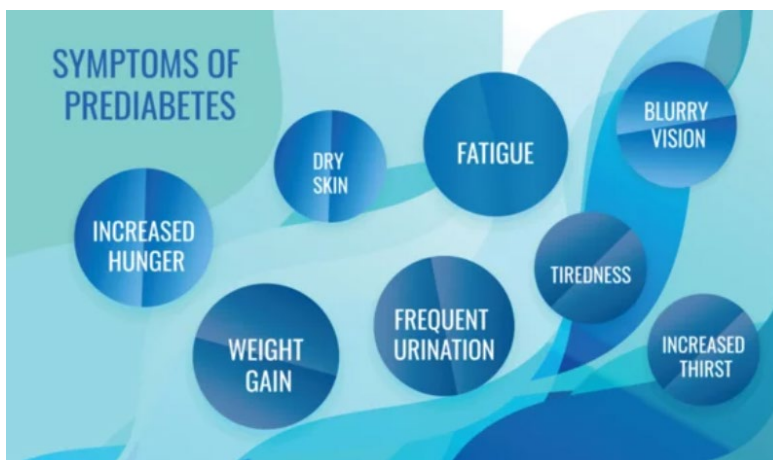
Are you at risk?

You can have prediabetes for years without symptoms. Take this 1-minute prediabetes risk test or talk to your doctor about getting your blood sugar tested if you have any of the risk factors for prediabetes, including:

- Being overweight
- Being 45 years or older
- Having a parent, brother, or sister with type 2 diabetes
- Being physically active less than three times a week
- Ever having gestational diabetes (diabetes during pregnancy) or giving birth to a baby who weighed more than 9 pounds

There's good news: Preventing prediabetes is within your grasp. Taking charge of your health, diet and exercise today can significantly reduce your risk of developing this condition.

[LEARN MORE >](#)



Bulimia: The Hidden Eating Disorder

Bulimia nervosa is an eating disorder that involves binge eating and then purging — throwing up or misusing laxatives or diuretics — to avoid gaining weight. And although it's actually more common in teenagers than anorexia, it's much less visible. Kids with the disorder are often not underweight, and they eat a healthy amount at mealtimes. Ashamed of bingeing and purging, they often keep this behavior hidden from their parents. So fewer kids are treated, even though it's just as life threatening as anorexia.

These articles **take a close look at bulimia** and why **family-based treatment** is usually the best option for treatment. There are also resources for supporting children who struggle with eating issues, **from young kids who are picky eaters to college students who develop eating disorders** in their stressful first year away from home.

[What is Bulimia Nervosa](#)

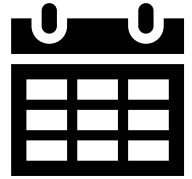
[What is Atypical Anorexia Nervosa?](#)

[Family-Based Treatment for Eating Disorders](#)

From [Child Mind Institute](#)

National Health Observances Calendar

Here is a helpful calendar of Monthly National Health Observances so you can plan health campaigns for your PTA unit monthly.



DECEMBER

Safe Toys and Celebrations Month
For 2023, December 4-8, National Influenza Vaccination Week
For 2023, December 5-11, National Handwashing Awareness Week

JANUARY

Cervical Health Awareness
Birth Defects Prevention
Radon Action
Winter Sports Traumatic Brain Injury Awareness
Thyroid Awareness

FEBRUARY

American Heart Month
Low Vision Awareness Month
Children's Dental Health Month
Teen Dating Violence Awareness Month
For 2024, February 7-13, African Heritage and Health Week
For 2024, February 2 - National Wear Red Day (Women's Heart Health)
For 2024, February 4 - World Cancer Day
For 2024, February 7-14, Congenital Heart Defects Awareness Week
February 14, National Donor Day
For 2024, Feb. 26 -March 1, Natl. Eating Disorders Awareness Week

MARCH

Colorectal Cancer Awareness Month
Endometriosis Awareness Month
National Kidney Month
National Nutrition Month
Save Your Vision Month
Trisomy Awareness Month
For 2024, March 4-8, National School Breakfast Week
For 2024, March 10-16, National Sleep Awareness Week
For 2024, March 11-17, Brain Awareness Week
For 2024, March 17-23, National Poison Prevention Week
For 2024, March 18-24, National Drug and Alcohol Facts Week
For 2024, March 26th American Diabetes Alert Day

APRIL

Autism Awareness Month
Child Abuse Prevention Month
Donate Life Month
Minority Health Month
Sexual Assault Awareness Month
For 2024, April 1-7, National Public Health Month
For 2024, April 7, World Health Day
For 2024, April 22-26, National Youth Violence Prevention Week
For 2024, April 22-26, Every Kid Healthy Week
For 2024, April 24-30, World Immunization Week
For 204, April 29 to May 5, Air Quality Awareness Week

MAY

National Speech-Language-Hearing Month
Food Allergy Action Month
Global Traffic Safety Month
Healthy Vision Month
Mental Health Month
Asthma and Allergy Awareness Month
Physical Fitness and Nutrition Month
For 2024, May 1-7, National Physical Education & Sport Week
For 2024, May 5, World Hand Hygiene Day
For 2024, May 5-11, National Children's Mental Health Week
For 2024, May 16, National Bike to School Day
For 2024, May 9-15, National Stuttering Awareness Week

JUNE

Migraine and Headache Awareness Month
National Safety Month
For 2024, June 19, World Sickle Cell Day

JULY

Juvenile Arthritis Awareness Month

AUGUST

Children's Eye Health and Safety Month
National Immunization Awareness Month

SEPTEMBER

Childhood Cancer Awareness Month
Fruit and Veggies, More Matters Month
Childhood Obesity Awareness Month
National Preparedness Month
Sickle Cell Awareness Month
For 2024, September 8-14, Suicide Prevention Week
For 2024, September 10, Suicide Prevention Day

OCTOBER

Health Literacy Month
Breast Cancer Awareness Month
Bullying Prevention Month
Dental Hygiene Month
Down Syndrome Awareness Month
Sudden Cardiac Arrest Awareness Month
For 2024, October 6-October, Mental Health Awareness Week
For 2024, October 2, National Walk to School Day
For 2024, October 16, World Food Day

NOVEMBER

American Diabetes Month
Health Skin Month
November 9, National Diabetes Heart Connection Day
November 18-24, Antibiotic Awareness Week
November 16, Great American Smokeout
November 18, International Survivors of Suicide Loss Day
November 23, Family Health History Day



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Kansas PTA Board of Managers – 2023-2025

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