

The PTA Link

HAMILTON COUNTY COUNCIL
OF PTAS
"LOCAL UNITS EMPOWERED FOR SERVICE"

April 2016

Hamilton County Council

PTA[®]

everychild.one voice.

3074 Hickory Valley Road
Chattanooga, TN 37412
www.hcptacouncil.org

Upcoming Events

April 11:
Principals/PTAs
Appreciation Dinner
Chattanooga Choo Choo

April 14:
Student Awards Ceremony
Creative Discovery
Museum

April 22-24:
Tennessee PTA Convention
Knoxville, Tennessee

May 3:
Monthly Meeting
Membership Matters
HCDE Board Room
11:00-12:00

Message from the Council President Sherrie Ford.

Remember that April 11th in the Chattanooga Choo Choo Imperial Ballroom we will host the PTA & Principals Appreciation Dinner. Meal-ticket price per person is \$20 in advance (paid) or pay \$25 per person at the door. Save \$5 per person and pay in advance before April 4th! Whether paying in advance or at the door, RSVPs are needed by April 4th.

Table decorations will continue! Sign up your PTA for a table in the theme of our heroes. The theme this year is 'Chattanooga Strong'. So bring out your patriotic colors and sign up for table decorations with Sonja at smillard@realtycenter.com. The Mildred Shipley Spirit of PTA Award will be presented to the winner. **The cost for a table of eight is \$150. Must RSVP by April 4th.**

Tennessee PTA Annual Convention, April 22-24, at the Knoxville Hilton Hotel.

Sherrie Ford
President Hamilton County Council of PTAs
hccptas@HCDE.org / 423-488-6941

You will never have this day with your children again. Today is a gift. Breathe and notice. Study their little faces and feet. Relish the charms of the present. Enjoy today mama; it will be gone before you know it.

Jan Hatmaker

Teacher Supply Depot Shopping Day

March 19th was our Spring opening of the Teacher Supply Depot. Over 250 teachers shopped for classroom supplies. Volunteers from CSAS were on hand to assist and did an outstanding job. Thanks to all of them for their dedication and support for PTA and the teachers of Hamilton County Schools. A very special thank you goes out to all of them and to their PTSA President Paula Wilkes for coordinating the volunteers.



PTA Purposes

To Promote the welfare of children and youth in places of home, school, community and the place of worship.

To raise the standards of home life.

To secure adequate laws for the care and protection of children and youth.

To bring into closer relation the home and school, that parents and teachers may cooperate intelligently in the education of children and youth.

To develop between educators and the general public such united efforts as will secure for all children and youth the highest advantages in physical, mental, social and spiritual education.

The PTA Link is a newsletter published by the Hamilton County Council of PTAs. This newsletter letter will contain vital information to the PTA local units in Hamilton County.

Your articles and editorials are welcome.

WELCOME TWO NEW BOARD MEMBERS

We are very excited and pleased to welcome two new members to the Board of Managers. Cydni Myers of Ooltewah Middle School is the new chairperson of the Teacher Supply Depot and Ken Middle of East Ridge Middle School is the new Health and Wellness chairman.

We Need You!!!

The Council Board of Managers has some chair position vacancies. Please consider joining us and being part of the PTA leadership for Hamilton County.

Vacant Positions

Chairs: Resource Development, and Student/Council Awards

Any current PTA member within Hamilton County can apply.

If you are interested, please email Sherrie Ford at hccptas@hcde.org

Hamilton County Council of PTAs Executive Committee for the 2015-2017 Term

President: Sherrie Ford (hccptas@hcde.org)

President-elect: Lee Ann Hammer

1st Vice President: Wayne Brown

2nd Vice President: Donna Aslinger

3rd Vice President: Katherine Smith

4th Vice President: Dana Price

Secretary: Jeanette Richards

Treasurer: Karen Jenkins

Teacher Supply Depot Chairperson – Cydni Myers

Health and Wellness Chairman – Ken Miller

Health, Wellness, and Safety Ken Miller, Chairman

Hamilton County Council of PTAs- Health and Wellness

We are excited to announce we have rekindled our Health and Wellness Chair position. Summer is around the corner; so grab the kids and show them how to enjoy the outdoors. We live in a wonderful outdoor playground. Did you know Chattanooga has places to walk, run, bike kayak, swim, rappel, rock climb, hang glide, camp, fish, shoot, ride motorcycles, bird watch, and hundreds more activities. The best part....*most are free* or inexpensive. Go enjoy the outdoors. If you are interested in updates, awareness briefings, and discussions on health, wellness, safety, or just want to be a part of our health and wellness program, contact Ken Miller; our Health and Wellness Chair at tnfirefighter@yahoo.com.

National Walking Day is Wednesday, April 6th!

These days, we're spending more time at work sitting in front of a screen than ever before. We're becoming less active, which can increase our risk of heart disease, stroke and other diseases.

Take the first step to a healthier life by taking part in the American Heart Association's [National Walking Day](#).

Lower Your Sodium Intake

The average American consumes more than 3,400 milligrams of sodium a day - more than twice the amount recommended by the American Heart Association/American Stroke Association. For tips on how to lower your sodium intake, [click here](#).

Check Out Go Red Get Fit

The AHA and Macy's are proud to announce [Go Red Get Fit](#), a free online fitness challenge to help women get fit for life and reduce their risk of heart disease. "The Challenge", is based on a series of healthy lifestyle challenges focused on healthy eating choices and physical activity. Women can participate by joining the [Go Red Get Fit Facebook group](#), an online community that will include advice and encouragement from celebrity trainers: Lita Lewis, Amy Nuñez and Scott Parker. Participants will be randomly chosen for prizes and the Go Red Get Fit grand prize winner will receive a full VIP experience at the Go Red For Women 2017 Red Dress Collection during fashion week in New York City in February 2017.

Try Tai Chi

Traditional Chinese exercises such as Tai Chi may improve the health and well-being of those living with heart disease, high blood pressure or stroke, according to [new research](#) published in the Journal of the American Heart Association. "Traditional Chinese exercises are a low-risk, promising intervention that could be helpful in improving quality of life in patients with cardiovascular diseases - the leading cause of disability and death in the world," said Yu Liu, PhD, study co-author, and dean of the School of Kinesiology, at Shanghai University of Sport in China.

Sharing From the Heart Changes People's Lives, Including your Own

If you're one of the 43 million Americans who are affected by heart disease, it's time for a chat. Patient to patient. Caregiver to caregiver. All across the nation.

The Support Network gives you a way to connect and share with others who face many of the same challenges, triumphs, questions and concerns. It's more than a support group, the Support Network gives you access not only to patients and their loved ones, but also to heart disease experts via online chats and webinars. This powerful resource is yours for the taking, free of charge. [Sign up today](#).

Please join us at the

Hamilton County Council of PTAs

Principals and PTAs Appreciation Dinner

Where Principals and PTAs will be spotlighted!

Monday, April 11, 2016 6:30 p.m.

(Doors open at 5:30 p.m.)

Chattanooga Choo Choo Imperial Ball Room

\$20.00 per person in advance / \$25.00 per person at the door

Or reserve a table for eight for \$150.00

It is customary for each Local PTA to Pay for their Principal's Dinner

Each PTA is responsible for bringing a door prize (Value \$20.00)

Please R.S.V.P. and send payments by April 4th

Contact: Sonja Millard, HCCPTA Chairperson, Principals Dinner

(423)364-7285 or email smillard@realtycenter.com

**Please mail checks to: Hamilton County Council of PTAs, Attn: Principals and PTAs Dinner, 3074
Hickory Valley Road, Chattanooga, TN 37421**

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