

# The PTA Link



December 2011

Hamilton County Council

**PTA**<sup>®</sup>

*everychild.one voice.*

3074 Hickory Valley Road  
Chattanooga, TN 37412  
[www.hcptacouncil.org](http://www.hcptacouncil.org)

## Contents

Upcoming Events  
From the President  
Comcast Offers Special Deal  
Membership Cards  
Membership Deadlines  
Tips: Safe Toys and Gifts for Kids  
Eating Out with Your Kids  
Lung Association Honors Seniors  
December Council Meeting  
Save the Date  
Teacher Supply Depot  
Citizenship Reminder  
Reflections Theme Search Finalist  
Treasurer's Corner  
Contest Awards & Scholarships  
Founder's Day Information  
Good News  
iMom Award Recipient  
Essential Question

## Upcoming Events

**December 7:** HCC PTA Meeting –  
Legislative Forum

**December 20:** Last day of school  
before Winter Break

**January 9:** Students return to  
school from Winter Break

**January 11:** HCC PTA Executive  
Committee Meeting (Council only)

**January 14:** Council Deadline for  
Citizenship Contest

## Message from the Council President by Badiema Waldrep, President



This is the time of year that we find ourselves busy with parties, presents and holiday preparations. As you sit down to address your holiday cards and send your family and friends the yearly update on your life, remember to include in them your important contribution to PTA and why you put your time into this association. The following are three major points of why PTA is such an important organization.

- ♦ **PTA is a powerful advocate for family involvement.** Over three decades of research show that the single most effective element in a student's success is the involvement of family members in the student's education.
- ♦ **The People - Members are the strength of PTA.** Active and informed members make positive decisions that affect the welfare and education of youth locally, statewide and nationally. Everyone can be a member at any PTA. The more members enrolled in PTA, the more powerful our voice.
- ♦ **Support in our community.** As advocates for all children and youth, PTA is most effective when we value all members of our communities by seeing the uniqueness of each individual and working to build strong representation from all groups.

People ask me all the time "Why do you volunteer for PTA and spend all of that time on something that you don't get paid for?" I am devoted and proud to be a part of this time-honored association and I have a list of reasons that I share. The part of PTA that brings me the most joy is not only the friends that I have made and the knowledge I have gained over the years, but because it is important to know that being a part of PTA makes a difference in the lives of children.

I thank all of you for what you do for the children in your lives and in your schools, and I wish all of you a very happy holiday season!

Sincerely,

*Badiema Waldrep*

President

Hamilton County Council of PTAs

[hccptas@HCDE.org](mailto:hccptas@HCDE.org)

"Giving frees us from the familiar territory of our own needs by opening our mind to the unexplained worlds occupied by the needs of others." – *Barbara Bush*

## Comcast Offers Special Deal to Families

Low Cost Computers and Internet Service available for Students on the Free/Reduced Lunch Program.

The Federal Communications Commission and National PTA are working with cable companies to reduce the digital divide. That's why the FCC and National PTA are supporting a program cable companies are offering to students on the free and reduced lunch program.

Students on the free and reduced lunch program can qualify to get a low cost laptop for \$149.99 (plus tax) and/or broadband internet service for \$9.95 a month with no activation fees, equipment rental fees or price increases. These students and their parents can also get free internet training online, in print, or in person.

Your school can order posters, flyers and brochures for free to send home to all your students. Just go to <http://www.internetessentials.com/> and register as a partner. Your school administration and your PTA leaders can register as partners to get these free materials to distribute to your students.

If you would like someone to come speak at one of your PTA meetings to explain this program to your parents, contact our local Comcast Cable General Manager Jim Weigert at [Jim\\_Weigert@cable.comcast.com](mailto:Jim_Weigert@cable.comcast.com)

## Do you have extra membership cards?

Please return them to the Tennessee PTA State Office, so they can distribute them to schools that need extra membership cards. The state only receives a limited number of membership cards from National PTA each year.

Thanks for your help!

## MEMBERSHIP

The following is the final membership deadline for the Hamilton County Council of PTAs and the Tennessee PTA. For copies of the report forms, please go to [www.tnpta.org](http://www.tnpta.org) and download them from the "membership" section. The username and password are on the back of your membership card.

### Final Membership Report

Hamilton County Council deadline

**February 16, 2012**

Tennessee PTA deadline

March 1, 2012

## National Standards for Family-School Partnership:



**PTA**  
everychild, everyvoice

## Tips on How to Purchase Safe Toys and Gifts for Kids

Children Should Spend the Holidays with Friends and Family, Not in the Emergency Room

CHICAGO (Nov. 22, 2011) – The holiday shopping season is already in full swing for retailers as well as shoppers who are eager to begin purchasing everything on their lists. But, when it comes to toys and gifts, the lowest sale price may not be the safest for children.

The U.S. Consumer Product Safety Commission (CPSC) estimates in its most recent report that hospital emergency rooms treated 251,700 toy-related injuries in 2010 throughout the United States. Of that number, 72 percent of injuries were to those less than 15 years of age.

Additionally, the CPSC found that 46 percent of the estimated 251,700 ER-treated injuries occurred to the head and face area. Lacerations, abrasions and contusions made up most of these injuries.

Prevent Blindness America, the nation's oldest eye health and safety organization, has declared December as Safe Toys and Gifts Awareness Month. The group encourages everyone to make conscientious purchasing decisions based on what is best for each individual child.

"In the excitement of the season, sometimes we may forget that not every gift is appropriate for every child," said Hugh R. Parry, president and CEO of Prevent Blindness America. "By taking a few, easy safety precautions, we can keep the holidays happy for everyone

## Eating Out with Your Kids: Finding the Healthier Options

For today's busy families, eating out is a chance for parents to take time off from meal planning, cooking and cleaning. But finding a place that is kid-friendly and nutritious can be difficult. Many kids' meals at popular family restaurants are too high in sodium and calories. These meals also tend to contain dangerous trans fat, which contributes to obesity and heart disease.

Below are a few tips to help you and your family eat healthier when you're out.

### - Look out for the extras.

- Kids' menus often offer a free soda or dessert with every entrée. This can add hundreds of calories without adding any nutrition to the meal.

### - Ask for a different side dish.

- Substitute fries with something healthier, like cooked vegetables.

### - Think outside the kids' section.

- Adult menus almost universally offer healthy options. Consider sharing an entrée like grilled chicken or fish with your child or ask about ordering a half portion or lunch portion. Give your children a few choices and have them pick one.

### - Avoid high fat condiments.

- Try to avoid sour cream, mayonnaise, tartar sauce and butter. Ask for low fat versions of these if you have to have them.

### - Explore the salad bar.

- Your kids will love the colorful options of all-you-can-eat salad bars. Let them build their own salads with lots of vegetables and fruits; just limit high-fat toppings like cheese and bacon bits.

### - Order water or low-fat skim milk as your beverage.

### - Try to limit eating out.

Borrowed from:

*Healthy Lifestyles at Home and School*  
*A Resource from National PTA and Parents' Action for Children*



## American Lung Association in Tennessee Will Honor High School Seniors

CHATTANOOGA TN, The American Lung Association in Tennessee is asking the community to nominate outstanding young women in the area for the 2012 Young Women of Distinction award.

The Young Woman of Distinction is a high school senior who sets herself apart as an individual outstanding in leadership, academics, and character. She serves the Chattanooga area with honor, integrity, enthusiasm, generosity, compassion, a willingness to take risks and a personal dedication to goal achievement.

The 27th Annual Women of Distinction Awards Luncheon will be held on Friday, April 27th from 11:15 AM to 1:30 PM, at the Chattanooga Convention Center Ballroom. The event, which benefits the American Lung Association in Tennessee, is a Chattanooga tradition that honors one Tennessee Woman of Distinction, plus ten of the Chattanooga area's most accomplished women who have distinguished themselves within their family, career, and community.

This year three Young Women of Distinction will also be honored.

Nomination forms are available in the Chattanooga office by calling 423-629-1098 or can be downloaded from the American Lung Association in Tennessee's website at [www.alatn.org](http://www.alatn.org). **ALL Nominations are due on January 23, 2012.** They can be faxed (423-629-0054), mailed (American Lung Association in Tennessee at 1466 Riverside Dr., Suite D, Chattanooga, TN 37406) or e-mailed ([scudabacalatn@comcast.net](mailto:scudabacalatn@comcast.net)).

This annual event benefits the American Lung Association in Tennessee and its mission to prevent lung disease and promote lung health. Lung disease is the third leading cause of death in the United States today. In Tennessee alone, more than 814,000 children and adults are affected by lung disease such as asthma, chronic bronchitis, emphysema and lung cancer.

Individual and table reservations for the event will be available soon; various sponsorship levels will also be available.

Monies raised from the Women of Distinction Awards Luncheon help fund medical research, advocacy and education here and nationwide and ensure clean air and healthy lungs for all Tennesseans.

**Shirley Cudabac**  
Development Director  
American Lung Association in Tennessee  
1466 Riverside Dr., Ste. D  
Chattanooga, TN 37406  
423-629-1098-Direct  
423-629-0054-Fax



### December Council Meeting

On Wednesday, December 7 at 11:00 a.m. the Hamilton County Council of PTAs hosted its annual Legislative Forum and Brunch. Local legislators, councilmen, school board members, the county mayor and superintendent of education participated in an open forum meeting with our PTA leaders and community. The meeting was held at Hixson Middle School in the gymnasium. Attendees asked a variety of questions pertaining to education locally and state-wide.

A special "thank you" to everyone that participated in the forum and help make it possible.



### SAVE THE DATE

Start making plans now to bring your students to the Tennessee State Capitol in Nashville!

**Wed. Feb. 15, 2012**  
**Students Storm the Hill**

**Wed. Apr. 18, 2012**  
**PTA Day on the Hill**



## Teacher Supply Depot

### Hamilton County Council of PTAs holds second Shopping Day!

On Saturday, November 7 Hamilton County educators were able to shop at the HCC PTA Teacher Supply Depot. It was the second opening of the 2011-2012 school year.

Location: Mary Ann Garber School  
2225 Roanoke Avenue  
Chattanooga, TN 37406

Contact: Teacher Supply Depot  
Chairman  
Jimi Crooks  
[Jcrooks67@aol.com](mailto:Jcrooks67@aol.com)

### Special Thanks to All of our Contributors!

The Hamilton County Council of PTAs would like to thank all of the local businesses and organizations that donate to the Teacher Supply Depot.

Top Flight and the United Way of Chattanooga have been our largest contributors so far this year.



## Citizenship Essay Contest



### "I am a good citizen because..."

Deadline for entries to the HCC PTA is  
**Friday, January 14, 2012**

**More information** regarding the contest description, entry form, and guidelines were sent to local units in Mid November. Please contact us if you did not receive this information.

If you have any questions contact: HCC Chairman:  
Connie McNamara  
[mcnamara\\_connie@hotmail.com](mailto:mcnamara_connie@hotmail.com)

### Local Student One of Five to Compete in National PTA Reflections Theme Search Contest

The Tennessee PTA selected five entries for the 2013-2014 National PTA Reflections Theme Search Contest. These finalists will be forwarded on to the national competition. The student who submits the winning entry will receive a cash award and his or her theme will be presented at the National PTA Convention.

Hamilton County is proud to announce that Bryce Waldrep, a fourth-grader from Big Ridge Elementary School is one of the five finalists.

#### Finalists in the National PTA Reflections Theme Search:

Big Ridge Elementary - Hixson  
Bryce Waldrep - "The Future Might Bring..."

E. E. Jeter Elementary -Millington  
Elizabeth Anne Bethea - "Imagine a Healthy Earth"  
John William Turner - "Life is a Seed - Let it Keep Growing"  
Ayla Whitlock - "The Sky's the Limit"

Farragut Intermediate School - Knoxville  
Alexis Masengill - "How Far Does Your Heart Soar?"

## Treasurer's Corner

As of the December 7, 2011 council meeting, the following are the reported financial balances for the

HCC of PTAs:

Checking: \$ 7,004.43

Savings: \$ 731.93

## Contests Awards and Scholarships

### Citizenship Contest

"I am a good citizen because..."

Deadline for entries to the HCC PTA Council:  
**Friday, January 14, 2012**  
(HCC Chairman: Connie McNamara)

### Health/Safety Poster and Multi-Media Contest

"Playing it Safe in the Car" (Pre-K – 8<sup>th</sup> Grade)  
"Arrive Alive...Don't Text and Drive"  
(8<sup>th</sup> – 12<sup>th</sup> Grade)

Deadline for entries to the Hamilton County PTA Council: **Wednesday, February 1, 2012**  
(HCC Chairman: Kris Badger)

### Awards/Scholarships

All applications for awards that are presented at the Principal's Dinner in April have a deadline of: **March 1, 2012.**

Scholarships include the Eula A. Johnston Scholarship Application and the Sandra A. Black Scholarship.  
(HCC Chairman: Tracey Freeman)

**Please note that your PTA had to submit its membership to the HCC PTA by November 16, to qualify for contest participation and awards on the Council level. If entries are sent directly to the Tennessee PTA they do NOT qualify for HCC PTA awards in the spring.**

## FOUNDER'S DAY

Wednesday, February 8, 2012 will be the Hamilton County Council of PTAs annual **Founder's Day Program.**

This year's event will be held at the **Chattanooga Choo Choo.**

Cost for the luncheon and program is **\$15.00** per person.

Please plan now to include this in your PTA's budget. This is a great opportunity to learn about PTA history and celebrate all we have accomplished over the past century.

## PTA FACT

For more than 100 years, the Parent Teacher Association (PTA) has provided support, information and resources to families focused on the health and education of children.

### THE PTA VISION

Making every child's potential a reality.

## GOOD NEWS!

The Hamilton County Council of PTAs would like to announce their partnership with the United Way of Chattanooga. We will be working jointly on projects like "Stuff the Bus" that brings supplies to Hamilton County classrooms and other education oriented needs.

**LIVE UNITED** 

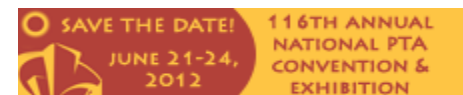
### Betsy Landers Receives 2011 iMOM Inspiration Award

Congratulations are in order for National PTA President Betsy Landers, who received the 2011 iMom Inspiration Award as a dedicated mother and advocate for children.

Read More at [www.pta.org](http://www.pta.org)

### Tennessee PTA Convention

May 3 - 6, 2012  
Sheraton Music City  
Nashville, TN



### Essential Question

**Q.** Is PTA a Fund-raising organization?

**A.** NO. PTAs often raise monies to assist schools but the PTA is a child advocacy association.

For a list of PTA Purposes visit our council website at: [www.hcptacouncil.org](http://www.hcptacouncil.org)