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Stand Tall - Article courtesy of National Center for Fathering
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Recently, the Afterschool Alliance released a major study that has unsettling news for our state’s children, families and communities. The 2014 edition of America After 3pm found that demand for afterschool programs still far exceeds supply; the number of children in Kansas who would be enrolled in an afterschool program if one were available surpasses the number of children enrolled in afterschool programs in the state.

Policymakers at the local, state and federal levels need to know about the high need for afterschool programs and recognize the importance of children and youth having safe and engaging places to go when the school day ends. Afterschool Alliance Executive Director Jodi Grant said, “Most parents in the state who want their child in a program can’t find one, and that needs to change. Every child who is unsupervised after school is a child potentially at risk. Quality afterschool programs keep kids safe, inspire them to learn and help working families. Every Kansas family that needs an afterschool program should have access to one.”

The Kansas Enrichment Network takes these findings and Jodi Grant’s statement very seriously and is committed to this cause. Proponents and providers of afterschool in Kansas need a more proactive approach to raise the visibility of afterschool in the public policy arena and ensure that elected officials understand how their decisions impact afterschool opportunities for children.

In response to these findings and Jodi Grant’s statement, the Kansas Enrichment Network has created a Regional Afterschool Ambassador program. The purpose of this program is to prepare eight individuals from across the state to build relationships with their federal, state and local elected officials in an effort to build understanding of the importance of afterschool in their community.

If you want to have a better understanding of the legislative process, sharpen your policymaker engagement skills, gain ideas on facilitating interaction with your elected officials and learn how you can use the media to shine a light on the benefits of afterschool in your community, you should apply to become a Regional Afterschool Ambassador.
The network will review all applications and select eight individuals who shall be committed to develop relationships with elected officials and participate in three engagement activities to develop champions for afterschool programs. The program will take place from January 2015 to November 2015.

Ambassadors will attend a half training in Topeka focused on policymaker engagement and media strategies. This day will conclude with a tour of the state’s capitol building and participation in the Network’s Day at the Capitol festivities. A $100 stipend will be available to supplement travel expenses for this day. Additionally, the ambassadors will be required to host elected officials at their afterschool program and a Lights on Afterschool event as well as any other engagement activities they desire to conduct. The Network will maintain monthly contact with each ambassador to support them in the engagement activities they undertake throughout the year.

We look forward to the efforts of 2015 Cohort of Kansas Enrichment Network Regional Ambassadors in developing strong elected official champions for afterschool and increasing awareness about the importance and need for afterschool programs across the state.

By completing questionnaire found at the link below, we will be able to select the applicant best suited to represent their community as an ambassador. We ask that you submit this form no later than Monday, December 15, 2014 following the directions at the end of the application. You will be notified of your acceptance into the Ambassador Program no later than December 23rd, 2014. At that time, the ambassadors will receive the schedule for the year.

Thank you for the interest expressed in becoming a candidate for the Kansas Enrichment Network Regional Ambassador Program.

Copy the link below to complete the application:

https://adobeformscentral.com/?f=4Umlit1eJbzjvfLdTdWD2Q
Stand Tall at Your Kids’ Games—But Don’t Lose Perspective

How do you handle your kids’ sports endeavors?

It’s a common struggle. Our own ego can be so tied up in our children’s performance on the field or the court that we lose the bigger picture of what’s really going on.

That’s one of the story lines portrayed in the new movie *When the Game Stands Tall*, opening on August 22. It’s based on a true story of a high school football team in California, but calling it a “football movie” would sell it short.

There’s one dad in the film who is over-the-top. His son is chasing a record that has been in the books for years, and as the season goes on, the father gets more and more obsessed. He’s clearly trying to live through his son.

Here’s a scene that gives you a glimpse into that father-son relationship. Coach Ladouceur, who is also a teacher at this Catholic high school, is interacting with a player and his father:

One thing this movie definitely got right is how relationships can be changed forever *when we dads go too far* in this area.

Usually, it starts out totally positive: A father encourages his son or daughter to pursue something fun and challenging. Dad gets involved. The child gets encouragement. It’s an opportunity for the child to grow and learn some great life lessons, not to mention how it can be a bonding time for the dad and child.

But *all that good stuff goes out the window when we dads cause drama*. We make our children’s performance more about *us* than about the child having fun, or developing skills, or any of the other benefits of sports.
Dads, we need to have the right perspective when we take a seat in the stands. I know some guys believe they have every right to evaluate the coaches, the referees or umpires, the cheerleaders, the band, the administrators, and anyone else involved. Maybe that attitude carries over from when they’re sitting in a pro sports stadium.

But we must remember that this is different. These are kids, and it’s not about us! Our attitude should be that we’re privileged just to be able to watch our children do something they enjoy, and we’re savoring each moment. They’ll be gone before we realize it.

So, I encourage you to see When the Game Stands Tall—and do all you can to not be like that dad.

Action Points for Dads on the Journey

- Make it clear to your child that he or she doesn’t have to win in order to earn your love and approval. Say it point blank.
- Go ahead and cheer for your child, but remember, there’s a lot more at stake than a win or loss. You have nothing to prove except that you love and support your child—win or lose, home run or strike out.
- Do sports and other kids’ activities dominate your family schedule? Is it too much? Have that talk with your kids’ mom.
- According to one study of college athletes, there’s 6 words they most appreciated hearing from their parents. Not constructive criticism or re-hashing all the plays in the game, but simply: “I love to watch you play.” Try it.
- In a letter to little league parents, St. Louis Cardinals manager Mike Matheny encourages parents to be “a silent source of encouragement.”

*Article courtesy of National Center For Fathering

www.fathers.com
Reminder: 2014 Kansas PTA Membership Contest

The contest will run from October 1 - December 31, 2014. Kansas PTA is concentrating our efforts on increasing PTA membership state wide for 2014-2015 school year. The more members we have the stronger our voice when we advocate on issues important to families and children in Kansas and in Washington, DC. More members also means more families and schools are getting the benefits of belonging to PTA.

Here’s How It Works:
Units will qualify for points for everything that they complete before December 31, 2014. At the end of the contest Kansas PTA will award the PTA unit with the most points a special reward. You will find the points system attached - it will tell you what item you need to turn in and what days they are due to the state office to receive your points. You can earn up to 120 points. The Officer and Treasurer Remittance forms are located on the Kansas PTA website.

Let’s all work hard to increase our membership this year!
If you have any questions please contact the state office at kansaspta@gmail.com.

Thank you and good luck!
Kansas PTA Membership Committee

Unit Membership Contest 2014-2015

<table>
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<td>IRS Form 990 (due to IRS by Nov 15)</td>
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<td>Completed and turned into State office by Oct 31</td>
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<tr>
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<tr>
<td>6</td>
<td>Audit from previous year</td>
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<tr>
<td>3</td>
<td>Completed and turned into State office by Sept 30</td>
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<td>Members submitted (postmarked by Dec 31)</td>
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<td>Membership Chair (one on your board)</td>
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</table>
Join the FUEL UP TO PLAY 60 Movement

FUEL UP to PLAY 60 is an interactive, in-school nutrition and physical education program that encourages students to consume nutrient-rich foods and achieve at least 60 minutes of physical activity every day. Fuel up to Play 60 addresses real world needs in today's schools.

Students who submit weekly calendars earn a chance to sit with their friends at the Touchdown Table during lunch.

FUEL UP to PLAY 60 has successfully helped children make healthier choices in schools across the country.

In Kansas,

Ridgeview Elementary's Fueled Up, Ready to Play 60 Nutrition and Wellness Committee put into action several nutrition and physical activity plays, from completing weekly nutrition and fitness calendars to developing student-produced brain break videos that teachers now utilize in the classroom for activity breaks.

For more information visit www.midwestdairy.com.

Get involved today and learn how to implement Fuel Up to Play 60 in Kansas schools by visiting FuelUpToPlay60.com

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Why Fuel Up to Play 60?

Fuel Up to Play 60, the in-school nutrition and physical activity program launched by the National Dairy Council®, local Dairy Councils and the National Football League, in collaboration with the United States Department of Agriculture (USDA), is helping to make wellness part of the game plan in more than 70,000 schools across the country. Why? Evidence shows that healthy eating and physical activity can contribute to higher levels of student achievement:

- Better nutrition, including breakfast, helps students get the nutrients they need and may help improve academic performance, test scores and school attendance.¹
- Being physically active may help students improve self-esteem, cognitive function and test scores. Experts recommend at least 60 minutes a day for youth.²

Why You?

Healthy schools can mean successful schools— and successful schools send successful students out into the community to participate, work and contribute. By working with your local school(s) to put a focus on healthy eating and physical activity, you can help students, schools and the greater community achieve more. Implementing Fuel Up to Play 60 Plays successfully helps students not only to make positive changes in the school environment but also to develop leadership skills that can last a lifetime. Fuel Up to Play 60 has the action ideas, resources and rewards that can bring your school and community together in exciting and energizing ways. With Fuel Up to Play 60, here’s what can happen:

- **Develop Healthy, High-Achieving Students and Schools:** When you help Fuel Up to Play 60 work in a school, you’ll be helping the school achieve its goals – for local school wellness and as part of a growing collection of schools across the nation dedicated to the success and well-being of youth. Fuel Up to Play 60 supports the ambitious yet attainable goals of First Lady Michelle Obama’s *Let’s Move!* initiative to end childhood obesity within a generation by getting more youth and families to commit to becoming active and eating better.

- **Foster Community Involvement:** Fuel Up to Play 60 helps create a sense of community, as students take on leadership roles and school adults become allies in pursuing common goals. Get your organization involved in the school’s efforts. Encourage students to sign the Fuel Up to Play 60 Pledge and help them get excited.

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- **Provide Leadership Opportunities for Students**: Fuel Up to Play 60 offers state and local recognition programs through its Student Ambassador Program. Encourage your students to become Fuel Up to Play 60 Student Ambassadors and to apply for roles as Local, State or National Ambassadors. Get involved and help students learn the leadership skills that can help them now and when they are ready to enter the workforce.

- **Secure Funding and Other Opportunities for Your School**: Fuel Up to Play 60 provides funding opportunities that can help support healthy eating and physical activity promotions and equipment for your school. Learn more.

- **Earn Recognition for the Great Work Your Organization Is Already Doing**: Work with your local school's Fuel Up to Play 60 team and highlight your joint successes at the district level and in the local media.

**How Can You Get Involved?**

As a community member, you can provide support through monetary or material donations and/or an employee volunteer program. You can also share your own expertise and time to demonstrate your commitment to the long-term health of your community. Here are some things you can do right now:

1. **Enroll in the program and link to a local school or group of schools.** Make sure that the school(s) you are supporting is or are enrolled and that each one has a Program Advisor. If your school doesn't have one, visit the school and offer to help support one or more adults willing to take on that role. Program Advisors are recognized for their efforts – with access to exclusive Perks on the Dashboard – and even more importantly, they make a difference.

2. **Get involved with Fuel Up to Play 60.** Support a group of students and staff working to create healthier schools. Provide funding, resources and volunteers to help students' and schools' efforts.

3. **Donate materials, food, equipment and incentives** to support Healthy Eating and Physical Activity Plays. Visit the interactive Playbook and Fuel Up to Play 60's Success Stories to learn more about what's possible.

4. **Share your expertise.** Find out about your school district's wellness practices. Contact school leaders and offer to help implement school wellness goals – tap your knowledge and expertise!

5. **Keep students, staff and families apprised of programs** that support physical activity and healthy eating in the community – including your own organization's initiatives.

6. **Be a role model.** Encourage employee wellness initiatives and practices in your own organization. Learn more about Fuel Up to Play 60 at [FuelUpToPlay60.com](http://FuelUpToPlay60.com).

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**NOTICE**

Fuel Up is a trademark of National Dairy Council. The phrase Fuel Up is a trademark of the National Dairy Council, registered in various countries.
Start Planning **Now** to have your school participate in the National PTA School of Excellence Program for the 2015-2016 School Year!

The National PTA School of Excellence program is a recognition program that supports and celebrates partnerships between PTAs and schools to enrich the educational experience and overall well-being for all students. By participating in this program, your PTA and school will gain new ways to engage families in school decision-making, such as improvements to programs, practices, and policies related to education, health, safety or the arts. As a **National PTA School of Excellence**, families feel welcomed and empowered to support student success, and PTA is a key partner for continuous school improvement.

If you have not yet participated in the School of Excellence Program, **now is the perfect time to start planning!** Enrollment for the program will open in April for the 2015-2016 school year. **Now** is the time to talk to your PTA leaders, your Principal and your families about participating. By enrolling early you will have more time to survey your school community and starting working on your goals.

Comanche Elementary PTA/Comanche Elementary School is a 2014 – 2016 National PTA School of Excellence Award recipient. Dawn Lalumondier, Past Comanche PTA President had this to say about the program: "Participation in the National PTA School of Excellence Program was a terrific experience for Comanche PTA. It afforded us the opportunity to gather information from our community about their perceptions about our PTA and the school itself. The Road Map to Excellence that we received back from National PTA contained a lot of terrific ideas on how to increase family engagement in our school. We were able to implement many of the ideas with the support of a terrific principal and dedicated volunteers. The program really helped us to see where we were and to find out where we needed to go to better support our families."

**For more information, go to PTA.org/Excellence**

**Start Planning Today!**

Laura Kaiser
Family Engagement Chairman

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Merry Christmas and Happy New Year
Kansas PTA Board Roster

State Officers

President          Tammy Bartels          504 Delaware, Tonganoxie, KS 66086          913-417-7031
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VP Extension Services Monica Crowe          3047 N 65th Terr., Kansas City, KS 66104          913-961-5026
VP Member Services Josefin Gutierrez          3803 Gibbs Rd. Kansas City, KS 66106          913-787-6367
Secretary          Diana Fabac          5607 Crest Dr, Kansas City, KS 66103          913-475-7789
Treasurer          Sheila Bunnell          7028 Berry Rd., Kansas City, KS 66106          913-544-9072

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Region 2 Field Service Rep. Laurie DeNooy          6615 W 73rd St, Overland Park, KS 66204          913-548-7277
Region 3 Field Service Rep. Patty Jurich          3314 N 128th Ct, Kansas City, KS 66109          913-334-6051
Region 4 Field Service Rep. PattyJurich          3314 N 128th Ct, Kansas City, KS 66109          913-334-6051
Region 5 Field Service Rep. Patty Jurich          3314 N 128th Ct, Kansas City, KS 66109          913-334-6051
Region 6 Field Service Rep. Laurie DeNooy          6615 W 73rd St, Overland Park, KS 66204          913-548-7277
Region 7 Field Service Rep. Sheila Bunnell          7028 Berry Rd., Kansas City, KS 66106          913-544-9072
Region 8 Field Service Rep. Dawn Lalumondier          8907 W 82nd St., Overland Park, KS 66204          913-660-4763

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State Legislative Chair Brian Hogsett          9705 Slater Lane, Overland Park, KS 66212          913-209-9620

Consultants/Committee Appointments

* Bulletin Editor Robert DeNooy          9242 Newton St., Apt 2B, Overland Park, KS 66212          913-271-6892
* Nominating and Leadership Dev. Jackie Waters
* Website Robert DeNooy          9242 Newton St., Apt 2B, Overland Park, KS 66212          913-271-6892

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Kansas City Patty Jurich          3314 N 128th Ct, Kansas City, KS 66109          913-334-6051
Shawnee Mission Linda Braly          7909 Outlook Ln., Prairie Village, KS 66208          913-449-0506
Tash Davis          8345 Glenwood, Overland Park,, KS 66212          913-558-2211
Turner Jody Morris          4025 Locust Ave., Kansas City, KS 66106          913-530-1449

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* Office Secretary Natalie Schweda          715 S. W. Tenth, Topeka, KS 66612          785-235-5782
* Not a board position

This issue of the Bulletin is available on the Kansas PTA website @ www.kansas-pta.org
If you are no longer a PTA president, please notify the Kansas PTA State Office. Forward this and all mailings immediately to your successor.