

Council Clippings

Monthly Newsletter of
St. Joseph PTA Council

Volume 34, Issue 3

November 2018

THREE ACTION STEPS TO FIGHT THE FLU BEFORE IT GETS YOU

1. GET THE FLU VACCINE IF YOU HAVEN'T ALREADY. Flu vaccination can help reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.
 - a. Everyone 6 months of age and older should get a flu vaccine.
 - b. Those at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions and people over 65 years of age.
 - c. Flu vaccine does not cause the flu.
2. Take everyday preventive actions to stop the spread of germs.
 - a. Try to avoid close contact with sick people.
 - b. While sick, limit contact with others to keep from infecting them.
 - c. If you are sick with flu symptoms, CDC and SJSJ Health Services recommend students stay home for at least 24 hours after their fever is gone. (Fever should be gone for 24 hours without fever-reducing medication.)
 - d. Wash your hands with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.
 - e. Avoid touching the "T zone" – your eyes, nose, and mouth.
 - f. Clean and disinfect surfaces and objects that may be contaminated with flu-like germs.
3. Take flu antiviral medication if your doctor prescribes if you have the flu.
 - a. Antiviral medication may make illness milder and shorten the time you are sick.
 - b. Studies show antiviral medication works best for treatment when started within 2 days of getting sick.

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also experience vomiting and diarrhea.

REFERENCE: [CDC SAYS "TAKE 3" ACTIONS TO FIGHT THE FLU](#)

Submitted by Maria Burnham MSN/RN
Coordinator of Health Services
St. Joseph School District

**"Doubt kills more dreams than failure ever will."
Karim Seddiki**

Submitted by Madeline Arn

Council Clippings Article Assignments for December 2018 Articles are due November 15, 2018

<input type="checkbox"/> Presidents Report	<input type="checkbox"/> Character & Spiritual
<input type="checkbox"/> Reflections	<input type="checkbox"/> Family/Community Involvement
<input type="checkbox"/> Special Education	<input type="checkbox"/> Early Childhood

All articles must be emailed to Lori Prussman at aokmom@hotmail.com, subject: CLIPPING ARTICLE . Thank you for getting your articles to me in a timely manner.

**Don't forget to check out our website,
www.stjoepa.org**

and like us on Facebook!



Attention treasurers

It is time to fill out your year-end reports...

- Financial review/audit
- End of year report/annual review
- File your 990N

Find all the reports and link to IRS on our website
www.stjoeppta.org

Don't forget that you must present your audit to your General assembly and it must be approved by membership.

Send copies to PTA Council PO Box 1162, 64502
and to the State PTA office to remain in good standings!!

St. Joseph School District
COFFEE AND CONVERSATION
WITH SUPERINTENDENT
DR. DOUG VAN ZYL

October 24, 2018
The Big Biscuit
139 N. Belt Hwy
7-8 a.m.

November 28, 2018
Interserv
5400 King Hill Ave
7-8 a.m.

January 10, 2019
SJSJ Board Conference Room
925 Felix St
5-6 p.m.

As we work to strengthen the relationship between the St. Joseph School District and the community, we invite you to stop by for a cup of coffee and an informal meeting. Please join the conversation. We invite you to ask questions and provide input about the future of our schools as we strive to provide the best for our students.

- Dr. Doug Van Zyl

Learn more about the SJSJ
www.sjsd.k12.mo.us

As we express our gratitude,
we must never forget that the
highest appreciation is not to
utter words, but to live by them.

- John Fitzgerald Kennedy.



Please note the change in application
deadline for the

St. Joseph PTA Council grant.

Deadline is November 1st!

Checks will be distributed at the
November Council meeting!

Don't miss out on an opportunity to fund
a special project this school year!

See the grant application in this issue and
also available online at www.stjoeppta.org!

Unit in Good Standing...

To be a unit in good standing with the
State PTA you must...

- Submit your financial review by Dec. 1
- Submit your annual report by Dec. 1
- Submit your IRS tax confirmation by Dec. 1
- Submit membership monthly
- Bylaws must be current (no need to submit a copy if current)
- **New Officers list must be submitted by March 31st each year**

Welcome to the end of the first quarter of school. I hope parent teacher conferences went well. Thank you to all the parents and families that attended the conferences. It's still important to keep that routine up. I know that the days and nights have gotten colder and darker but keeping a good routine is vital in a child's education. Thanks for all you do at home.

October: anti-bullying, drug free awareness and nutrition have been discussed a lot this month

November: some things to remember Veterans Day, diabetes awareness, epilepsy awareness

Thanks for everything.

Anita Combs
Special Education Chair

The Facts

Early Detection, Treatment and Family-School Partnerships Work

- **Half of all lifetime cases of mental disorders begin by age 14¹.** While 21% of all children ages 9 to 17 in the United States have a diagnosable mental or addictive disorder², only 20% of them are identified and receive mental health services each year³.
- **Early detection and treatment of mental disorders is imperative for student success.** Half of all students ages 14 and older who live with a mental illness drop out of high school—the highest dropout rate of any disability group—and these youth also experience higher suicide and incarceration rates⁴.

Together, we can increase the percentage of students who receive the mental health services they need in order to succeed in school, continue to develop socially, and fully experience the purpose and joys of life.

Learn More: Webinars for Families

- **The Link Between Kids' Stress Levels and Technology Use:** National PTA and the American Psychological Association co-hosted a webinar for families concerned about the stress constant technology use puts on kids.
- **Talking with Teens About Stress Management:** National PTA and the **American Psychological Association** partnered in featuring board certified clinical psychologist, Dr. David Palmiter on the impact of stress on teens' health and how you can model healthy stress management strategies.
- **How to Tell When a Kid is Emotionally Struggling:** National PTA partnered with the **American Psychological Association** to host an important conversation about the signs to look out for.
- **Caring for Every Child's Mental Health: The Signs, Strategies and Services Families and Schools Need:** National PTA partnered with the **National Association of School Psychologists** to discuss ways to access special education services offered by your school when your child has a mental health disorder.

Additional Resources

- **ACT Raising Safe Kids Program**
- **American Psychological Association Help Center**
- **American Public Health Association Center for School, Health and Education**
- **Center for Disease Control and Prevention (CDC): Safe and Healthy Kids and Teens**
- **CDC: Children's Mental Health Report**
- **Health & Human Resources: Office of Adolescent Health**
- **Love Doesn't Have to Hurt (Teen Dating Violence)**
- **Mental Health America: What Every Child Needs for Good Mental Health**
- **National Association of School Nurses**
- **National Association of School Psychologists**
- **National Center for Children in Poverty: Adolescent Mental Health in the U.S.**
- **National Institute of Drug Abuse (NIDA) for Teens**
- **National Institute Of Mental Health (NIMH): Child and Adolescent Mental Health**
- **National Suicide Prevention Lifeline**
- **Protecting Our Children from Abuse and Neglect**
- **Substance Abuse and Mental Health Services Administration (SAMHSA): Caring for Every Child's Mental Health**

More information can be found on the following page;

<https://www.pta.org/home/family-resources/health/Emotional-Health>



Educate yourself on the candidates and vote November 6, 2018!

School Facilities PS

The National PTA believes the school environment significantly impacts students' academic achievement; therefore, the National PTA supports the Opportunity-to-Learn standards contained in the Goals 2000 Educate America Act. The states will recommend Opportunity-to-Learn standards, ensuring that all children receive the chance for a quality education in facilities that are safe, well-equipped, and sufficiently maintained.

In addition to advocating the improvement of school facilities through Opportunity-to-Learn standards, the National PTA:

- recognizes that the facility itself can stimulate learning and help to incorporate innovative curriculum and methods into the classroom. The National PTA urges schools to create adaptable classrooms which foster the use of current technology and accommodate various teaching and learning styles;
- affirms that adequate school facilities are not only crucial to the success of our nation's public schools, but they are also a reflection of and resource for the communities in which they are located. Since school facilities are a capital asset constituting a large investment of public funds, the National PTA desires that all school facilities encourage community utilization and involvement;
- stresses the importance of open communication within school districts. The National PTA encourages administrators, educators, parents, students, and community leaders to work together with their architects to design new or renovated facilities that are tailored to their specific needs.

St. Joseph PTA Council



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