



## MCCPTA Committee and Sub-Committee Chairpersons 2010-2011

### STANDING COMMITTEES

Bylaws/Standing Rules	Andrea Bernardo	<a href="mailto:andreaqbernardo@comcast.net">andreaqbernardo@comcast.net</a>
Capital Improvement Program	Steve Augustino	<a href="mailto:sauggiedog@comcast.net">sauggiedog@comcast.net</a>
Curriculum/Education	Kathy Boehlert	<a href="mailto:skboehlert@msn.com">skboehlert@msn.com</a>
Curriculum/Education	Ted Willard	<a href="mailto:twillard@aaas.org">twillard@aaas.org</a>
Grading & Reporting Sub-Comm	<i>OPEN</i>	
Technology Sub-Committee	<i>OPEN</i>	
Health/Safety	Donna Pfeiffer	<a href="mailto:donnafeiffer@gmail.com">donnafeiffer@gmail.com</a>
Health/Safety	Susan Burkinshaw	<a href="mailto:susan.burkinshaw@verizon.net">susan.burkinshaw@verizon.net</a>
Membership	Janette Gilman	<a href="mailto:janettegilman@verizon.net">janettegilman@verizon.net</a>
Community Outreach/Parent		
Involvement Sub-Committee	Elisia George	<a href="mailto:ekjgsha@gmail.com">ekjgsha@gmail.com</a>
Operating Budget	Pam Moomau	<a href="mailto:Pammoomau@gmail.com">Pammoomau@gmail.com</a>
School Support	Jeannie Dillingham	<a href="mailto:jeannie_616@msn.com">jeannie_616@msn.com</a>
Downcounty Consortium Sub-Comm	Mary Abe	<a href="mailto:abe_mary@yahoo.com">abe_mary@yahoo.com</a>
Guidance & Counseling Sub-Comm	Jeannie Dillingham	<a href="mailto:jeannie_616@msn.com">jeannie_616@msn.com</a>
High School Sub-Committee	Dave Lechner	<a href="mailto:dave@lechneronline.com">dave@lechneronline.com</a>
Middle School Sub-Committee	<i>OPEN</i>	
Student Service Learning Sub-Comm	Debra Lang	<a href="mailto:debolang@yahoo.com">debolang@yahoo.com</a>
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ESOL Sub-Committee	Joy Burdin	<a href="mailto:triplejand@yahoo.com">triplejand@yahoo.com</a>
Gifted Child Sub-Committee	Michelle Gluck	<a href="mailto:Gluck.michelle@yahoo.com">Gluck.michelle@yahoo.com</a>
Special Education Sub-Committee	Jeanne Taylor	<a href="mailto:frtjmt@aol.com">frtjmt@aol.com</a>

### ADMINISTRATIVE COMMITTEES

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Cultural Arts	Priscilla Peterson	<a href="mailto:prisfp@verizon.net">prisfp@verizon.net</a>
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Legislative	Patrick Dunn	<a href="mailto:patrickdunn65@yahoo.com">patrickdunn65@yahoo.com</a>
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MCCPTA Office - Point of Contact	Kristin Tribble	<a href="mailto:tribble4@verizon.net">tribble4@verizon.net</a>
Nominating Committee		
Presidents/Principals Dinner	Dale Ryan	<a href="mailto:dalejryan@yahoo.com">dalejryan@yahoo.com</a>
Public Relations	Chris Kelly	<a href="mailto:christopher.kelly57@yahoo.com">christopher.kelly57@yahoo.com</a>
Reflections	<i>OPEN</i>	
Special Events	<i>OPEN</i>	
Training Committee	DeBora King	<a href="mailto:dkndc@msn.com">dkndc@msn.com</a>
Website Coordinator	Paul Morrison	<a href="mailto:wallyboy53@comcast.net">wallyboy53@comcast.net</a>

### AD HOC COMMITTEES

Growth Projections	Merry Eisner	<a href="mailto:merry.eisner@gmail.com">merry.eisner@gmail.com</a>
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#### **Help Wanted: PTA Reflections Chair**

We thank the many local PTA Reflection Chairpersons who are stepping up to help make this program happen. But a Chairperson to oversee the county program is still needed.

#### **Help Wanted: Volunteer Translators**

We are looking for volunteers to translate MCCPTA items into Spanish or any other needed languages.

**For both positions, please contact Kristin Tribble at [president@mccpta.com](mailto:president@mccpta.com)**

## Take Your Family to School Week

PTA's Take Your Family to School Week is celebrated each February to pay tribute to PTA's legacy of building family-school partnerships. This year, PTA will celebrate Take Your Family to School Week during February 13-19, 2011 with the purpose of enhancing family engagement in schools across the county.

## Presidents' Checklist

- ✓ Your PTA should have submitted dues payments to both MCCPTA and Maryland PTA by now. Once dues are received by MCCPTA, your PTA will be issued 3 pink delegates cards. Please make sure to give these cards to your delegates as they will be required at our next Delegates Assembly.
- ✓ Remember that you are submitting dues to MCCPTA (\$1 per member) and to Maryland PTA (\$3.25 per member). They are sent separately. See the MCCPTA voucher in this newsletter. Maryland PTA will "bill" your PTA directly.
- ✓ Form 990 Tax Return is due November 15.
- ✓ It cannot be emphasized enough: Don't do things just because "that's the way it's always been done." Get crazy, mix things up, and serve your community by doing things the way that works for them!
- ✓ Make sure you've shown your appreciation to the teachers and staff at your school...then take the opportunity to encourage them to be members of the PTA to show their support for you.
- ✓ Reach out and communicate with other PTAs within and outside your cluster. Can you partner to help each other's communities? How about a book or coat drive to benefit another school? Or schedule movie nights or cultural arts programs together.

## Board of Education Annual Distinguished Service Awards

The Montgomery County Board of Education honored 16 individuals and organizations, including our own MCCPTA Past President Kay Romero, with its 2010 Distinguished Service to Public Education Awards at a ceremony on Thursday, October 21. The honorees this year are a diverse group of individuals, community groups, business partners and MCPS staff. All honorees—through volunteerism, mentoring, and academic programs—have made outstanding contributions to public education and children in Montgomery County.

### Business

Audubon Naturalist Society—Green Kids  
Michael Priddy/Intervise Consultants, Inc.

### Community Individual

Samantha Lint  
Kay Romero  
Monte Tarbox

### Community Group

Montgomery County Students Information  
Technology Foundation, Inc.  
Potomac Valley Alumnae Chapter of Delta Sigma  
Theta Sorority

### MCPS Staff

Michael Campbell  
Erick Lang  
Joe Rubens, Jr.  
Building Services Team—College Gardens  
Elementary School

## Superintendent's Recommended Amendments to the Capital Improvements Program

Every two years, the county approves a six-year Capital Improvements Program (CIP), which includes school facilities and infrastructure. In off years, such as FY 2012, only amendments to the adopted CIP are considered. This year, Dr. Weast has recommended the following amendments to the six-year CIP:

- An additional \$6.52 million to replace aging heating, ventilation and air conditioning systems in facilities across the district.
- An additional \$394,000 for Indoor Air Quality
- An additional \$948,000 for Planned Life-Cycle Asset Replacement

He also made specific recommendations with regard to overcrowding in the Bethesda-Chevy Chase, Richard Montgomery, and the Northwest Clusters. MCCPTA Cluster Coordinators received a copy of the FY 2012 Capital Budget and Amendments to the Capital Improvements Program. Others are able to review it online at [http://www.montgomeryschoolsmd.org/departments/planning/CIPMaster\\_Current2.shtml](http://www.montgomeryschoolsmd.org/departments/planning/CIPMaster_Current2.shtml)

The Board of Education will hold public hearings on the CIP on November 10 and 11 at the Carver Educational Services Center, 850 Hungerford Drive. The County Council will hold a hearing in early February 2011 with adoption of the Capital Budget and Amendments taking place in late May 2011.

## MCCPTA Calendar 2010-2011

Wednesday-	11/10/10 –	BOE Boundary and Facility (CIP) Hearings – 7pm,
Thursday	11/11/10	Carver Auditorium
Friday-	11/12/10-	MDPTA Fall Convention - Maritime Institute,
Saturday	11/13/10	Linthicum Heights
Tuesday	11/23/10	Delegates Assembly – 7:30pm, Carver Auditorium <i>(Math WorkGroup Recommendations Program-6:30)</i>
Thursday	12/2/10	BOD Meeting - 7:30pm, Carver Auditorium
Monday	1/3/11	MCCPTA Operating Budget Forum - 7:30pm, Carver Auditorium
Thursday	1/6/11	BOD Meeting - 7:30pm, Carver Auditorium
Saturday	1/8/11	MCCPTA Operating Budget Workshop:
Wednesday	1/12/11	BOE Operating Budget Hearing – 7:00pm, Carver
Wednesday	1/19/11	BOE Operating Budget Hearing – 7:00pm, Carver
Tuesday	1/25/11	Delegates Assembly - 7:30pm, Carver Auditorium <i>(Superintendent Search Program - 6:30)</i>
Thursday	2/3/11	BOD Meeting - 7:30pm, Carver Auditorium
Tuesday	2/22/11	Delegates Assembly - 7:30pm, Carver Auditorium <i>(Bullying and CyberSafety Program - 6:30)</i>
Thursday	3/3/11	BOD Meeting - 7:30pm, Carver Auditorium
Tuesday	3/22/11	Delegates Assembly - 7:30pm, Carver Auditorium <i>(Program TBD- 6:30)</i>
Thursday	4/7/11	BOD Meeting - 7:30pm, Carver Auditorium
Tuesday	4/26/11	Delegates Assembly - 7:30pm, Carver Auditorium <i>(Elections with check-in starting at 6:30pm)</i>
Thursday	5/05/11	BOD Meeting - 7:30pm, Carver Auditorium
Tuesday	5/24/11	Delegates Assembly - 7:30pm, Carver Auditorium
Thursday	6/02/11	BOD Meeting – 7:30pm, Carver Auditorium

Carver Educational Service Center is located at 850 Hungerford Drive, Rockville. The Auditorium is located right inside the North Entrance facing Hungerford Drive and closest to Mannakee Drive.

BOE: Board of Education

BOD: Board of Directors (MCCPTA Officers, AVPs, Cluster Coordinators, Committee Chairs)

Check our website at [www.mccpta.net](http://www.mccpta.net) for the most up to date calendar of events!

## Montgomery County PTA President of the Year

We are excited to announce that on November 4, the MCCPTA Board of Directors approved the creation of a new award, “Montgomery County PTA President of the Year”. The award will be presented at our May 18 Presidents and Principals Dinner to be held at the Bethesda North Marriott. Each cluster will be asked to nominate one PTA president for the award. Six finalists will be chosen by a selection committee, one from each of the six areas of the county, with the winner being announced at the dinner. The award will recognize the PTA president who has best embodied the vision, mission, values, and purpose of PTA in working for the benefit of the students in his or her school and in Montgomery County overall.

The Selection Committee will be composed of the six

Looking for resources for your parents and community (and maybe your newsletter)?

[www.pta.org](http://www.pta.org)

[www.connectwithkids.com](http://www.connectwithkids.com)

[www.grandparents.com](http://www.grandparents.com)

[www.fathers.com](http://www.fathers.com)

[www.educationnation.com](http://www.educationnation.com)

Area Vice Presidents and the Vice President for Administration. Look for more information to come shortly.

### MCCPTA Directories Are on Their Way

The MCCPTA Directories have been published and are being distributed throughout the county. Traditionally known as the “Blue Book”, we admit that it is closer to purple this year! Once local PTAs have submitted membership dues to MCCPTA, you will receive not only your three delegate cards but also three directories via pony mail to your school. Please share these copies with your principal and officers as needed.

**Maryland PTA 95<sup>th</sup> Fall Convention**  
**November 12-13, 2010**  
**Maritime Institute, Linthicum**  
**For info, go to [www.mdpta.org](http://www.mdpta.org)**

## **Proposed Resolution on Parent Involvement in the Development and Implementation of the Elementary Integrated Curriculum**

### **Whereas:**

- A.** Montgomery County Public Schools (MCPS) has begun developing an Elementary Integrated Curriculum;
- B.** MCPS expects full implementation of the new curriculum in kindergarten through second grade in the 2011-2012 school year and in third grade to fifth grade in the 2012-2013 school year;
- C.** Teachers will access the curriculum online via the myMCPS portal, rather than through printed curriculum guides that had been previously used;
- D.** Printed curriculum guides had been available in school libraries to any parents who wished to review the curriculum;
- E.** MCPS hopes to eventually provide parents access to the mymcps portal, but currently has no plans for when it will happen;
- F.** Parents have the need and expectation to be able to review curriculum guides;
- G.** The Montgomery County Board of Education has granted preliminary approval of the MCPS Elementary Integrated Curriculum Framework, which combines existing elementary curriculum, Common Core State Standards, and Thinking and Academic Success Skills;
- H.** The Elementary Integrated Curriculum Framework has been posted as a single 154 page PDF document on the MCPS website along with a four question feedback form.

### **Therefore be it resolved**

- 1.** MCPS should provide continued opportunities for parents to provide meaningful feedback in the development of the elementary integrated curriculum throughout the development and implementation process;
- 2.** By the time schools are required to implement the curriculum, all parents in all schools should have regular access to the curriculum if they wish to review it;
- 3.** MCPS should develop a reasonable timeline for parent access to the myMCPS portal;
- 4.** In the future, when Curriculum Frameworks are put out for review on the MCPS website, there should be options to provide feedback on individual recommendations in the document. Furthermore people reviewing the document should be able to see what comments other people have left and be able to indicate their agreement or disagreement with the comments.

Delegates should come prepared to discuss and vote on this proposed resolution at the November 23 Delegates Assembly. Questions on the resolution can be directed to Ted Willard, Curriculum Committee Co-Chair.

## **What Do Teens Value...and at What Cost?**

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American life in the 1930s... The stock market fell by 90 percent. Over 25 percent of the nation was out of work. Almost half the banks in America failed. 3 million children quit school to find work. It seems like a bleak picture, yet today, researchers have found that among young people, depression and anxiety are three times higher than the 1930s.

"You're always stressed out. You make achievements, but you never get to the top, because the bar just keeps rising," says Meghan. "I definitely feel like my parents don't understand what my life is like and don't have a concept of what an average day in my life is like," says Josh. "You're competing with thousands of students nationwide," says Charmaine.

Researchers from the University of Georgia and San Diego State University find the teens they questioned believe that happiness comes with money... fame... material goods. "Unfortunately, that is a formula for problems with mental health because people who have those extrinsic values and are thinking about gaining material wealth or fame those are difficult to obtain and you can never have enough, so those tend to lead to anxiety and depression," says Jean Twenge, Ph.D., and professor at San Diego State University.

How best to guard against depression and anxiety? Dr. Twenge suggests it is the intrinsic values of social connectedness, too often missing in our online relationships of today. "To have those close relationships that you value and that are very stable, and that seems to be what we're missing now in modern life," she says. *Cont pg 9*



**MCCPTA Committee Reports – November 2010**  
For complete reports, visit the committee's webpage at [www.MCCPTA.net](http://www.MCCPTA.net).  
Please share with all interested parents!

**Capital Improvement Program Committee**

Steve Augustino: [sauggiedog@comcast.net](mailto:sauggiedog@comcast.net)

**CIP Budget.** On October 15, the Superintendent released recommendations in response to the roundtables on Monocacy ES and ES enrollment in the B-CC cluster. On October 28, the Superintendent released his recommendation for the FY 2012 capital budget and amendments to the FY 11-16 CIP.

MCCPTA released a statement that the recommendation furthered our CIP priorities, as adopted at the October Delegates Assembly.

**FACT Assessments.** In August and September, Kristin Tribble and I attended weekly meetings with MCPS and EMG Group to refine the proposed FACT Assessment criteria and to develop scoring metrics for each factor. The draft document is still being prepared, but we are hopeful that EMG will release it soon. Clusters and individual schools may comment on proposed scoring criteria some time in November. The BOE is targeting action on the FACT Assessments at its December 2010 meeting. MCCPTA will submit comments, and the CIP Committee will provide materials to assist cluster and individual school comments.

**2010 CIP Committee Initiatives.** The CIP Committee's workplan identifies three initiatives for the 2010-11 school year: (1) review of countywide CIP projects; (2) drafting of a Parents' Guide to the Construction Process; and (3) study of costs related to the maintenance and renewal of athletic fields. The Committee is recruiting volunteers to assist with each of these initiatives.

**Cultural Arts Committee**

Priscilla Peterson: [PrisFP@verizon.net](mailto:PrisFP@verizon.net)

The 2010 Cultural Arts Showcases were presented on October 4th, 5th, 11th and 15th. Of the 142 performers listed in the Performing Arts Catalogue, 78 were presented at the Showcases. All performers who had requested an opportunity to perform were accommodated; the others were not available on those dates. Each performer presented a 15 minute segment of their show. Attendance at the Showcases ranged from 25 adults and children on Oct. 11th to 62 adults and children on Oct. 15th. This year the Showcases were videotaped for the first time, and all audience participants in the presentations were asked to sign a permission/release form. The videotapes have not yet

been made available, but as soon as they are ready I will be posting the information about how to view them online. Copies of the Performing Arts Catalogue were given out to school representatives at the Showcases, and the catalogue is also available online (posted on the PTArts e-list and by MCCPTA.) At the Showcases I began the process of updating the Cultural Arts Budget Survey I did last year, and will also be posting that information when it is more complete. I had numerous sign-ups for the PTArts e-list and now have 182 members. At the Maryland State PTA Convention in Linthicum, I will be participating in a panel discussion on Cultural Arts, on Saturday, November 13th at 1:30.

**ESOL Committee**

Joy Burdin: [triplejand@yahoo.com](mailto:triplejand@yahoo.com)

This past two months the committee has met with support groups available for the ESOL children and families. There are many tools available to ESOL student and families. This link [www.montgomeryschoolsmd.org/curriculum/esol/](http://www.montgomeryschoolsmd.org/curriculum/esol/) will allow you to obtain information to enable you to pass along these resources to others. Also a resource to our PTAs can be found at [office@mdpta.org](mailto:office@mdpta.org) in which you can get the following materials in Spanish:  
-100 Ways to Help Your Child and School Succeed  
-Help Your Child Join PTA!  
-PTA: Helping Your School Achieve More  
-Programs de PTA Accion Local Impacto Nacional  
Together we can make a difference by engaging ESOL families to become involved!

**Gifted and Talented Committee**

Michelle Gluck: [gluck.michelle@yahoo.com](mailto:gluck.michelle@yahoo.com)

The GT Liaisons Fall Training Meeting was held on October 25 at Magruder High School. More than 30 schools were represented and heard presentations from committee members and MCPS staff. Margie Lope and Marisa Stemple from the Division of Accelerated and Enriched Instruction attended and gave presentations and provided numerous information handouts to the Liaisons. Copies of all of the handouts are being sent out to schools whose representatives were not able to attend in person.

Michelle Gluck, along with Ted Willard, attended an informal meeting of the AEI Advisory Committee on October 12 and received an update about the SIPPI

pilot that was later presented to the BOE on October 25. Any interested parents are invited to contact Michelle to join the committee's E-lists and become involved in its activities.

### **Guidance and Counseling Committee**

*Jeannie Dillingham: [jeannie\\_616@msn.com](mailto:jeannie_616@msn.com)*

Meeting minutes from 10/28/10:

The first order of business was to review the mission of the Guidance and Counseling committee. The MCPS staff were pleased that the committee requested a meeting with them to discuss how we can work together.

Most of the meeting was spent with Dr. Newton and Mrs. Wilks explaining the vision and mission of the MCPS Department of Student Services Guidance and Counseling services, as well as the role of the counselors and student services staff at the school level. The committee was also given detailed information on the **Collaborative Problem Solving** or **CPS** approach to students in need of interventions based on failing grades. It was explained that the CPS approach was rolled out in the last school year; and training was made available to all MCPS counseling staff so that full implementation could take place during the current school year. The committee felt this approach will be very effective when fully implemented. Parents of the committee expressed an appreciation in better understanding the role of the counselors in the school as it relates to the children, as well as the parents.

Because the overall feeling of the committee is that the parents, and consequently the students, do not understand the role of the school guidance counselors, the committee came up with some potential activities that will be scheduled throughout the year designed to support the guidance and counseling area of the school system. These activities will need some time and thought put to them by the committee in how they will be carried out, but the main goal of these activities is to give better exposure of the counselors to the parents. One idea that seemed to be a popular one is to encourage the schools to host a "**Meet the Counselors**" event at the schools, much like the "Meet the Principal" events that many schools are currently hosting. This will allow the counselors to share with the parents their specific responsibilities within the school and how those responsibilities relate to their children as students, as well as to the parents. It is felt that because the role of the counselor is not always clearly defined, that the parents, and possibly the students, do not always see the counselors as a student advocate. The majority of the committee feels being a student advocate is the most important role of the school

guidance counselors.

Another activity that was discussed and will be refined and rolled out to the schools before the end of the calendar year is information on **School Counselor's Week**, which is slated for February 2011. The committee will put together information on potential activities suggested to be held on the school level. It is hoped that this information can be disseminated to the individual schools by the end of the year.

The student services team also shared information on the **K-16 Project** that is being rolled out. This project relates to assisting every child in the Montgomery County public school system in setting and reaching their secondary education goals. This will be done by providing the families with much needed information on financial assistance early on; as well as early as elementary school, guiding the student in realizing their goals beyond high school graduation. Many of the committee requested information on supporting this project.

Robyn Krugman, of **Jewish Social Services Agency** of JSSA gave the committee a presentation on the many services offered to children and families. Robyn explained that JSSA has a desire to reach all families in Montgomery County and would like to get information out to the individual school PTSAs. The MCPS team shared with Robyn information regarding the Linkages program and the Montgomery County Collaboration Council as other avenues to ensure that information on JSSA services will get to those who need it most.

**Next Steps:** It was decided that an email group of the committee would be developed and that a next meeting date could be decided by polling the group. It was felt that the committee may need to meet more often than originally expected to ensure that the goals are met. Much of the work can be done via email, but it was felt that meeting only a couple of times a year may not be as effective in meeting the current goals.

### **High School Committee**

*Dave Lechner: [dave@lechnersonline.com](mailto:dave@lechnersonline.com)*

Achievements:

- Sought members for committee - 3 responses.
- Provided MCCPTA Comments to Board of Ed. and MCPS on Policy IED, Framework and Structure of High School Education.
- Solicited committee work plan topics .
- Coordinated proposed "Work Plan" for MCCPTA Board with the committee members.
- Met with Angel Santiago, Marketing Director/ Event Producer, Washington Talent Agency to discuss "Safe Prom Night Video Contest".

## Membership Committee

Janette Gilman: [janettegilman@verizon.net](mailto:janettegilman@verizon.net)

The MCCPTA Membership Committee is working with local PTA/PTSA leaders to grow membership and problem-solve to increase our collective voice for the children of Montgomery County and the resources available to our local public schools. We still are anxiously awaiting the initial membership number from many of our locals; anecdotal evidence—and early numbers—suggests that our goal of 75,000 members in 2010-11 remains a possibility thanks to the drive of our local PTA presidents and membership leaders. Many locals have already topped their prior year membership numbers; many continue to actively work to grow membership.

This past month, the MCCPTA 2010-11 Membership Awards, a set of awards to be presented at the May Principal-Presidents Dinner that compliment the Maryland PTA membership awards program, were announced. MCCPTA membership awards will be given for a) *percentage growth in local PTAs by 5% increments (up to 5%, 10%, etc.)*; b) *absolute numbers—the largest—PTA/PTSA by category of school (elementary, middle, high, or special school)*; and c) *greatest parent involvement calculated by the ratio of the total number of students to total membership*. Locals must be in good standing, and membership numbers used will be those on record at Maryland PTA as of March 31, 2011. Our intention is to reward ALL PTA/PTSAs who either grow or retain significant membership in the company of their friends, peers, and Montgomery County and MCPS officials.

## Operating Budget Committee

Pam Moomau: [Pammoomau@gmail.com](mailto:Pammoomau@gmail.com)

The operating budget resolution priorities resolution and operating budget compact were adopted by the Delegates Assembly after a lively and thoughtful discussion. The priorities resolution was amended to provide more detail on two priorities. The final priorities are:

- No reductions in maintenance, building service, or security staff to maintain safe, secure, and healthful schools.
- Judicious curriculum rollout; no new curriculum without adequate staff development, materials, and technology.
- No further increase in class sizes,
- Full implementation of hours-based staffing for special education students,
- Continued support for after school activities, and

- No reductions in academic intervention, focus, reading, ESOL, or special program teachers.

The Compact was amended to make clear the bullet on middle school rigor was meant to connote extending rigor to schools where reform has not yet been implemented.

Getting sufficient funding from the County and State to maintain current programs may be difficult. Because of increasing enrollment (and the fact that last year's waiver from the state requires a return to fy10 maintenance of effort (MOE) levels) a MOE level of funding from the county would mean an increase of \$84 million over last year, but the county so far has not indicated an intention to provide that increase. Failure to meet MOE would also put state funding in jeopardy. Parents are urged to show a strong presence at every advocacy opportunity, beginning with the Operating Budget Forum on January 3 (first Monday after winter break). The BOD is also encouraged to attend the legislative dinner to begin dialogs with our state reps.

## Safety & Health Committee

Donna Pfeiffer: [donnaepfeiffer@gmail.com](mailto:donnaepfeiffer@gmail.com)

Susan Burkinshaw: [susan.burkinshaw@verizon.net](mailto:susan.burkinshaw@verizon.net)

We welcome everyone to join us Wednesday, Nov. 10, 7pm for our first Safety & Health Committee meeting for this school year— location TBA. Topics that will be covered include:

- # SRO (School Resource Officers) program- what's the future for this program?
- # Anti-bullying programs –Kingsview MS is stepping up to the plate with some new approaches to deal with these issues
- # Mentoring programs- County Councilman, Phil Andrew's office is reaching out with support to pilot local mentoring programs in a few of our schools

We're excited to have our new Safety & Health Committee e-list up and running, with 80+ members strong! ANYONE is welcome to join, just email [DonnaPfeiffer@gmail.com](mailto:DonnaPfeiffer@gmail.com) and we'll get you registered. We'll share info, concerns and timely developments that affects the safety and security of our students & staff. We encourage at least one person per school to sign up on this e-list so they can keep their school community in the loop.

We're excited to have recruited **Carroll Lovelace**, from the Gaithersburg Cluster to lead us on the Health Committee side. His contact information is: [clovelace3@comcast.net](mailto:clovelace3@comcast.net) 240-461-8313.



*Continued from pg 5* - Experts say the best way to solve some of the challenges kids face today – bullying, drug and alcohol abuse, stress and anxiety, to name a few -- is to focus on internal values and help kids find a joy for learning.

"If you want a kid to be able to thrive through his or her whole life, to find something that will sustain him or her for the long haul, they've got to find something they love," says W. Keith Campbell, Ph.D., University of Georgia. "Just go out in the community. Talk to every burned out attorney or accountant or professional... and there are lots of them out there, and they're not living lives of joy. They might be socially successful, but it's not necessarily life or lives of joy. Then think, do I want my kid to be that person?"

### **What We Need To Know**

Pressures that are too intense or last too long, or troubles that are shouldered alone, can cause people to feel stress overload. Things that can overwhelm the body's ability to cope if they continue for a long time can include being bullied or exposed to violence or injury, relationship stress or family conflicts, ongoing problems with schoolwork related to a learning disability or a difficult workload, non-stop schedules and not having enough time to rest and relax.

Knowing how to "de-stress" and doing it when things are relatively calm can help you get through challenging circumstances that may arise. The Nemours Foundation offers these strategies to control stress:

- **Take a stand against over-scheduling.** If you're feeling stretched, consider cutting out an activity or two, opting for just the ones that are most important to you.
- **Be realistic.** Don't try to be perfect - no one is. And expecting others to be perfect can add to your stress level. Ask for help when needed – on schoolwork or other issues.
- **Get a good night's sleep.** Getting enough sleep helps keep your body and mind in top shape, making you better equipped to deal with any negative stressors. Because the biological "sleep clock" shifts during adolescence, many teens prefer staying up a little later at night and sleeping a little later in the morning. But if you stay up late and still need to get up early for school, you may not get all the hours of sleep you need.
- **Learn to relax.** The body's natural antidote to stress is called the relaxation response. It's your body's opposite of stress, and it creates a sense of well-being and calm. The chemical benefits of the relaxation response can be activated simply by relaxing. You can help trigger the relaxation response by learning simple breathing exercises and then using them when you're caught up in stressful situations.
- **Treat your body well.** Experts agree that getting regular exercise helps people manage stress. (Excessive or compulsive exercise can contribute to stress, though, so as in all things, use moderation.) And eat well to help your body get the right fuel to function at its best. It's easy when you're stressed out to eat on the run or eat junk food or fast food. But under stressful conditions, the body needs its vitamins and minerals more than ever.

Refocusing goals from today's "race for reward" to more intrinsic values including integrity, compassion, perseverance and responsibility requires parental and community support. Chandler DeWitt, a teen author reflecting upon her high school experiences, wrote a book with short stories about the stress, anxiety, competition, cruelty, the need to please, and all of the day-to-day tension. "While I was in high school, sometimes I felt like I was living for someone else. Rather than trying to figure out who I was, I was trying to be the person someone else wanted me to be. I knew many of my friends felt that way too, but no one should live life that way," she says. "If everybody is honest, a lot of the pressure to perform comes from our parents, teachers and other adults."

The documentary film, *The Race To Nowhere*, suggests these strategies for families to reset and reevaluate their goals and lifestyle:

- Discuss what success means to your family. Do your actions, as a family, reflect your values?
- Reduce performance pressure.
- Avoid over-scheduling.
- Allow time for play, family, friends, downtime and sleep.
- Ask your children how they are feeling.
- Allow your children to make mistakes and learn from them.
- Talk with your children about their experiences in school.
- Know the signs of childhood depression. Follow your instincts.
- Attend school board meetings and other venues where education is discussed and policies are established and reinforced.

MCCPTA Newsletter  
2096 Gaither Road  
Suite 204  
Rockville, MD 20850

Pony Mailing



Please share with PTA Delegates and PTA Members  
November 2010

## MCCPTA DUES PAYMENT VOUCHER FOR 2010-11

Return bottom portion to: MCCPTA, 2096 Gaither Road, Suite 204, Rockville, MD 20850.

**PTA membership is open all year and dues should be paid monthly as new members come in.**

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### MCCPTA Dues Are Due Monthly

*\*Keep this portion for your records\**

Name of PTA: \_\_\_\_\_

Number of Member: Adults \_\_\_\_\_ Students \_\_\_\_\_ Teachers \_\_\_\_\_ Total \_\_\_\_\_

Amount Remitted (\$1.00 per member): \$ \_\_\_\_\_ Check# \_\_\_\_\_

PTA Treasurer: \_\_\_\_\_ Phone Number \_\_\_\_\_

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**\*\*\*Return this portion to MCCPTA\*\*\***

Name of PTA: \_\_\_\_\_

Federal Tax ID Number: \_\_\_\_\_

Number of Member: Adults \_\_\_\_\_ Students \_\_\_\_\_ Teachers \_\_\_\_\_ Total \_\_\_\_\_

Amount Remitted (\$1.00 per member): \$ \_\_\_\_\_ Check# \_\_\_\_\_

PTA Treasurer: \_\_\_\_\_ Phone Number \_\_\_\_\_

**For MCCPTA Office Use Only:**

Delegate Card Numbers:

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