

**Jeffco
PTA**

everychild.onevoice.

Gazette December 2010



The whole purpose of education is to turn mirrors into windows. ~Sydney J. Harris



Jeffco Schools Wants Your Input on Hot Lunches

Childhood obesity is now considered the number one health crisis in America. Because of that, many school districts, including Jeffco, are asking parents and students to make healthier choices. Please tell us what you think about Jeffco's food service program by taking [this quick survey](#). As we continue to make changes to the program, your input will be very important to help us determine the path the district takes.

Advocate for Your Child! Register Today for the Colorado PTA Legislative Conference



Our children count on us to make certain the state enacts legislation that benefits their education and well-being. This is your opportunity to watch your legislators in action and have the chance to speak with them. **This one-day conference will be held February 24, 2011**, at the Colorado State Capitol. The cost is **\$50 per person by February 5, 2011** (\$60 per person after February 5, 2011) and **\$35 per student**. [Click here to download the fillable MS Word document](#) and register today.

Win Cash for Your PTA and Help Your Families Stay Healthy!

Just Between Friends and MedExpress Urgent Care are partnering to bring the MedExpress Great Care Fair (a school-based health and wellness event) and the MedExpress Great Care Challenge to PTAs in MedExpress Colorado communities. When you enroll your PTA in this program, Just Between Friends will provide you with materials you'll need to conduct the Great Care Fair and Challenge at your school. You'll receive easy "How-to" plans and an email template to send to

parents inviting them to participate. *Plus*, you'll be assigned a MedExpress representative to answer any questions you may have.

Here's how to enroll your PTA in the MedExpress Great Care Fair and Challenge. Just log onto www.justbetweenfriends.com and go to the Administrator Dashboard. The last widget on the right in the 2nd row is the "Earn Cash" widget. Here you'll see 3 links. Click on "join programs" to see the programs your PTA is eligible for. Then click back to "existing programs." You'll find the MedExpress Great Care Fair and Challenge program description and be able to download the materials you'll need to conduct the Fair and Challenge. For more information, visit www.JustBetweenFriends.com.



Jefferson Foundation Awards PTA Challenge Grants

The Jefferson Foundation awarded \$500 challenge grants to 4 Jeffco School PTAs. The grants were announced at PTA Fall Leadership training and are being presented throughout the 2010-2011 school year. "The Jefferson Foundation believes that great schools must have great community support," *said Katie Tiernan, executive director, The Jefferson Foundation.* "The grant was designed to help PTAs spark participation and investment in their schools among neighbors, community leaders and businesses who have not been involved in school activities in the past."

Schools awarded the challenge grant are: **Martensen Elementary** (after school clubs), **Creighton Middle School** (Chili Cook-off fundraiser), **Bradford Elementary** (playground equipment and renovation), and **Foster Elementary** (La Festival de los Familias fundraiser.)

"We're very honored to be a part of the great work our PTAs do to support your schools," said Tiernan.

An Important Warning for Parents

Even if you've never heard of it, chances are your child has. According to the Centers for Disease Control and Prevention, **the "Choking Game" is a dangerous activity that kids play to obtain a brief high.**

The object of this risky activity is to stop blood flow to the brain until the player passes out. Young people have different names for this activity such as the pass-out game, fainting game, blacking out/blackout game, and other variations. The dangers involved are great and include the risk of seizure, memory loss, broken bones, concussions, brain damage, and death.

Warning signs for parents include:

- Unexplained marks on a child's throat
 - Severe headaches
 - Bloodshot eyes
 - Changes in personality, such as aggression or agitation
 - Items such as belts, leashes or ropes tied in strange knots and found in unusual locations
 - Questions about the effects, sensations or dangers of strangulation [Read more](#)
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**Gifted Education Parent Seminars
with Guest Speaker Marlo Payne Thurman**

Tuesday, January 18, 2011

6:30 - 8:30 pm

**Jefferson County Education Center, Building #27, 5th Floor
1829 Denver West Drive, Golden, CO 80401**

Lessons Learned: Balance, Self-advocacy and Resiliency, Parenting and Supporting GT and Twice-Exceptional Children. *Attendees are invited to submit questions regarding the needs of twice-exceptional children prior to the seminar.* For more information, [click here](#) or see Jefferson County Association for Gifted Children: www.jeffcogifted.org

Interesting/Informational Links

[Jeffco Schools Choice Enrollment](#)

Applications accepted January 5 - 24, 2011

**[Time Management Strategies
for Holiday Stress Relief](#)**

How to Reduce Stress During the Holiday Season

[Share Kindness This Holiday Season](#)

Do you have a kindness idea? Share your ideas with the [Random Acts of Kindness Foundation](#)

[Mistakes Teachers Should Make](#)

[Kids and Gun Safety](#)

[PTA Fights the Flu!](#)

Create a healthier community this school year.
Join PTA and Flu Busters today!

[Flu Facts from The Children's Hospital](#)

Need health information? The Children's Hospital will find it for you, free.
[Click here](#) for more information.

[NASA Climate Kids](#)

What is as tall as a seven-story building, lives in the ocean, has three blue arms, and provides energy to more than 1000 homes? Give up?

Visit [NASA's Climate Kids](#) for the answer.

Read the latest [NASA Space Place column!](#)



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Jefferson County PTA

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