

THIRTY-FIRST DISTRICT PTSA

Valley Views

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2021-2023 VISION FOR THE THIRTY-FIRST DISTRICT

“Working together to develop PTA and community leaders that exemplify the PTA’s mission to make every child’s potential a reality by engaging and empowering families and communities to advocate for all children.”

FROM THE PRESIDENT

Submitted by: Mireira Morán, President

Welcome to the 2021-2022 Term!

Thank you for your leadership, commitment and dedication to children, families, and communities. No matter what office you are taking on, being a PTA officer can be a lot of fun, as well as a lot of responsibility. It takes special people to take on these roles, independent of the charge you assume.

We are here for you! I know that this can seem like a very daunting task but let me assure you are not alone in this. You have a vast network of support to help make your term as easy, enjoyable, and as rewarding as possible.



My name is Mireira A. Morán and I will be your 31st District PTSA President for the 2021-2023 term.

I look forward to working with all of you!

¡Bienvenido al término 2021-2022!

Gracias por su liderazgo, compromiso y dedicación a los niños, familia y comunidad. Ser miembro de la meza directiva de la PTA puede ser muy divertido, pero también implica mucha responsabilidad. Se necesitan personas especiales para asumir estos roles, independientemente del cargo que esté asumiendo.

¡Estamos aquí para usted! Sé que esto puede parecer una tarea desalentadora, pero permítame asegurarle que no está solo en esto. Tiene una amplia red de apoyo para ayudarlo a que su término sea lo más fácil, agradable y gratificante posible.

Mi nombre es Mireira A. Morán y seré la presidenta del Distrito 31 de la PTSA para el término 2021-2023.

¡Espero con trabajar con todos ustedes!



CHANGING OF THE GUARD INSTALLATION OF 2021-2023 OFFICERS

Submitted by Carla Niño, Valley Views Editor



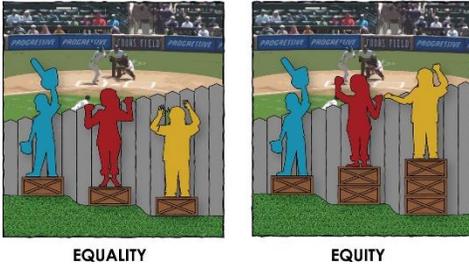
The Installation of the 2021-2023 31st District PTSA Officers took place on June 16, 2021 at the 31st District Office. Congratulations to the following people who assumed a leadership role for the District.

- President: Mireira A. Morán
- Executive Vice President: Tali Lerea
- Vice President of Leadership: Barbara Smith
- Vice President of Membership and Organization: Kimberly Amado
- Vice President of Community Concerns and Education: Launa Bogartz
- Vice President of Communications: Jennifer Nerad Sultan
- Treasurer: Jennifer Anderson
- Secretary: Karla Landaverde
- Director of Legislation: Heidi Brewington
- Parliamentarian: Ira Weinreb
- Council Roundtable Chair: Cyndi Krattiger



DIVERSITY, EQUITY, AND INCLUSION

From California State PTA



Diversity, equity, and inclusion represent interconnected goals meant to ensure that all individuals, regardless of their innate identity characteristics, feel welcomed and valued among their peers.

California State PTA believes in equity in every aspect of life for all children, youth, and families while recognizing that each child is unique with individual needs and talents. Our society is continuing to make steps towards equality but being equal and fair is not always straightforward. Sometimes people may need differing treatment to make their opportunities the same as another's. This is equity.

As parents and caregivers, PTA does everything in its power to protect our children from harm, but the reality of continuing discrimination and injustice makes that impossible for many of our children and families of color.

The term “equity” refers to fairness and justice and is distinguished from equality. Equality means providing the same to all, equity means recognizing that we do not all start from the same place and must acknowledge and make adjustments to imbalances. Equity involves trying to understand and give people what they need, to enjoy healthy lives. The process is ongoing, requiring us to identify and overcome intentional and unintentional barriers arising from bias or systemic structures.

One way to start embracing equity is to understand the use of personal pronouns.

- **How should we use pronouns**

Traditionally, many languages use gender binary pronouns and suffixes; for example, “he/him/his” for men and “she/her/hers” for women. This binary reference of gender no longer applies to the broadening nomenclature of gender identities and expressions. Gender-expansive – those who do not self-identify as male or female – often challenge existing understanding and norms around gender.

- **Why does appropriate pronoun usage support inclusion**

Properly using an individual's correct pronoun is an easy way to show respect. In an instance where a pronoun is not indicated or unknown, gender-neutral pronouns provide a useful option. Whether intentional or not, using the wrong pronouns can be hurtful, angering, and even distracting. Some might find it equivalent to being told they do not matter or deserve respect. Invalidating someone’s identity puts a strain on how a person moves about in society and how that individual interacts with others.

- **What can we do to make a more inclusive environment**

Organizations need to be aware of the importance of pronouns in the LGBTQ community and explore appropriate solutions if they are seeking to be inclusive:

- Encourage everyone, regardless of gender identity, to put their correct pronouns in their email signature, name tags, and other identifying documents
- Ask speakers for their pronouns when preparing conference materials, bios, and introductions
- Make corrections when needed

These actions help make organizations more inclusive of transgender, gender nonconforming, and gender non-binary people. Using appropriate pronouns is a first step toward respecting people's gender identity and creating a more welcoming space for people of all genders.

<https://capta.org/>

<https://www.edi.nih.gov/blog/communities/what-are-gender-pronouns-why-do-they-matter>

CALIFORNIA BUDGET FOR CHILDREN AND FAMILIES

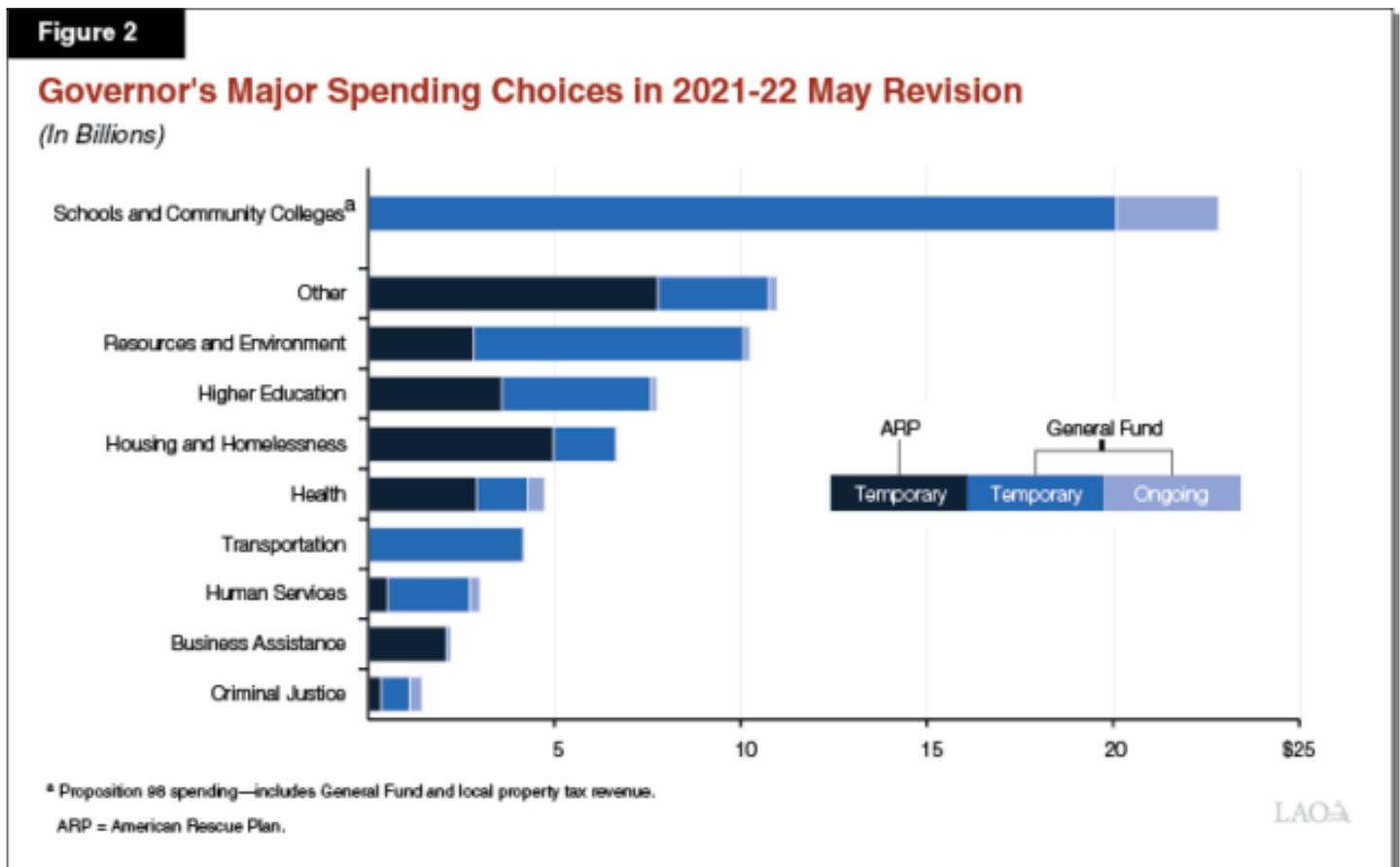
From California State PTA

Governor Newsom’s May 2021 Revised budget, buoyed by an unexpected surge in California’s tax revenues, helps repair the deep budget cuts of the pandemic and allows the state to start to invest more to support children, families, and schools.

In just one year, the California budget has moved from a \$54 million deficit to a projected \$75 billion surplus. When combined with new federal funding under the American Rescue Plan, California has an additional \$100 billion in funding surplus.

California State PTA is delighted that the proposed budget invests in long-time PTA priorities, including early education, summer school and after school programs, mental health, nutrition, community schools and targeted support for our most needy students.

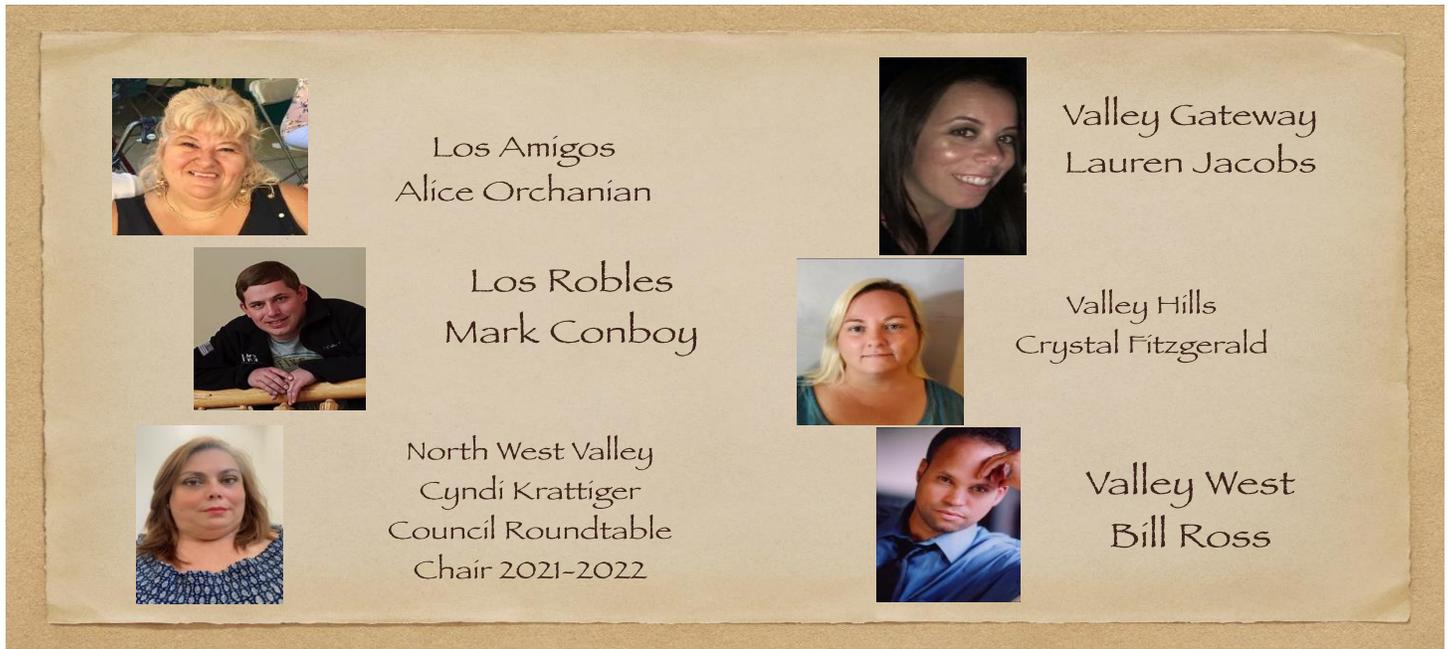
We also strongly support many of the investments in families and children outside of the education budget that address poverty, climate change, and health and human services particularly efforts to reduce child poverty. July 1 is the deadline for the budget to be signed by the Governor.



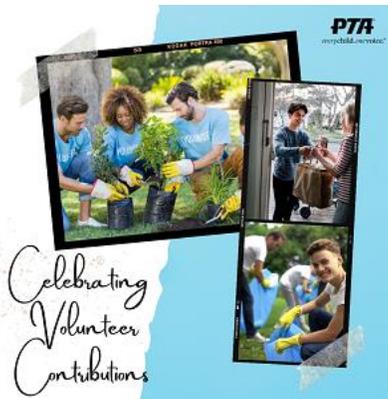
SOURCE: [HTTPS://LAO.CA.GOV/PUBLICATIONS/REPORT/4432](https://lao.ca.gov/publications/report/4432)
<http://budgettrack.blob.core.windows.net/btdocs2021/270.pdf>
<http://www.ebudget.ca.gov/2021-22/pdf/Revised/BudgetSummary/ClimateChange.pdf>
<http://www.ebudget.ca.gov/2021-22/pdf/Revised/BudgetSummary/HealthandHumanServices.pdf>

FROM THE COUNCILS

Submitted by Cyndi Krattiger, North West Valley Council and Council Roundtable Chair



The 31st District is comprised of 110 PTA/PTSA schools (units) within the San Fernando Valley, Tujunga and Sunland, that are divided into six (6) Councils. All PTAs belong to one of the 6 councils.



CELEBRATE YOUR PTA SUCCESSES

From California State PTA

This PTA year has been full of challenges, but we know that you have many things to celebrate. Take some time this month to share with the families at your school what your PTA has accomplished. From the little things to the big things—take a moment to brag to your school community and remind them of the good things to come from your PTA.

In your Annual Report, share programs you did, funds you raised/gifted to the school, scholarships you earned or gave—anything that helps your community see all of the hard-work you have done this year. The most current Social Media Theme Kit consists of a series of sample posts and downloadable images for all the major social media platforms, including Facebook, Twitter and Instagram, plus a fun Zoom background. And don't worry that June is almost over – you can use these posts anytime!

The California State PTA Communications Commission is looking for programs you have done this academic year that have been a success. We want to celebrate across our social media platforms and publications the amazing work you have done this term. Please share with us your story so we can inspire others with it!

If you want to share your success story with us so we can share it to the entire state, use this form: <https://forms.gle/71uoMSUyCn54fAED7>

<https://capta.org/socialmediakits/>

MEMBERSHIP AND ORGANIZATION

Submitted by Kimberly Amado, Vice President Membership and Organization

I hope you all are having a great summer and are putting PTA on the back burner for a while so you can come back rejuvenated. I am happy to be starting a new term with the 31st District PTSA Board as the Vice President of Membership and Organization. The M&O team will be working hard to fulfil our district goals and assist our unit leaders. All of us got our start as PTA members and leaders at the school level, so if you have a talent or interest in any of our committee areas, we would welcome you to serve on one of our committees.



Membership – Nancy Hoffmeister

The membership committee are our cheerleaders for membership. They will keep you apprised of due dates and membership incentives from District, State and National.

Awards – Colleen Ross

Each year our units can apply for awards from the 31st District PTSA. Be on the lookout for the announcement of the coming year's awards and criteria. Throughout the year, the awards committee will promote the awards and select the winners before the End of Year Awards Dinner. The awards committee also awards HSA (Honorary Service Awards) to individuals/entities that impact the 31st District PTSA. Your unit can also give HSA awards to honor outstanding individuals at your school.

Fundraising – Heidi Gilles

Our Fundraising chair provides semiannual training to our unit officers as well as finds ways to generate income for the 31st District PTSA.

Reflections – TBD

Our Reflection's committee provides training and information on the National Reflection's Art Program. They collect the entries from the units, recruit judges and forward the district selected submissions to State. They plan and execute the District Reflections Showcase.

Dinner – Kelly Mattinson

The dinner committee works hard to bring you great events: Membership Dinner, Founder's Day Meeting and the End of Year Awards Dinner.

Darlene Panfill Music Scholarship – Jenny Smith

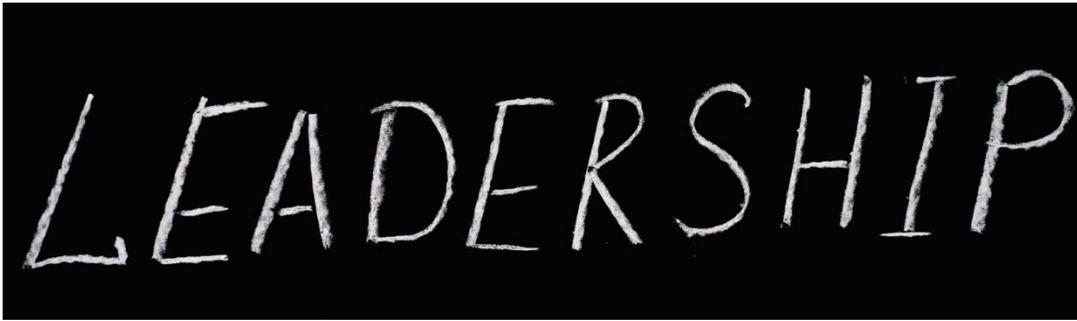
The 31st District's long standing music scholarship program awards scholarships to secondary students to pursue music lessons. The committee oversees the applications, arranges a venue, and obtains judges. They also execute the audition and concert events.

Historian – Alice Orchanian

The historian keeps a record of the events, activities, accomplishments and volunteer hours for the 31st District PTSA to be included in a permanent history book.

Hospitality – TBD

Our hospitality chair coordinates food and beverage for the board of managers meetings and ensures we have adequate paper goods for meetings and events at the district offices.



Leadership in a Quick Minute

I am Barbara Smith, your new Vice President of Leadership. I look forward to meeting you all. If you have not yet elected a Board at your

school, and since the 2019-2021 Board term ended June 30, 2021, I will be coming out to help you host your elections.

If you have a board in place, it is time to get planning and leadership is all about training and knowing what your job is. Go out to CAPTA.ORG and type Toolkit into the search box. Look up your job description. Learn what you should be doing in your Board position and learn what your fellow Board members should be doing. Over the summer focus on your membership campaign, everyone in 31st District PTSA now has access to the jointotem.com website for your online membership portal. You can use this tool along with a traditional membership program to reach your entire school community.

Five Easy Steps to Launch Online Membership

Please login to the portal: <https://jointotem.com/dashboard>

1. Invite/Activate Leaders

One or more leader(s) from your association will receive an email invitation to begin managing your association. The email will come from TOTEM on behalf of your parent association PTA. You may want to check your spam folder if you've been sent an invite but have not received it. When the invited leaders click the link, they will register and accept their leadership position, at which point they will have the ability to view and manage settings for the association.

To complete this step:

- Ensure the President has activated their account
- Ensure the Treasurer has activated their account
- Invite a third leader and ensure they have activated their account
- More: [How to Invite Leaders](#) | [How to Manage Leaders](#)

2. Add and Verify a Bank Account

Connecting a bank account enables new memberships and donations to be directly deposited into your association's bank account. Your bank account information is entered and managed securely via Totem's payment partner. This process includes two-factor authentication and double account verification for added fraud protection. Your association can use an existing account for this process. It is not necessary to create an additional checking account to receive direct-deposited funds from online membership.

To complete this step:

- The Treasurer (or President) must connect the existing bank account
- The President (or Treasurer) must verify the bank account number
- More: [How to Connect a Bank Account](#)

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3. Customize Membership Signup

Your association has 3 primary views that will be seen by members and can be customized for your organization: the Online Membership Signup Form, Welcome Email, and the Membership Details page. The settings for your association including the Common Name of your association, About Us content, and social links are automatically displayed on these views. To customize these settings, go to your Dashboard, then click **Settings...Profile**. After you have verified all of your association settings, you can preview and further customize each of the views.

To complete this step:

- Verify the correct price for a membership (this is the fee documented in your association Bylaws)
- Set your suggested donation amount, donation callout, or turn off the donation option
- Customize and verify the About Us, Website URL and Social Links
- Set Display in Profile to **On** for any leaders that should be listed for members
- More: [How to Customize Association Branding](#)

4. Launch Online Membership

Once the prior steps are completed, our team will be notified, and we will verify your settings to activate your account. Once verified, your leadership team will receive an email that Online Membership is live and instructions for next steps.

To complete this step:

- Complete the prior steps (TOTEM handles the final step)

5. Promote Online Membership

To complete this step:

- As a user who purchased a membership for a unit, please follow these steps to locate promoting online membership: login-->memberships-->click on unit (view membership details) -->tell the world you joined
- As a leader of a unit, please follow these steps to locate promoting membership online: login-->settings-->applets-->promote
- Link your new Online Membership page to your existing website
- Share your Online Membership page with your school's Principal, Ed Foundation, and other partners so they may link to it
- Add your Online Membership link to your Facebook, Twitter, Instagram, Pinterest pages
- Send an Email Blast to your prior year members to announce Online Membership

Each month, when your PTA Unit President attends their Council Meeting, 31st District Leadership will roll out mini trainings - be sure to ask them for the details on those trainings. If you have any questions, please reach out to your Council and District Leadership, we would love to come to your meetings to do in person trainings.



[Why Your Leadership Matters](#)

Your involvement helps make a real difference in the lives of children and families today and tomorrow.

[A Tradition of Making a Difference](#)

For more than a century, PTA has reminded our nation of its obligations to children, and provided resources and important information to parents and educators. Whenever the education, health, safety or well-being of young people is threatened, PTA members are on the forefront of working to resolve those challenges. PTA has been instrumental in the passage of important laws and guidelines that we sometimes take for granted today, such as:

- ▶ Creating a separate criminal-justice system for juvenile offenders
- ▶ Enforcing labor laws that protect children
- ▶ Building kindergarten into the public-school system
- ▶ Supplying federally funded hot-lunches – that now feed more than 30 million children a day
- ▶ Supporting school-bus safety regulations
- ▶ Creating the content-rating system for television programs.

Many of these concerns may not have been addressed if PTA members did not take up the cause!

PTA has never been shy about tackling tough issues – from talking about sex education as early as 1916 to supporting HIV/AIDS education programs in the 1980s to supporting LGBTQ youth in the 2000s.

More recently ...

California State PTA's support for changes in how schools are funded and how parents are involved helped contribute to the Local Control Funding Formula (LCFF) law passed by the California State Legislature and signed by the governor in 2013. In 2018, a new law was passed to add research-based family engagement guidance and practice into the California Education Code that was sponsored by California State PTA.

Additionally, California State PTA has taken the lead in advocating for multiple measures as part of California's education accountability system and advancing efforts to ensure all students have access to a full curriculum that includes the arts.

OUR MISSION

The mission of the California State PTA is to positively impact the lives of all children and families.



Submitted by Ira Weinreb, Immediate Past Treasurer

SO YOU'RE A NEW UNIT TREASURER - WHAT YOU SHOULD BE DOING OVER THE SUMMER!

Congratulations! You have been elected as the new Treasurer for your PTA/PTSA Unit, and your term of office begins July 1. And then you start to wonder: "hmmmm, what should I be doing now (or soon)?"

1) Change the signers on your bank account(s). On or shortly after July 1, arrange to change the signers on your bank accounts. Your Bylaws specify which officers are to be check signers. Make an appointment to minimize waiting time. Typically, all new signers must appear together at the bank, each with two forms of ID. Bring a copy of the minutes signed by the Secretary showing who the new signers are to be. Usually, one current signer needs to appear with the new signers.



2) Meet with the current Treasurer, from whom you will be taking over.

They will give you a whole bunch of "stuff":

- Your Unit's books of accounting
- The checkbook
- Deposit slips
- Check stamps
- Historical documents
- Credentials to access the bank account(s) online.

They should also spend an hour or so with you showing you the records, how the books have been kept, and answering questions.

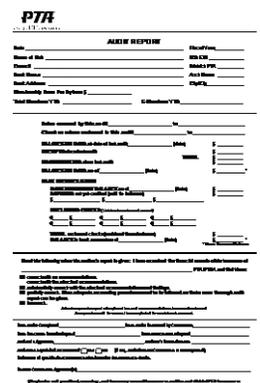
3) Review your Bylaws. Your Unit's Bylaws are like a constitution – it's the unit's governing document and designed to help your PTA function in an orderly manner. Your Bylaws contain a lot of important information, such as which officers your Unit has, how many members or Board members must be present at a meeting to conduct business (the "quorum"), and how much your membership dues are. Read the Bylaws! Your Bylaws also list numerous identification numbers that will be important to you during the year, including your IRS Tax ID number, your Franchise Tax Board number, and your Charitable Trust ("CT") number.

<https://capta.org/pta-leaders/services/ebylaws/http://downloads.capta.org/e-bylaws/InstructionsCompletingBylaws.pdf>

4) Know who is going to prepare certain documents that will be needed soon. Once the fiscal year ends on June 30, there are several documents that can be prepared.

- **End-of-Year audit**, which should be done by your Auditor. They will need access to some of the financial records, including the checkbook register, bank statements, and payment authorization forms. Coordinate with the Auditor to make those records available.

http://downloads.capta.org/toolkit/forms/AuditReport_regular.pdf



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PTA ANNUAL FINANCIAL REPORT (SAMPLE) FISCAL YEAR: ... RECEIPTS: BALANCE ON HAND from previous year, RECEIPTS: Checkbook account transfer, Receipts from membership, etc. RECEIPTS NOT BELONGING TO UNIT: Council office, state, and National PTA membership per capita, Foundation Day event offering. TOTAL RECEIPTS: ... DISBURSEMENTS: Operating expenses, Educational expenses, Membership, etc. PROGRAM EXPENSES: Professional fees, Printing, etc. FUNDRAISING: Fundraising, etc. DISBURSEMENTS NOT BELONGING TO UNIT: Council office, state, and National PTA membership per capita, Foundation Day event offering. TOTAL DISBURSEMENTS: ... BALANCE ON HAND: ...

• **Annual Financial Report**, which should be prepared by your outgoing Treasurer (but if they can't or won't do it, you will need to).

<http://downloads.capta.org/toolkit/forms/AnnualFinancialSample.pdf>

• **Tax Returns** are the responsibility of the outgoing Treasurer (but you need to make sure they get done). Tax returns are not due until November 15, and you will receive much more information about them later, so don't worry about those just now.

• **Prepare a Budget for the upcoming year**, in conjunction with your Budget Committee (which as Treasurer you chair). The starting place for your Budget is your Annual Financial Report, which will tell you all the money you brought in and spent. Think about what will be different this year from the previous year, and voila -- you will have your Budget! Of course, this new school year is likely to be very different than the last one, since schools should be re-opened – which means that hopefully you will be able to do the programs and fundraisers that you couldn't do the last year and a quarter. So you should carefully review your 2019-20 (and even 2018-19) Annual Financial Report for a better idea of what your finances may look like in 2021-22. <http://downloads.capta.org/toolkit/forms/BudgetSample.pdf>

PTA BUDGET (SAMPLE) FISCAL YEAR: ... BALANCE ON HAND from previous year, ESTIMATED RECEIPTS: Membership, etc. RECEIPTS NOT BELONGING TO UNIT: Council office, state, and National PTA membership per capita, Foundation Day event offering. TOTAL RECEIPTS: ... ESTIMATED DISBURSEMENTS: Operating expenses, Educational expenses, Membership, etc. PROGRAM EXPENSES: Professional fees, Printing, etc. FUNDRAISING: Fundraising, etc. DISBURSEMENTS NOT BELONGING TO UNIT: Council office, state, and National PTA membership per capita, Foundation Day event offering. TOTAL DISBURSEMENTS: ... BALANCE ON HAND: ...

As you embark on this journey as Unit Treasurer, please always remember that help is available to you. Your Council Treasurers is the first person to contact to answer your questions. There will be Treasurer training presented during the year that you should attend. The California State PTA website <https://capta.org/> contains a lot of useful information. Please make use of these resources.



New Offers

Get \$50 a month towards home internet!

One of the best ways to ensure your child succeeds in school is by having a home Internet connection.

California State PTA has partnered with California Emerging Technology Fund (CETF) to help families find free and affordable Internet offers and low-cost computers. Some of the Internet offers are available at no cost!

You are eligible for affordable home Internet service if someone in your household meets one of the following criteria:

- Child enrolled in National School Lunch Program (NSLP)
• CalFresh (food stamps) or Supplemental Nutrition Assistance Program (SNAP) recipient
• Medi-Cal or Supplemental Security Income (SSI) recipient
• Household income under \$49,000/ year
• Student with a Pell Grant

Step 1: Go to www.getemergencybroadband.org

Step 2: Go to www.everyoneon.org/capta to select an Internet service provider in your area



Free and Low-cost Internet at home starting at \$0 - \$23/ month

Give Them The World

What Is Advocacy?

Advocacy... what comes to your mind when you hear the word? Many parents connect advocacy with special education, attorneys and a myriad of other preconceived ideas when asked. Let me ask you this: have you talked to your child's teacher on their behalf? Have you been to a Parent/Teacher conference? What about community events and gatherings where there is an exchange of information and ideas? To each of you reading this Valley Views article, you are an advocate.

Advocacy refers to the efforts of an individual or group to effectively communicate, convey, negotiate, or assert the interests, desires, needs and rights of an initiative, policy, program, or even an individual or a group. PTA has a long history of advocating on behalf of children and their families, going back to child labor laws, seat belt laws, hot lunch programs, and the list goes on. Most recently, California State PTA took a position on SB793 which has been placed on the November ballot to repeal the ban on flavored tobacco. California State PTA is urging a "yes" vote to uphold the contested legislation, which would continue to ban the sale of flavored products.



As the incoming Director of Legislation for 31st District PTSA during the 2021 – 2023 term, my goal is to educate and hopefully inspire and encourage more parents, guardians and community members to stand up and speak out on behalf of children and their families throughout the San Fernando Valley, (including those of you living in the Sunland/Tujunga area). I want to know what concerns you might have. At the local level there is much work to be done for when our children's grandchildren return to school in the fall. Pending ratification from the 31st District Board of Managers, I currently have four individuals plus our esteemed District President, Mireira Morán, sitting on the Legislation committee. If you have questions or concerns, or are interested in being a part of our committee, please email me at legislation31stDistrictPTSA@gmail.com

The role of an advocate is to offer independent support to those who feel they are not being heard and to ensure they are taken seriously and that their rights are respected. An advocate will ensure a person has the tools to make an informed decision; it is not about making the decision for the person. Like many organizations, there are what advocates at California State PTA refer to as "authorities" which help to guide in their work, and the same is true for us at the local level.

Members of the 31st District PTSA Legislation committee will be meeting with local legislators who represent our children and their families at the city and state levels. Do you know who your city councilmember is? Who your Assemblymember or State Senator is? Who your schoolboard member is? To find out who represents you and your family in our State Senate and Assembly, visit <http://findyourrep.legislature.ca.gov/> To find out who your schoolboard member is, visit the LAUSD website <https://boe.lausd.net/> and click on "Board Home;" Board members. I encourage each of you to find out who represents you, your family, your community.

I am looking forward to an interactive and dynamic term. We have lots to do and together, we can accomplish much on behalf of those who need us to speak out for them most: our children. Remember: *"No amount of fundraising can have as much impact as a single piece of legislation"* ~anonymous



One of the most important roles of California State PTA is to create and support laws that improve the lives of all California children.

Ensure That Children Are Screened for Dyslexia! SB 237 (Portantino) needs your support

This important bill ensures that students from kindergarten to grade 2 are screened annually for risk of dyslexia. Too many students with dyslexia go undiagnosed. A short screening for dyslexia will help schools identify students who need appropriate early intervention to help them learn to read. These children are counting on you.



Dyslexia is the most common learning disability with at least 10% of the general population having dyslexia - some estimate it to be over 15%. Research has found as many as 80% of struggling readers are on the dyslexia spectrum. Students struggling with dyslexia often go undiagnosed.

Close the school-to-prison pipeline

Students with dyslexia are less likely to graduate high school and attend college, and also experience higher rates of incarceration. In some prisons today, where nearly 80% of the inmates are illiterate, almost one-half of the inmates are on the dyslexia spectrum.

Early screening works

Early identification and intervention with scientifically based early reading instructional strategies and materials improves literacy outcomes for students with dyslexia and other struggling readers.

By screening all students for risk of dyslexia early, California can help families and teachers achieve the best learning and life outcomes for all students, close academic achievement gaps, and help end the school-to-prison pipeline.

Please click below to send a message to your assembly member today urging them to support this bill!

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Advocacy Agenda for Equity

California State PTA believes that all children deserve a quality education regardless of the community in which they live, the color of their skin, their language, their gender identity, or their immigration status.

But too many California students from underserved communities are deprived of an equal opportunity to learn. This year we created an equity agenda to address the needs of all of our children.

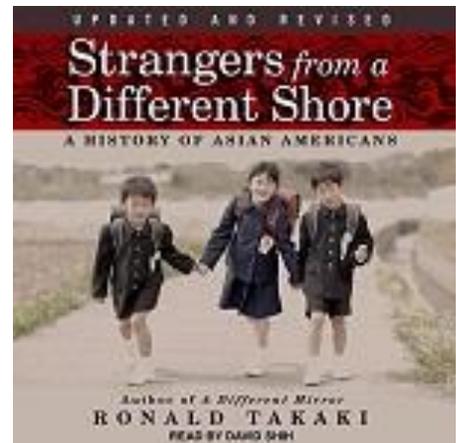
To see the bills the California State PTA supports, arranged by category click <https://capta.org/advocacy-agenda-for-equity-2021/>.

Book Club Discussion: Strangers from A Different Shore By Ronald Takaki

Members of the California State PTA Board of Managers have been reading books that give us a deeper understanding of the effects of racial prejudice on our minority populations.

We have read eight books including *The New Jim Crow*, *The Color of Law*, *How to Be an Antiracist*, and *White Fragility*, among others. These books all dealt with the experiences of African Americans in the US.

We decide to broaden our scope to other minority groups impacted by racism in America. The most recent book we read was titled *Strangers from a Different Shore* by Ronald Takaki. It tells the fascinating and often cruel story of Asian immigration to the U.S.



To read our review of the book on our blog, and learn about PTA advocacy efforts that attempt to right the wrongs that are still being perpetrated upon immigrants even today, click <https://capta.org/book-club-discussion-strangers-from-a-different-shore/>.

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SB 793 Referendum Update

Bad news. The tobacco companies have succeeded in placing a referendum of SB 793 on the ballot. This means voters will decide whether to outlaw flavored tobacco in California. Now there is one more step we have to take. **We must educate our members and other voters about the referendum process.** If you support outlawing flavored tobacco, you are against what the tobacco companies have done and the natural impulse is to vote no on the referendum. That is incorrect! The referendum wording will say something like:

“Should SB 793, the law enacted by the California Legislature to prohibit the retail sale of certain flavored tobacco products, be approved and go into effect?”

Obviously if we want to outlaw flavored tobacco, **we vote yes on the referendum.**



We do have a problem. Originally this referendum was scheduled to be on the November 2022 ballot. That would give us plenty of time to educate everyone. Unfortunately, this timeline may be shortened. The recall vote for the Governor will occur at the next general election, and there is a possibility the referendum will be placed on the same ballot as the recall. No one knows yet exactly when this election will be held. It will most probably be in October or November of this year, but some are calling for it to be earlier than that.

PTA members have to be ready to fight this referendum whenever it happens. California State PTA will continue to follow this issue. Please watch for alerts and social media which will keep you updated. As soon as we know, we will let you know. We are already working on information you can provide your members.

PTA members were instrumental in the passage of SB 793. Now PTA members will be instrumental in protecting our children by voting **yes** on the referendum to ban flavored tobacco.

HEALTH AND COMMUNITY CONCERNS

From California State PTA, *The Pulse* – June 2021



Healthy Vision Month 2021: Eye on Health Equity

Celebrate Healthy Vision Month 2021! This year, the spotlight is on the importance of increasing diversity in the eye health field — and how that can help everyone have an equal chance for healthy vision. **The theme is Eye on Health Equity.**

Tackling unequal access to eye health services and inequity in eye health requires a people-based view and an approach that reaches far beyond service provision. Moving outside the eye health sector is essential to reduce inequity in eye health. What is needed to address inequity in eye health effectively is a change of perspective. Equality of service provision alone is insufficient to promote fairness and justice. The best eye clinic will not deliver what people need when there are barriers that prevent them from arriving there!

The biggest impact over the last year to maintaining healthy vision has been digital eye strain since kids have been using Zoom for school. Many purchased blue light glasses for protection, but what kids really need is a comprehensive eye exam. Some recent studies are showing that there has been an increase in myopia due to the increased screen time this past year. Blue light from screens is not harmful to the eyes. The levels are too low to do that.

- **Keep eyes healthy**
Keep your eyes healthy by eating a well-balanced diet. Load up on different types of fruits and veggies, especially leafy greens like spinach, kale, and collard greens. Fish like salmon, tuna, and halibut have been shown to help your eyes, too.
- **Speak up about vision changes**
Is your vision blurry? Do you squint a lot? Ever have trouble seeing things at school? Tell a parent or teacher if your eyes are bothering you or if you notice any changes in your vision.
- **Wear glasses if prescribed**
Your glasses help you see better, especially when they're clean and free of smudges. Talk to an adult about how to clean your glasses and how to store them when you're not wearing them.
- **Wear sunglasses**
Harmful blue light that can damage the eyes comes from the sun. Wear proper UV protection when they are outside. Choose sunglasses that block 99% or 100% of both UVA and UVB radiation from the sun. And remember, never look directly at the sun.
- **Give your eyes a break**
Do you spend a lot of time looking at a computer, phone, or TV screen? Staring at any one thing for too long can tire your eyes. Give your eyes a rest with the 20-20-20 rule: Every 20 minutes, look about 20 feet away for 20 seconds.

For more information, access the National Eye Institute

<https://www.nei.nih.gov/>

<https://www.nei.nih.gov/learn-about-eye-health/resources-for-health-educators/healthy-vision-resources/healthy-vision-month>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4995830/>



Dyslexia: The Most Common Learning Disability

Dyslexia is a learning disorder that involves difficulty reading due to problems identifying speech sounds and learning how they relate to letters and words (decoding). Also called reading disability, dyslexia affects areas of the brain that process language.

People with dyslexia have normal intelligence and usually have normal vision. Most children with dyslexia can succeed in school with tutoring or a specialized education program. Emotional support also plays an important role. Though there's

no cure for dyslexia, early assessment and intervention result in the best outcome. Sometimes dyslexia goes undiagnosed for years and isn't recognized until adulthood, but it's never too late to seek help.

Signs of dyslexia can be difficult to recognize before your child enters school, but some early clues may indicate a problem. Once your child reaches school age, your child's teacher may be the first to notice a problem. Severity varies, but the condition often becomes apparent as a child starts learning to read.

Signs that a young child may be at risk of dyslexia include:

- Late talking
- Learning new words slowly
- Problems forming words correctly, such as reversing sounds in words or confusing words that sound alike
- Problems remembering or naming letters, numbers and colors
- Difficulty learning nursery rhymes or playing rhyming games

Once your child is in school, dyslexia signs and symptoms may become more apparent, including:

- Reading well below the expected level for age
- Problems processing and understanding what he or she hears
- Difficulty finding the right word or forming answers to questions
- Problems remembering the sequence of things
- Difficulty seeing (and occasionally hearing) similarities and differences in letters and words
- Inability to sound out the pronunciation of an unfamiliar word
- Difficulty spelling
- Spending an unusually long-time completing tasks that involve reading or writing
- Avoiding activities that involve reading

Though most children are ready to learn reading by kindergarten or first grade, children with dyslexia often can't grasp the basics of reading by that time. Talk with your doctor if your child's reading level is below what's expected for his or her age or if you notice other signs of dyslexia. When dyslexia goes undiagnosed and untreated, childhood reading difficulties continue into adulthood.

<https://www.mayoclinic.org/diseases-conditions/dyslexia/symptoms-causes/syc-20353552>

RESOURCE LIBRARY

From California State PTA

We've all been through a hard year and a half, and we owe it to ourselves and our children to refresh and renew so that we can thrive in the coming school year. So, as you enjoy the summer break, don't forget to look after your physical and mental health.

To help, we've compiled the following resources from our Resource Library:
<https://capta.org/resource-library/>

Virtual Calming Room, from Sacramento City USD: You might feel scared, confused, overwhelmed, angry, alone, grateful, or completely calm. You might feel many things throughout the day or all at once, like being upset that an event was cancelled, but happy that you can wear pajamas all day. Your feelings are normal; the situation is not. The Virtual Calming Room is a place for students, families and staff to find tools and strategies for managing emotions and feelings and building our resilience during this pandemic. <https://calmingroom.scusd.edu/>



Back to School Amid Covid: What if I'm not ready? from coverage.com. How to best protect your child as you encounter conflicting information from different sources.
<https://www.coverage.com/insurance/home/back-to-school-covid/>



[parents-can-help-their-teens-manage-stress](https://www.coverage.com/insurance/home/back-to-school-covid/)

7 Ways Parents Can Help Their Teens Manage Stress, from Cincinnati Children's Hospital. Tips for helping teens who are stressed out by the pressure to perform in school, excel in extracurricular activities and community service, and respond to social media. <https://blog.cincinnatichildrens.org/healthy-living/child-development-and-behavior/7-ways-parents-can-help-their-teens-manage-stress>

Resources For Families, from the Child Mind Institute. Expert guidance on how to respond in the most effective way when a child is struggling. <https://childmind.org/audience/for-families/>

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RESOURCE LIBRARY

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Find Summer Activities



Learning loss during the summer months is a real concern, especially after the challenging school year we've had.

If you're looking for ways to enrich your child's skills over the summer, look no further than our Resource Library! To help you learn how to keep your child's mind active over the term break, click:

https://capta.org/resource-library/resource-library-search-results/?wpv_post_search=summer&wpv-resource-hub-category=0&wpv-wpcf-resource-type=&wpv_filter_submit=Search+the+Resource+Library

- **National Summer Learning Association** (<https://www.summerlearning.org/about-nsla/>) - Invest in summer learning to help close the achievement gap. When we nurture and cultivate a child's natural brilliance and curiosity, there are positive ripple effects throughout every area of life—both for children and their families. The National Summer Learning Association (NSLA) is a national, non-profit organization focused on the powerful impact of one achievable goal: investing in summer learning to help close the achievement gap. NSLA uses the power of research, advocacy, training, and policy to transform America's neighborhoods and communities, one child at a time.
- **Making Summer Count**, from the RAND Corporation (<https://www.rand.org/pubs/monographs/MG1120.html>) - A review of the literature on summer learning loss and summer learning programs. RAND experts Catherine Augustine and Jennifer McCombs discuss the loss of knowledge and educational skills during summer, how summer programs can disrupt this loss, and how students who attend these programs perform better than peers who do not.
- **Six Elements of Great Summer Learning** (<http://www.summermatters.net/six-elements-of-great-summer-learning/>) - Tips for how to have an effective summer learning program. Summer Matters draws on its experience with summer learning programs throughout California to provide a straightforward checklist for parents. The checklist identifies the six key elements of an effective summer learning program and what they mean in practice.
- **JSA Summer Programs, from the Junior State of America Foundation** (<https://www.jsa.org/programs/why-isa/>) - Civics-focused, academic summer programs at renowned universities for high school students. JSA has provided civics-focused, academic summer programs at renowned universities for high school students around the world. Our students have gone on to become leaders across the public and private sectors.

If you've never used the Resource Library before, why not give it a try? It's chock full of at-home learning activities, videos and documents. And it is easy to use – the search function can help you quickly find what you need by keyword, category, topic, audience type, grade level, and language. <https://capta.org/resource/>



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Valley Views

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