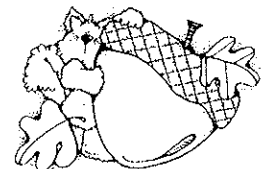


Qualities of Leadership

- Have a vision. Believe that something must happen and it is worth your time to make it happen.
- Keep a dream alive. Feel passionate about what you are doing, remind people of the dream and the vision when things are not going well.
- Focus attention on priorities. Make sure projects aren't sidetracked. When you are diverted from important things by the trivial, refocus and redirect everyone to the ultimate goal.
- Be positive and enthusiastic. Expect temporary setbacks but continue to move forward; turn your challenges into new and better strategies.
- Know when to let go. Empower others rather than control them.
- Urge yourself and others to reach goals. Do not micromanage. Keep your eye on what needs to be achieved, and build the momentum that propels the cause forward.
- Groom future leadership. Give talented individuals opportunities to gain experience, acquire new skills and grow.
- Share leadership. Involve people/groups with similar goals to partner with you for the sake of the vision you share.
- Listen to others. Work hard to understand the individual needs and motivations of others.
- Make decisions. Understand that some things should change and some things shouldn't. Make the necessary decisions to move a project forward.
- Understand change is constant. Understand when change is unavoidable and don't waste time lamenting it. Help others get through the change.

~ Motivating, Managing, and Recognizing Volunteers – National PTA
 Reprinted California State PTA, *The Communicator*, July 2008



PTA and Elections

Lorene Joosten

November 4, 2008

General Election

Please get the word out to your membership:

- October 20 - Last day to register to vote
- October 28 - Last day to apply to vote by mail
- November 4 - ELECTION DAY - Polls open from 7 a.m. - 8 p.m.
- Enter your address on <http://www.smartvoter.org/> to view your complete ballot online

PTA and Candidate Elections

Before you press the "send" button, remember it's NOT appropriate to use your PTA email distribution list to send out information that directly or indirectly implies your endorsement of or opposition to a candidate. PTA is a tax-

exempt organization and may not support or oppose any political party or candidate, including school board candidates and other nonpartisan slates. Participation in any partisan activity will endanger the PTA's non-profit status. A current or former PTA officer/board member must not use his/her title or the name of the PTA to endorse a candidate even for purposes of identification in any print, electronic, or website candidate literature (e.g., campaign mailer, ballot measure, candidate stationery). (*Toolkit – Section 4.3.3a*)

For more information on PTA and elections, please refer to the PTA Toolkit and section 1.3.3 *Nonpartisan Policy* and section 4.3 *Election Campaigns and the Role of the PTA*.



Remember!

Copies of adopted audits, budgets and tax reports need to be sent through councils to Ninth District PTA.

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Legislation

Lorene Joosten

Still looking to fill the Legislation/Advocacy Chair position on your board?

Rather than asking someone to volunteer in a newsletter or website, consider a personal request. As you contemplate individuals to recruit, perhaps there is someone who is active in a neighborhood association, or someone who always seems well-informed about what is going on with state or local politics. Is there a vocal parent who needs to direct their passion in a positive direction? Or a working parent who wants to be involved but isn't available during the day?

When you explain the responsibilities of this position, emphasize the importance of advocacy as a core purpose of PTA, the reasons you think this person is a good candidate for the job, and the many resources available to help her/him get started. Once you have found someone who is interested, be sure to refer them to the Advocacy Section of the California State PTA *Toolkit* and website (www.capta.org), the Legislation section of the Ninth District PTA website

(www.NinthDistrictPTA.org) and the Advocacy section of the National PTA website (www.pta.org).

To keep your board and membership informed of important issues impacting children and families, your Legislation/Advocacy chairman should:

- email their name and the name of their unit or council to Ninth-District-PTA-Leg@san.rr.com to receive legislation updates;
- attend monthly Ninth District PTA legislation meetings (this year they alternate between morning and evening);
- email their name and email address to leginfo@capta.org and enter the word "Subscribe" into the subject area or the body of the email to receive California State PTA Advocacy Alerts;
- subscribe to the California State PTA's *Sacramento Update* by emailing their name and email address to Sac-update@capta.org

and entering the word "Subscribe" into the subject area or the body of the email;

Your Legislation/Advocacy chairman should also plan to attend the California State PTA Legislation Conference in Sacramento on February 22-24, and the Ninth District PTA Sacramento Safari which is held concurrently. This jam-packed 2½ days is incredibly informative and motivating and allows attendees to network with peers from around the state as well as the California State PTA legislation team. Time will also be set aside to meet with state legislators. Be sure your unit/council includes this important conference in the budget. In previous years the cost to attend, including airfare, meals, and a shared hotel room, have averaged approximately \$600.



Eight Steps to a Motion

Sue King

1. Obtain the floor.

The member rises or raises his hand and waits to be recognized before speaking further.

2. Recognition by the president.

The president grants the member the right to speak by a nod or by announcing the member's name.

3. Make the motion.

The member speaks clearly, stating the motion concisely, saying, "I move ..." Never say, "I so move," or "I motion that ..." Motions are always in the affirmative. The president has the right to request that the motion be in writing, unless the rules indicate otherwise.

4. The motion is seconded.

A second indicates that more than one person wishes to consider the subject. Another member says, "I second the motion," or simply, "Second!" If there is no second, the president says, "Motion fails for lack

of a second." Motions coming from a committee do not need a second.

5. President restates the motion.

Only the president can formally place a motion before the assembly. The president repeats the exact motion, "It has been moved and seconded that..." The motion is now pending. Once stated by the president, it cannot be changed or withdrawn without consent of the members.

6. Debate or discussion.

Immediately after stating the question the president asks, "Is there discussion?" The maker of the motion has the right to speak first. Discussion must remain relevant to the pending question. The president should endeavor to alternate pro and con speakers. The maker of the motion may vote against the motion, but may not speak against it.

7. Putting the question – the vote.

When discussion appears to be concluded, the president asks, "Are you

ready to vote?" If the discussion has been long, or amendments made, the motion should be restated as it presently stands. The president says, "The question is on the adoption of the motion that ..." The president then calls for the vote by saying, "All those in favor of the motion say 'Aye'" and pausing for response. "All those opposed say 'No'." Always call for the negative vote, no matter how unanimous the affirmative vote may appear.

8. President announces result.

No motion is complete until the president has announced the result of the vote. The president says, "The 'ayes' have it and the motion is adopted," or, "The 'nos' have it and the motion is defeated." In a counted vote, the president should first announce the count, then the result of the vote.

Source: California State PTA, *The Communicator*, May 2008

OMDR Plus-Something New is on its Way

Suzanne Meloy

OMDR Plus will better enable us to accomplish our mission as child advocates and will greatly enhance the value and capabilities of the system.

National PTA has contracted the services of **Just Between Friends, Inc.**, a software development company, to develop and maintain a system designed to assist units with the challenges of running a PTA on a daily basis and growing it into a strong and effective organization. Additionally it will offer a suite of services allowing members to connect with their PTA and other community organizations.

The first release of OMDR Plus, powered by Just Between Friends will include the communication, directory, and social networking capabilities that already exist in Just Between Friends. Additionally, there will be many new capabilities, although the final set of functionality is still being worked through. Following is an overview of the capabilities that are likely to exist when the final testing has been completed.

Membership Management -- this functionality will allow units to

enter member data through the very easy to use Just Between Friends interface and have it automatically transferred into National PTA's central database. If the information is already in OMDR, it will automatically be transferred to OMDR Plus, so there will be no need to re-enter it. Most of the functionality currently available in "old" OMDR, such as printing membership cards, will also be in OMDR Plus.

Group Start Up Wizard -- this function will make it very simple for units and other groups to sign on through a simple question and answer session. At the end of this process, all board members will be set up, complete with the proper permissions and features they need to do their jobs.

Enhanced Communications Capabilities -- there will be functionality for letting leaders know when a member's email address is no longer valid (and letting the member know to update it), a newsletter builder, and the ability to put attachments on an email (such as permission slips, etc.).

Volunteer Recruiting -- this functionality will allow units to post specific volunteer needs and give parents the opportunity to sign up for the ar-

reas they are particularly interested in.

Customizable Calendar -- Parents will now have a single household calendar that will be automatically populated with all the events for all of their children (from all groups using OMDR Plus/JBF) in one consolidated view. This will allow conflicts to be immediately spotted. Each child will be color coded, so that it will be easy to see who has to be where and when.

Household Sign Up Wizard -- this capability will make it very easy for individual members and parents to join OMDR Plus/JBF and associate their accounts with all appropriate groups through a simple question and answer session. Upon joining, they will have the option of choosing what types of communications they will want to receive from National PTA, its sponsors and benefit providers.

National PTA has a three year plan mapped out for OMDR Plus and will be counting heavily on our feedback and ideas to further enhance the system to make it even more valuable to unit leaders and PTA members everywhere.

Ninth District PTA Legislation Meetings

Lorene Joosten

Legislation meetings alternate between mornings and evenings and a north county and central location, and include legislators and education leaders as guest speakers.

Even Months:

7 – 8:30 p.m. on:

October 22

December – no meeting

February 11

April 15

In the boardroom (room 508) of the

San Diego County Office of Education

6401 Linda Vista Road, San Diego 92111

Odd Months

10:30–noon on:

November 12

January 14

March 18

May – no meeting

In the "Maple Room" at the

Escondido Union School District offices

2310 Aldergrove Ave., Escondido 92029

½ mile from I-15 and the 78 freeway

Association Meetings-Board Meetings ~ What's The Difference?

Sue King

Associations Meetings - The officers and chairmen of a PTA have the responsibility to plan the PTA meetings and programs and to oversee the operations of the organization. See your bylaws for the months and day in the month association meeting are required.

The PTA membership is the only group with authority to:

- elect the nominating committee;
- elect officers;
- approve/ratify all PTA expenditures;
- approve all contracts for PTA programs, events and projects;
- adopt the budget;
- adopt the audit reports;
- authorize an individual to represent the PTA;
- authorize a position to be taken on an issue after a study; and
- elect convention delegates.

Many of these actions take place at the first meeting of the association in the fall; while others occur later in the school year. All members, parents and community members are encouraged to attend association meetings. Creating an interesting, educational and entertaining program can boost attendance at these meetings.

“Whenever members are required or permitted to take any action at a meeting, a written notice of the meeting shall be given, not less than 10 days nor more than 90 days before the date of the meeting, to each member, who, on the recorded date for the notice of the meeting, is entitled to vote at such meeting.” The written notice must include the date, time, location and proposed business to be considered at the meeting. Written notice for the proposed bylaw amendments and election of officers must be given at least thirty (30) days in advance.

Executive Board - The executive board meets monthly as specified in the bylaws and standing rules. The executive board should meet no less than two weeks prior to each association meeting so that members receive advance written notice according to the bylaws of all recommendations to be considered at the association meeting. None of its acts shall conflict with action taken by the association.

Unit bylaws specify members of the executive board and may include:

- officers of the association;
- chairmen of standing committees;
- school principal or representative(s);
- faculty representatives; and

- student representative(s).

Each association is required to include certain positions – the president, secretary and treasurer. A unit with a small membership may reduce the number of members on its executive board by following California State PTA procedures for amending the bylaws.

Executive board meetings and minutes are confidential and attendance is limited to those individuals specifically listed in the bylaws. The president may grant a courtesy seat to a guest for the purpose of bringing information to be shared with the group. Guests do not participate in discussion or voting and should leave the meeting after the information is relayed.

A summary of actions taken by the executive board must be reported to the association at the next association meeting and usually requires further approval or ratification by the association. Actions requiring association approval are stated in the bylaws.

See the your bylaws and the California State PTA *Toolkit* for more information.

Who to Invite to Join PTA - the ABCs

Membership

All family members	Journalists, Juvenile Court Schools	Service clubs
Boards of Education, Businesses	Kindergarten parents	Teachers & Teacher aides
Community members & leaders,	Librarians	Umpires & coaches
Crossing guards, Custodians	Moms	Veterans, Visitors, Volunteers
Drivers of buses, Dads	New families, Neighbors	...all Voices to make PTA's
Everyone who cares about kids	Officials, Orthodontists (dentists &	<i>everychild.onevoice.</i>
Former PTA members	doctors)	Well-Wishers, Wonderful Workers -
Graduates from previous years,	Principals & vice-principals	Whoever wants to help kids
Grandparents	Quiet, as well as vocal parents -	X out no one - invite everyone
Health groups & nurses	Query everyone	Yard duty, Youth group leaders
Interested allied agencies,	Relatives,	Zealously ask and promote PTA!
Interns & student teachers -	Religious & civic leaders	Source: California State PTA,
Include all groups at school	Students, Secretaries, Staff,	<i>The Communicator</i> , July 2008

For the Secretary

APPROVING PTA MINUTES

Only the group generating the minutes approves the minutes; thus the association approves the association minutes and the executive board approves the executive board minutes. The minutes may be read aloud, posted in the meeting room, or copied and distributed to members attending the meeting.

MINUTES MAY NEVER BE POSTED ON THE WEB.

The president asks if there are any corrections to the minutes and if there are none, the president states, "the minutes are approved as presented." If there are corrections, they are stated and the corrections are made and then the president states, "The minutes are approved as corrected."

With the approval of the association or group, the reading of the minutes may be postponed to a succeeding meeting, or a committee of three people may be appointed to read the minutes and report their findings. If

a committee is appointed, all members must have been present at the meeting for which minutes are reviewed. The members of the committee must sign their names at the end of the master copy of the minutes signifying their approval.

At the end of the minutes, next to the secretary's signature, write "approved" and the date of approval. At the next meeting, note that the minutes were approved as presented or corrected and the date. This provides a cross-reference between the master copy of the minutes and the minutes of the meeting where the approval was recorded.

CORRECTING THE MINUTES

Corrections to the minutes are made immediately following the reading or presentation of the minutes during the time specified on the agenda, or at any subsequent meeting when errors are discovered.

- Errors are noted in the minutes

of the current meeting.

- Corrections are made by the secretary on the master copy of the minutes by circling the incorrect words using a red pen and noting the correction in the margin. Never correct a computer copy and reprint.
- Dating and initialing corrections is optional unless the correction is made at some later date, in which case corrections should be dated and initialed.
- NEVER ERASE or strike out words when correcting the minutes.

Corrections to minutes previously approved may be made - even years later - by means of a motion to amend something previously adopted. Such a motion requires a two-thirds vote or a majority vote with prior notice.

Only the group generating the minutes can approve or correct them!

Mindy

Parent-Teacher Conference

Report card time generally includes the "Parent-Teacher Conference." This is an opportunity for you, as a parent, to visit where your child spends a good deal of time. It is also an opportunity for you to learn about what your child's world at school is like. Take a moment to look around the classroom. Try to imagine your child sitting there, in that class, five days a week. Sit in their chair, at their desk, how does that feel? Try to see and feel what your child sees and feels. This is an amazing opportunity to get a different perspective, a little insight to your child's school experience.

If you haven't already opened up a line of communication with your child's teacher, this is your opportunity. Find out how best to contact your child's teacher in the future. Is there an opportunity to volunteer in the class?

It is best to arrive prepared to make the most of your time together. The following are a few suggestions to help spark a dialog that will be helpful to

you, your child and the teacher. Be prepared to take notes during the conference. Time is short during the conference and taking notes will help you recall what was discussed. You may find notes useful to use for a follow-up conversation on your child's progress.

- What subject does my student like most? Least?
- What can I do to help my student with subjects he finds difficult? How can I help my student study? Prepare for class? Improve his work? A good time to ask these questions is when the teacher gives you samples of your son's or daughter's work.
- Is my student trying as hard as he can?
- Does my student participate in class discussions and activities?
- Is my student in different classes or groups for different subjects? Which ones? How are the groups determined?

Carmen Meyers

- How well does my student get along with others?
- Has my student missed classes?
- Have you noticed changes in the way my student acts? For example, have you noticed squinting, tiredness, or moodiness that might be a sign of physical or other problems?
- How are you measuring my student's progress? Through tests? Portfolios? Class participation? Projects?
- What kinds of tests do you give? What do the tests show about my student's progress? How does my student handle taking tests?

Your child's teacher will thank you for being prepared to make the most of your time together. Remember that the parent-teacher conference is just one opportunity to communicate with your child's teacher. Continual dialog between you and your child's teacher will reap positive rewards.

Embrace the Arts

Cathy Roth

Through the arts, students learn to think creatively and gain a better understanding of the world and cultures around them. Further, arts education helps students develop critical thinking skills, problem-solving techniques, and a drive for excellence.

Share the facts about the arts and student achievement with the families in your school to build support for arts education. Then, use the arts to engage families in school activities.

Engaging All Families Through the Arts:

- The arts help make student learning visible and can be a simple way to engage all families in the school community. Here are a few suggestions for using the arts to bring families into the school: Showcase students' talents in performances and art exhibitions. Post fliers and send e-mails, invitations, and letters inviting families to attend.
- Work with the school's art teacher to display student artwork throughout the school (in halls, offices, classrooms, etc.); then invite parents to tour the

school and see the artwork. Ask teachers to talk to the visiting parents about how the art projects tie in with the children's learning in other subjects.

- Tap into the power of parents. Ask parents to serve as volunteers on PTA Start the Art Week committees and in arts classes.
- Organize productions and publications (plays, musicals, literary magazines, etc.) that employ the talents of both students and parents.
- Set up a volunteer-run arts resource center to provide families with information on available arts programs, volunteer opportunities in the arts, and arts advocacy efforts.

The arts also offer opportunities to promote the value of all cultures in the school.

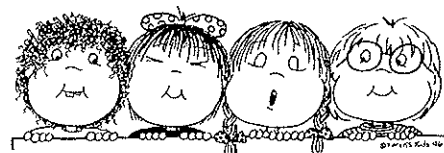
- Organize folk life and folk arts activities that allow students and families to share their cultures.
- Host a school wide international night. Set up booths for families to display artifacts, pictures, and books from and

about their native countries. Also incorporate families' native foods, dance, music, and dress into the evening.

- Create a mural to celebrate your school's diversity. Provide the paints and banner paper, and invite all students and families to illustrate some aspect of their heritage for the mural.
- Translate invitations and informational materials into parents' primary languages.

PTA Start the Art Week, October 6-11, 2008, is an opportunity to provide your school's students with arts experiences. It's also an ideal time to inform families of the benefits of arts education and gain the support of the community. Show your PTA's commitment to arts education by observing PTA Start the Art Week with a one-day event or a weeklong celebration

Source: PTA Art Week, Embrace the Arts! www.pta.org



Grow your PTA Membership

Membership

Whether you know it or not, as a membership chairman, you are in the business of marketing and selling memberships. That means membership is a product, a product that has many features that offer a useful service and resources for your members. Be ready to articulate the benefits of PTA membership to members and nonmembers.

Take a look at areas of your community that are not represented and create a plan to welcome them to PTA. If dads are not represented, focus on getting more dads involved. Plan an evening or weekend father/child activity and don't forget to

set up a membership enrollment table.

Members want to belong – that's why they join – they want to feel welcome. PTA is a place where people don't have to feel alone and where they can get support for the difficulties they have in dealing with issues their fellow members may have already faced.

Getting members involved is the key to keeping them. But it's not always easy. Many members don't understand the value of being involved or don't feel comfortable being involved. They remain on the sidelines. The most active members

will always be the ones who get the most out of their membership. Involvement can be in forms other than attending meetings. Have a list of activities from which members can choose and modify the list as new opportunities arise. The key to successful parent involvement is to bridge a working relationship between parents, teachers, school administrators and communities. Once this accomplished, membership in PTA will grow by leaps and bounds.

Resource: National PTA State Membership Chair Resource Manual

Reflections**Mindy Thomason**

“WOW” it’s almost over but the party! You have promoted the program, secured judges, now get ready to collect those great masterpieces. Make sure every entry complies with the rules and requirements. Here’s your checklist:

Entry Form

Is the Council Name filled in?	Yes	No
Is the Grade and Age complete?	Yes	No
Is the entry in the proper grade division?	Yes	No
Is the Art Area checked?	Yes	No
Has the proper information been completed for the entry category?	Yes	No
Is the student information completed and legible ?	Yes	No
Is there a signature for student AND parent?	Yes	No
Has the “local PTA” section be filled in completely?	Yes	No

Literature

Is it under 2,000 words?	Yes	No
Is the original and one copy included?	Yes	No
Are all the pages numbered?	Yes	No
Is the paper under 8 ½ by 11 inches?	Yes	No
Is the student’s name on the back of every page?	Yes	No
Is the work in a manila file folder with the entry form attached on the back?	Yes	No

Musical Composition

Is it under 5 minutes?	Yes	No
Is it on a CD?	Yes	No
Is the CD in a container and identified on both the CD and the Container?	Yes	No
Is the CD in a large envelope with the entry form attached on the back?	Yes	No
If a score sheet is required, is it smaller than 11 x 14?	Yes	No
If a score sheet is required, is it included in the envelope?	Yes	No

Photography

Is the photo or collage smaller than 11 x 14, including a mat?	Yes	No
Is the print mounted on a sturdy material?	Yes	No
Is the entry form in a sheet protector taped to the back of the photo?	Yes	No

Visual Arts

Is the art piece less than 3/8 inches thick and no more than 2 dimensional?	Yes	No
Is the art piece no larger than 24 x 30, including a mat?	Yes	No
Is the art piece on a sturdy material such as cardboard?	Yes	No
Is the entry form in a sheet protector taped to the back of the entry?	Yes	No

Dance Choreography & Film Production

Is it under 5 minutes?	Yes	No
Is it on a DVD or CD?	Yes	No
Is it in .MPG / .MPEG / .MOV / .QT or .WMV format?	Yes	No
Is the DVD/CD in a container and identified on both the CD and the Container?	Yes	No
Is the DVD/CD in a large envelope with the entry form attached on the back?	Yes	No

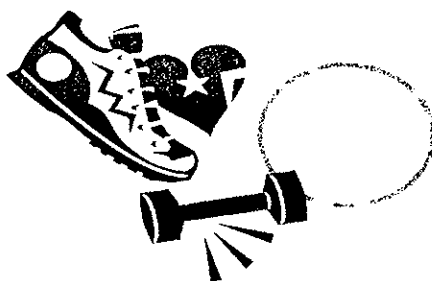
If you answered “YES” to these questions then you have done your job perfectly. Let the judging begin! After the judges have completed their task, you are ready to move these entries forward: Make sure you complete the PTA Participation Form AND the Recording Sheet to be sent along with the entries!

“This world is but a canvas to our imagination.”
Henry David Thoreau

Critical Issues Conference 2008**Rebecca Hernandez**

Ninth District PTA
Critical Issues Conference 2008

**Growing Up Healthy in Today's World;
*Practices, Choices and Behaviors that Make a Difference***



Please join us
Wednesday, November 19, 2008
9:30 a.m. – 2:30 p.m.

(Resource Fair open at 8:30 a.m., during lunch and until 3:30 p.m. following the conference conclusion)

**The Salvation Army Kroc Center
6811 University Avenue
San Diego, CA 92115**

This year's conference will focus on how parents can be advocates for their children in the areas of nutrition, healthy weight, physical activities, substance abuse prevention and in developing neighborhoods that are safe for children and youth.

Attendance by Reservation Only
All Reservations include a Continental Breakfast & Plated Lunch
Cost: \$25.00 per person

Reservation Deadline: Friday November 7, 2008

Please note that attendance this year will be limited to the first 130 reservations on a first come first served basis.

Send names and check* to
Ninth District PTA, 6401 Linda Vista Road, Annex A, San Diego, CA 92111
Questions please contact the Ninth District Office at phoebe@sdcoe.net

*All PTA checks must have two signatures
Make checks payable to Ninth District PTA

Healthy Kids Learn Better

Rebecca Hernandez

Healthy Kids Learn Better!

Does your child have asthma, seasonal allergies or food allergies? If so please inform the school office, school nurse and your child's teacher **ASAP**.



Does your child need medication every day or once in a while? Does your child need medication during the school hours?

This includes cough drops, Tylenol, Benadryl, inhalers, insulin etc.

It is necessary to have your doctor complete a "Permit To Take Medication" form for medication. This will allow us to have the medication at school and give it to your child when needed.



Your child needs to **stay home** when he or she has...

- any contagious disease
- nausea or vomiting (or in the last 24 hours)
- temperature of 100 F. or more. Temperature needs to be normal for 24 hours before returning to school
- frequent coughing or very runny nose
- diarrhea (or in the last 24 hours)
- sore throat
- severe headache
- skin rash (ALL rashes must be diagnosed by a doctor)
- open sores unless the area can be covered with a dressing
- earache

Does your child eat breakfast?

Besides meeting daily nutritional requirements breakfast is the most important meal of the day.

- increase school performance
- increase student attention
- reduces visits to the nurse's office
- improves student behaviors



Does your child get enough sleep?

Experts say school age children generally need 9-12 hours of sleep each night.

Establish a 20-30 minutes nightly "calm down" bedtime routine. This could include taking a bath, putting on your pajamas, reading and relaxing. Television viewing at bedtime may interfere with them falling asleep.

IF your child becomes ill or injured at school...

- make arrangements to pick your child up **IMMEDIATELY**
- have an alternate plan for care if you work or you are not available
- evaluate his/her readiness to return to school based on the "stay home..." guidelines
- if your child is sent home with a fever, he/she **SHOULD NOT** return to school until the temp has been normal for 24 hours



For more information visit:
www.Keepkidshealthy.com

For Parents and Community Members
**When to Worry:
 How to Tell When Teens Need Help —
 and What To Do Next**

Featuring **Dr. Lisa Boesky**
 National Speaker, Clinical Psychologist and Author of *When to Worry*

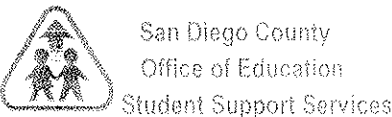
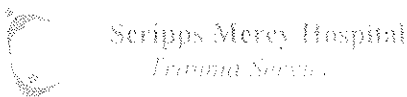
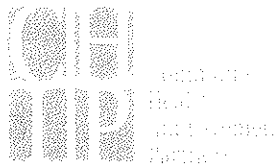
Thursday
 October 23, 2008
 6:00 – 7:30 pm
 San Diego County
 Office of Education
 Regional Ed. Centers



About this Workshop: Moodiness, defiance, lack of focus, unpredictability, anger, over-sensitivity—typical teenage behaviors or an adolescent in need of help? Parents and community members need to be able to distinguish what's "normal" during the teen years and when a teen is struggling. This workshop provides specific steps to help parents obtain assistance for troubled teens so peace can return to the family home or classroom. It is a high-energy, practical presentation with video clips and case examples, relevant to any adult concerned about a teenager.

"Dr. Lisa" Boesky is a Clinical Psychologist, National Speaker, and Author of *When to Worry, How to Tell if Your Teen Needs Help—and What to Do About It*. She appears regularly on CBS's *The Early Show* and has been a guest expert on *20/20*, *The O'Reilly Factor*, *CNN Headline News*, *Morning Show with Mike and Juliet*, *Nancy Grace*, *Fox News Live* and in print in *Family Circle*, *USA Today* and others. Dr. Lisa has worked with a wide range of youth in outpatient settings, psychiatric hospitals and juvenile correctional facilities. Each year she provides Keynotes and Workshops to thousands of parents and professionals around the country. Learn more about Dr. Lisa at www.dr.lisab.com.

Sponsored by:



Schedule

- 5:30 – 6:00 pm Sign-in and Hospitality
- 6:00 – 7:30 pm Program: Lisa Boesky, Ph.D.

3 County Office of Education Locations to Choose From

- Joe Rindone Regional Technology Center (JRRTC)
6401 Linda Vista Road, San Diego, CA 92111
- South County Regional Education Center (SCREC)
800 National City Blvd., National City, CA 91950
- North County Regional Education Center (NCREC)
255 Pico Avenue, San Marcos, CA 92069

This workshop is supported in part by a Community Grant from Ron Roberts, San Diego County Supervisor, District 4.

Health p.2

Rebecca Hernandez

REGISTRATION FORM

For Parents and Community Members

When to Worry: How to Tell When Teens Need Help – And What to Do Next

DATE: Thursday, Oct. 23, 2008

TIME: 6:00 – 7:30 pm [Sign In & Hospitality at 5:30 PM]

Mail or Fax this form, with payment to:

Registration Fee: \$10.00

Scripps Conference Services

The registration fee includes tuition and one copy of Dr. Lisa Boesky's book, "When to Worry: How to Tell if Your Teen Needs Help--and What to Do About It."

11025 N. Torrey Pines Road, Ste. 200
La Jolla, CA, 92037

Confirmation will be mailed to you upon receipt of registration form & payment.

Phone: (858) 652-5400

FAX: (858) 652-5565

Email: med.edu@scrippshealth.org

Refund & Cancellation Policy

The full registration fee is refundable if your cancellation is received in writing prior to October 7, 2008. No refunds will be given after this date. No refunds or credits will be given to "no shows." We reserve the right to cancel the workshop for any reason at which time the full registration fee will be refunded.

You may also register securely online: www.scripps.org/conferenceservices

Please print clearly – Complete all sections:

Name: _____
(First) (Middle Initial) (Last)

Mailing Address: _____

City: _____ State/ZIP: _____

Phone: _____ Fax: _____ Email: _____

NOTE: This event will be presented live at the Regional Technology Center on 6401 Linda Vista Road, San Diego, and will be simultaneously broadcast via videoconference to the other two regional education center sites. This allows audience participation at all three sites. Please select the site that you will be attending:

- Joe Rindone Regional Technology Center (JRRTC) 6401 Linda Vista Road, San Diego, CA 92111 [Live Presentation]
- South County Regional Education Center (SCREC) 800 National City Blvd., National City, CA 91950 [Broadcast]
- North County Regional Education Center (NCREC) 255 Pico Avenue, San Marcos, CA 92069 [Broadcast]

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OCTOBER

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IMPORTANT MEETINGS AND DUE DATES

Calendar of Meetings

October 16 Legislation Meeting, 7pm, SDCOE rm. 508

October 21 District Board, 9:30 am, Tierrasanta Library
 4985 LaCuenta Dr., SD, 92124

Due Dates

November 13 Reflections entries due to Ninth District PTA, through councils if in council, check your council’s due date.

November 19 Grant applications due to the Ninth District PTA office by noon, no postmarks or facsimiles accepted.

Save the Dates

November 19 Ninth District PTA Critical Issues Conference

February 11, 2009 Ninth District PTA Annual Meeting and Founders Day

February 22-24 California State PTA Legislation Conference, Sacramento

May 1-3 California State PTA Convention, San Jose

June 6 Ninth District PTA Summer Leadership Conference

University of San Diego

June 26-29 National PTA Convention, Ft. Lauderdale, FL

Plan Ahead

October Red Ribbon Week
 Child Health Month

November PTA Healthy Lifestyles Month

Important Numbers

Ninth District PTA

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Fax.....858-268-8017

Email.....phoebe@sdcoe.net

Website www.ninthdistrictpta.org

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