

Fairfax County Council of PTAs

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NEWSLETTER

June 2005

www.fccpta.org

Recharge & Refocus

As the 2004-2005 school year comes to an end, I want to thank you all for allowing me to serve as your president. It has been a wonderful experience getting to know not only my board members, but so many local unit leaders from all areas of the county. It hasn't always been easy, but it wasn't about "easy." It was about teamwork. It was about focusing on our goals. It was about helping kids. I visited many units that were doing great work for their schools and communities. Hopefully, we met your expectations and provided the support that you needed. You'll find a "State of the FCCPTA" report in this newsletter that lists all the projects and programs that kept us busy this year. I hope you take the time to make a list of your local unit's accomplishments. Print it in your newsletter ... list it on your website. Make sure that your members know what you have been doing this past school year. So often there is a core group of 20 or 30 people who do most of the work at a local PTA and the general membership really has no idea how many hours their PTA leaders spend planning and meeting and volunteering their own time. Share that information so that they will see the value of PTA membership ... and make sure the teachers at your school see that list, too.

Summer is a great time to recharge and refocus. While you have a break from the day to day demands of the school year, take some time to think about what your PTA has accomplished and what you would like to accomplish in the coming school year. All organizations work better when there is a written plan. Take the time to meet with the officers and write down your plan. List your goals and how you will accomplish each of them. It will help you to prioritize tasks so that you are using

your financial and human resources as effectively as possible.

I hope that at the top of your "To-Do" list you have "Attend Training." Whether you are a first time officer or a "veteran" who has been around PTA for many years, training is ALWAYS a good idea. Procedures change... new programs become available ... new priorities emerge. Even if you've come to training in previous years, the networking can provide new ideas. The Virginia PTA, Fairfax District PTA and Fairfax County Council PTA provide three separate opportunities for officers, board members and committee chairs to attend a training session. I urge every PTA to send as many people as possible. If you missed the County Council training on May 31st, please come to Longwood University on July 15/16. If you can't be there, be sure to attend the Fairfax District training in mid-September. It will be well worth your time! I promise!

Have a wonderful and safe summer ... and thanks again, for all you do for PTA, FCPS and kids.

Lynn Terhar

FCCPTA 2004-2006 President

Mark Your Calendar!

Look inside and check out all things
happening through out
the Summer and Fall!

Of Local Interest

President's Checklist for:

JUNE

- Have transitional board meeting with old and new members.
- Assume duties at end of transitional meeting.
- Send all forms including the new officers names/ addresses to the State Office. EIN (tax ID) number must also be on file with state PTA office.
- Review and update committee procedure books, develop procedure books for new positions.
- Make sure the outgoing president arranged the audit for the previous year financial records.
- Send names/addresses of officers to your School Board to receive mailings.
- Make reservations for Virginia PTA's Leadership Training Conference and Legislation/Education Conference on July 15/16.
- Remind your Treasurer that all dues collected since March 1 must be in to the State Office by June 30.

JULY

- Attend Virginia PTA's Leadership Training Conference and Legislation/Education Conference on July 15th and 16th.
- Budget Committee meets to develop next year's budget and prepares to present it to the Executive Board before going before the General Membership for final approval.
- Confirm with the principal when PTA information needs to be available for the school's Welcome Back Packets.

AUGUST

- Hold a meeting of the Executive Committee to go over the plans of work and schedule for next year.
- Hold a meeting of the Executive Board to go over all action items and approve the budget that will be presented to the General Membership.
- Look for membership cards from Virginia PTA to be mailed to you, based on last year's membership.
- Look for and share mailings from National, State, District, and Council with your board.
- Prepare an article for your newsletter and Welcome Back Packet.

SEPTEMBER

- Make sure the Membership Committee has all the information and cards needed for a successful membership campaign.
- Make sure the Reflections Chair has all the information for a successful Reflections Program.
- Hold first General Membership meeting and vote on the proposed PTA Budget, adopt the fiscal year-end audit and send copy of audit to state PTA office. If required to file 990 with IRS, a copy of 990 form must also be forwarded to state PTA office.
- Have board members attend District Leadership Training Workshops.

FCCPTA Updates - Thanks!

It is important that we keep accurate information in our secure database so that we can get important PTA and legislative information to right people.

If you have any further updates, go to the FCCPTA website (www.fccpta.org) and go to the Contact Info page.

FCCPTA's Website Looks Different!!

The FCCPTA's website has been re-designed. It has been reorganized and given a fresher, more open appearance while at the same time providing for more straightforward navigation. Additional guidance and helpful information for PTA members and officers is also a new feature of the new website. Please visit the website at www.fccpta.org. Then let us know what you think off it by completing the on-line survey. Thanks.

PTA MISSION

- To support and speak on behalf of children and youth in the schools, in the community and before governmental bodies and other organizations that make decisions affecting children;
- To assist parents in developing the skills they need to raise and protect their children;
- To encourage parent and public involvement in the public schools of this nation.

State of the Fairfax County Council - June 2005

Presented by Lynn Terhar, President

Your County Council board has been a busy group of people this year!

- Your president and immediate past president have represented you at monthly meetings of the Superintendent's Community Advisory Council and the Superintendent's Business Advisory Council.
- Council appointees have participated on School Board advisory committees for English/Language Arts, Family Life Education, Fine Arts, Foreign Language, Mathematics, Science, Gifted/Talented, Human Relations, Minority Student Achievement Oversight, Professional Technical Studies and Students with Disabilities.
- At monthly meetings, we have discussed topics such as
 - earlier start times for high school (SLEEP) - action: Position Paper in support
 - Go Green school initiative - action: Position Paper in support
 - cell phone tower emissions - action: Resolution requesting moratorium
 - expulsion/suspension procedures - action: ongoing discussion
 - improved services for twice exceptional students: action: Resolution in support
 - facilities issues such as sale of the Pohick site and acquisition of the new administrative center: action: Resolution in support
- Conducted Council level Reflections judging and awards ceremony
- Presented 6 schools with Diversity mini-grants
- Provided analysis of the Superintendent's FY06 Budget
- Presented professional technical students with scholarships
- Provided matching grants for Schools of Excellence applications
- Published a monthly newsletter and a county PTA directory
- Provided 8 sets of Mel Levine's Developing Minds Videos (one per cluster)
- Updated and improved our website to better serve our local units
- Arranged a presentation from the Fairfax County Gang Unit

- Monitored federal, state and local legislative activity affecting public schools
- Partnered with the Fairfax County Citizen's Corp to inform our members about emergency preparedness and the Medical Reserve Corp
- Assisted local units with budgets, bylaws, elections, etc.
- Attended local unit meetings to provide conflict resolution

Board members also spent hours meeting with the Superintendent, School board members and other FCPS staff to discuss the issues listed above and others.

We were happy to be able to serve you and look forward to serving you in the coming school year.

We Have EXTRA MONEY! Now What?



Good for you! Your fundraisers were more successful than you thought and/or your expenses were lower than you thought. Now there is extra money left over. What do we do with it? First, be sure to put aside money that is encumbered but not yet spent ... bills that will be due between now and September.

These items might include your insurance payment, money for a welcome-back breakfast for teachers, money to cover receipts that have not been turned in yet, etc. If you have accounted for those items and a little cushion for unexpected carryover expenses and there is still money left, you should talk to your principal about needs the school has. (Every principal has a wish list!) Have the board make up a list of recommendations to present to your membership ... remember, the money belongs to them, not the president or the principal or the board. Only the membership can approve changes to the budget. At your next general membership meeting, present those suggestions and take a vote... if you have no more meetings planned for this year, do it in September. PTAs should not have large amounts of money just sitting in the bank. The members who donated money, paid memberships and participated in your fundraisers, expect to SEE the benefits ... they deserve to know what you have spent that money on ... and it should be spent in the current year unless you advertised that it was a fundraiser for a long term project. If you have questions about your budget, please contact one of your FCCPTA officers or the state PTA treasurer. We are here to help you.

Leadership Training Conference (LTC)

**Everything I Need to Know
About PTA,
I Can Learn at LTC!**

July 15-16, 2005

Longwood University, Farmville

See You There!

Leadership Training Conference is an annual training event sponsored by the Virginia PTA/PTSA. Workshops and events are conducted over a 2-day period on the campus of Longwood University in Farmville. Participants stay in the dormitories or motel rooms in the surrounding area. Participants staying in area motels register as Commuters.

Training is conducted in workshop sessions addressing the PTA basics, assisting new and returning PTA officers, committee chairs and other PTA volunteers in training for their positions. Teachers and administrators are encouraged to attend as well. Workshops are conducted by the Board of Managers, other PTA volunteers and representatives of participating organizations and agencies.

The cost of the training varies depending the number of days attending, the number of meals chosen and whether you stay on campus or commute.

Look for more information on LTC in packets mailed out to Presidents in early June.

Attention PTA/PTSA Presidents!

Leadership Training Registration Packets are due to arrive at your school soon. Have your new officers, committee chairs, and key executive board members join Virginia PTA on the campus of Longwood University in Farmville, Virginia on July 15-16, 2005 for a two-day training event that will provide you with all the key information to lead your local unit PTA next year.

This year, our Legislation/Education Conference will be held in conjunction with the Leadership Training Conference. In one weekend, you will have the opportunity to experience two PTA programs rolled into one exciting activity. Take advantage of this cost-saving opportunity to gain valuable knowledge from two PTA training experiences at one location. These programs promise to be interesting, provide you with valuable information about PTA ideals, and your attendance will benefit your local unit.

Reflections - Think Ahead

Is it too early to think about Reflections? No! Students can begin working on their entries now. Summer is a great time to reflect on the theme and begin putting together ideas for an entry. Remember – students can enter as many entries as they want and in all four categories! The theme for next year is “I Wonder Why....”

If your school has not participated in Reflections, now is a good time to start the program. There will be training available in the Fall and it is a wonderful way to enhance the arts program at your school. This past year, Fairfax County students had four winners at the National level! Won't you consider participating in the program and giving your school's students the opportunity to succeed in this worthwhile program? For those schools that are changing leadership for the Reflections program, please let me know. E-mails will be sent regularly to keep you on track and I want to make sure that your school receives the information.

If you have any questions about how to get started or want to find out more information, please feel free to contact me. I look forward to your involvement in the Reflections program!!

Lisa Moore

FCCPTA Reflections Chairperson

**Professional Development
Seminar - Dr. Levine**

The Fairfax County Council of PTAs approved a Resolution a few months ago asking Fairfax County Public Schools to explore the possibility of providing a Professional Development Seminar with Dr. Mel Levine. Dr. Mel Levine is a Professor of Pediatrics at the University of North Carolina Medical School in Chapel Hill, North Carolina and the Director of the University's Clinical Center for the Study of Development and Learning. He is also the co-founder of All Kinds of Minds, a non-profit Institute for the study of differences in learning. Because of the diligent efforts of FCCPTA Vice Presidents, Connie Lorentzen and Rosemary Salak, among others, FCPS held a professional development opportunity to work with international consultant, Dr. Mel Levine on May 25th with about 80 FCPS educators in attendance. Dr. Levine shares a framework for understanding why some children struggle in school and strategies for assisting them in using their individual strengths to become more successful learners. Publications by Dr. Mel Levine include: *Developmental-Behavioral Pediatrics*, *Keeping A Head In School*, *A Mind at a Time*, and *Ready or Not, Here Life Comes*. The FCCPTA has also purchased 8 sets of Dr. Levine's *Developing Minds* Videos, one for each cluster, so that school staff and parents will have this valuable resource available.

FCCPTA Open Positions:

3rd Vice President

Job Description: Vice Presidents take on various tasks that the Executive Committee has identified. We strive to match projects and tasks with the interests of the VP. VPs are expected to attend meetings on the first Monday of each month and participate in other events depending upon assigned tasks.

Communications Chair

Job Description: Assist committee chairs with Directory and Newsletter. Work with local media to encourage positive stories about schools and PTAs. Work with Corresponding Secretary to communicate with members.

Early Childhood Education Chair

Job Description: To work as a liaison with our pre-school local units. To work with the FCPS FECEP and other committees related to Early Childhood Education. To stay abreast of Federal and State legislation affecting Early Childhood Education.

Facilities Chair

Job Description: To Monitor FCPS facilities planning and the Capital Improvement Plan (CIP) and assist local units who have facilities issues.

Legislation Chair

Job Description: To keep abreast of local, state and national legislative issues relating to PTA positions and concerns. Provide information to local units on legislative issues and encourage local and Council participation in state and national legislative efforts. Present the position of the Council on legislative issues to elected local, state and national representatives.

Qualifications for all of these positions:

1. An interest in working with FCPS to provide input to them and to receive information to pass along to our local units.
2. An interest in helping local units be successful in working with their communities.
3. A sense of humor!

Let's Keep in Touch! with FCPS

Help FCPS provide you the information that you need. Go to www.fcps.edu and click on the "Keep in Touch" symbol. Fill in your e-mail address to receive information via e-mail from Fairfax County Public Schools. You will then have the opportunity to create your own personal information profile. There is no obligation to register.

PTA After-School Classes in Fairfax County Public Schools

Confused about necessary paperwork to sponsor a PTA After-School class for the 2005-06 school year? Fairfax County Public Schools Office of Community Use is hosting a one night meeting to offer guidance in understanding Regulation 8424 "Booster-Club or PTA Managed Classes During The School Year". Copies of the regulation will be provided for those that don't have one.

Topics to be discussed are:

- what information can be on the flyer
- whose responsibility is it to collect checks
- who can the PTA pay and how is that done
- deadline for paperwork to be process by FCPS.
- question and answer period

Meeting dates are:

Thursday, June 9 – 7pm

Daniels Run Elementary Cafeteria

Wednesday, August 31 – 7pm

Fairview Elementary Cafeteria

Thursday, September 8 – 7pm

Sunrise Valley Elementary Cafeteria

If you have questions, please contact Amy Craig, Community Use Office (703) 246-3873.

*Fairfax Fatherhood Collaborative,
Fairfax County Public Schools &
Mott Community Center are proud to sponsor*

“Celebrating Dads - Dad’s Play Day”

Dad/child basketball shooting
Fun outdoor activities
Crafts – Food – Pool Tables



**Mott Community Center
12111 Braddock Road, Fairfax**

**Saturday June 18th
11:00am to 4:00pm**

Human Relations Advisory Committee

The charge given by the FCPS School Board for this academic year was to examine the role of local school human relations committees in facilitating good human relations and maintaining a nondiscriminatory environment. To work on the questions given by the school board, the committee compiled a survey answered by 154 schools out of a possible 235, with many additional comments by principals.

A high percentage of schools are trying to cover the HR responsibilities under other school committees, may not be getting annual reports to the assistant superintendents, and have strong comments regarding one more required committee which does not have specific guidelines. Human Relations is an increasingly important area in our schools and does need assistance on both the requirements and guidelines. The draft report is to be presented to the Human Relations Advisory Committee on Wed May 18th, and then the final report will be presented to the school board later this month with the survey results, comments, and suggestions from the Advisory Committee.

Jennifer Van Pernis

FCCPTA Representative to the HRAC

High School August Information Packet Survey Results

This survey queried how high schools sent information home to the largest numbers of its students and what innovative ideas they used to achieve this monumental yearly task. There were 18 FCPS high schools that replied. Middle schools also have take-home packets before school starts, they are not as extensive, but there maybe some useful ideas here for them as well. Elementary schools have more dependable weekly packets all year long, which does get to the parents or guardians more reliably. High schools often need to use mailings to get the information needed and forms to the parents. The August packet contains all manner of forms for parent support organizations, clubs, fundraising, publications, insurance, announcements of opening school events as well as emergency care information that is required of all students to fill out and return. The Packet can be a primary point of information for the year.

The 6 different areas queried as to delivery to parents were: student's schedules; FCPS forms to be signed (emergency care and health information, attendance, bus behavior, computer use, plagiarism); PTSA info and

membership; "Class of" info/ fundraisers/yearbook sales/ student photo; athletic fundraisers/game schedules/student insurance; and bus schedules.

Only 2 schools mailed everything home, a third school mailed if the student failed to pick up the packet. Seven schools mailed home selected items: class and bus schedules, principals welcome letter, or FCPS required info. The high school sending home a principal's letter, also does Spanish and Vietnamese translations and sends home some additional school info to these families.

The majority of schools did have a student packet pickup with the time frame varying from the first week in August to the Wednesday before school began, including one evening pick-up opportunity at 3 schools. The evening opportunity is particularly positive to those families with work or transportation difficulties. FCPS high schools follow either the standard or the modified schedule with different start dates. Two schools sent home the FCPS forms on the first day; most would have the packets for those who did not come to pick-up dates also available from the first day.

There were many good ideas and solutions to different areas of this task.

Packet Production Ideas:

- At one school, all packet info is gathered before school ends in June with a specific schedule for the packet production (getting originals of all flyers, ordering translations, scheduling copying and volunteers, purchasing supplies, etc.).
- PTSA volunteers to do copying for much of the info.
- Use of the FCPS Department of Information Services at Wilton Woods printing facility for much of the packet; even the PTSA items can be copied there if it is part of the school's packet. Wilton Woods accepts Solimar e-mail (done by school's Data Processing Assistant) originals only and will do white paper unless colored paper is delivered to the facility on Franconia Road. All finished printing will be sent back to the school by FCPS pony mail system. Call for further information. FCPS DIT Computer Room-703-329-7550.
- Stapling together the FCPS forms-sent home either in packet or separately and returned as stapled.
- PTSA and student volunteers (given volunteer service hours) to fill large manila envelopes with information. Everything is laid out in stacks on long tables and one of each goes into the large manila envelope

Packet Delivery Ideas:

- Packet pickup date/time/location notification to students and parents by postcard as well as websites, "Keep in Touch," and school signs.

- One school has seniors come the first date, underclassmen coming on the following dates.
- All items may get returned to first or third period teachers, but are sorted by adult volunteers for the first two weeks of school which takes the burden off the individual teachers of sorting forms and flyers
- The use of different colored paper for different flyers or forms assists in sorting.
- The use of "Keep in Touch" for filling out the FCPS forms, use of on-line forms and use of the website for many of the otherwise hard copy packet information, web-based responses- trying pilot program for credit card usage at one school, and notices in the PTSA newsletter were helpful
- Many fundraising forms could have a different address altogether, so they bypass the school.
- A few schools encourage returning items by mail or drop off at school. One school has return of forms during the pick-up dates.
- If bus schedules are posted inside school windows (facing to the outside) at front entrance and inside at packet pick-up point, mailing the schedules home might be avoided. Also regular and late bus schedules with the bus routes are posted year long in school lobby for as reminders and for new students.

This August Packet Survey does not cover any additional information or repeat information sent home in the first few weeks of school. Many schools send home various information in the first few weeks of school in addition to the main packet.

- Additional idea: A PTSA mailing home with a separate letter discussing PTSA benefits, with a self-addressed envelope, increased response and membership at one school.

The high schools in Fairfax County have a significant range in enrollment and makeup of population, usage and availability of computers for e-mail, and varying levels of student mobility. These factors lead to different approaches, ideas and solutions that may be useful to other schools who are dealing with this task. At most schools, the August packet is the primary method of reaching the greatest amount of the school population.

Great thanks to the respondents to the questionnaire with all the additional comments. Hopefully this dialogue can continue to find more great ideas and solutions.

Jennifer Van Pernis

vanpernis@erols.com

Fairfax County Announces the Community Emergency Alert Network (CEAN)

The CEAN will be used by county officials to deliver important emergency alerts, notifications and updates to county residents during a major crisis or emergency. Messages will be delivered to e-mail accounts, cell phones (text messaging costs may apply; check with your service provider), text pagers, satellite phones and wireless PDAs registered on the system.

Persons registered on the CEAN will be provided a personal connection to real-time updates, instructions on where to go, protective actions that need to be taken, and other important information.

Alerts may include personal safety, weather, major accidents involving utilities or roadways, or disaster notification such as a terrorist attack.

In addition, residents may also register for any or all of the additional CEAN alert categories: county government closings/schedule changes, severe traffic disruptions, severe weather 24/7 and severe weather 8 a.m. - 5 p.m., Monday - Friday.

To register for the Community Emergency Alert network, visit the Fairfax County Web page, www.fairfaxcounty.gov/cean. For additional information on the CEAN, contact the Office of Emergency Management at 703-324- 2362, TTY 711.

FCCPTA Scholarship Winners

Here is the list of winners for the 2005 FCCPTA Scholarships. Congratulations to them all!

\$1,000 - **Amanda Thomas**, Hospitality Management
West Potomac/Edison Academy

\$500 - **Jiamin Chen**, Accounting
West Springfield

\$500 - **Caroline Dacko**, Culinary Arts
Oakton/Chantilly Academy

\$500 - **Stephanie Marengo**, Business Administration
Mount Vernon

\$500 - **Erin Summers**, Forensic Science
Oakton/Marshall Academy

\$500 - **Christina Tisdale**, Nursing
Chantilly/Chantilly Academy

\$500 - **Thao Phuong Tran**, Pre-Pharmacy
Chantilly/Chantilly Academy

FLECAC Recommendations Considered

By Norma Jean Young
FCCPTA representative to FLECAC

The Family Life Education Curriculum Advisory Committee (FLECAC) met four times during the school year to discuss and approve a variety of educational tools for use in the FLE program. FLECAC is comprised of teachers, administrators, and community members including School Board representatives, clergy, medical professionals, students and PTA representatives. Between 18 to 24 voting members attended each FLECAC session.

FLECAC sent the following recommendations to the School Board at their work session on April 4, 2005:

- Approved four videos for 7th and 8th grade Mental Health instruction (*Being A Friend: What Does It Mean, Get a Winning Attitude, The Right Choices: Skills for Life and Bad Friendships: Doing More Harm Than Good*) for 2005-06.
- Approved video *The Science of HIV* for use in 9th grade Biology instruction for 2005-06.
- Approved video *Janet's Got Her Period* for use with category B special education female students in Human Growth and Development instruction for grades 5-12 for 2005-06.
- Approved use of Boardmaker Picture Index sexuality pictures for teacher use to support instruction in Human Growth and Development for grades 5-12 Category B students.*
- Approved use of pamphlets *Birth Control Facts* and *Birth Control Choices* to support in-class instruction in 10th grade Personal and Community Health.
- Approved use of speakers and programs approved by Safe and Drug Free Youth Section to support instruction in 11th and 12th grade Alcohol, Tobacco and Other Drug use prevention education (ATOD).
- Approved Virginia Department of Health produced pamphlets and booklets (translated) to support instruction with limited English speaking adult-age students at Mountain View Alternative High School on the topics of sexually transmitted diseases and HIV and AIDS.

The School Board approved all recommended items from FLECAC in their April 28th meeting except the Birth control pamphlets for 10th grade instruction. The pamphlets were considered at the May 12th School Board meeting. School Board discussed at both meetings modifications to these pamphlets centering on the emphasis of abstinence-based curriculum. The FLE department will

continue to work over the summer to locate further materials for in-classroom instructional use in the 10th grade.

All materials are available for review at the Lacey Instructional Center. Please contact Elizabeth Payne at 703.846.8648 or Elizabeth.payne@fcps.edu for further information.

* Please note that Category B students include Autism, Mental Retardation, Moderate Disabilities, Severe Disabilities and Noncategorical Elementary.

S.T.E.P

(Systematic Training for Effective Parenting)

A class for parents of 5 to 11 year olds

(Six 2-hour sessions)

This class will help parents learn strategies to communicate more effectively with their children during these challenging and exciting years. *Individual concerns will be addressed.*

Topics include:

- ✓ Misbehavior
- ✓ Encouragement
- ✓ Communication
- ✓ Discipline
- ✓ Consequences
- ✓ Developing responsibility
- ✓ Cooperating
- ✓ Self-Esteem
- ✓ Decision making



Date: Tuesdays: June 21 & 28; July 5, 12, 19 & 26

Time: 7:00 pm – 9:00 pm

Location: The Brown Building
9735 Main Street
Fairfax, VA 22031

Cost: \$84 per person/\$125 per couple

(Book fee is included; book to be given out at first class)

**For more information or to register, contact
Andrea Delma at 703-277-2625**

MBTI® Workshops

The Center for Promoting Family Learning and Involvement has six certified Myers-Briggs trainers who can administer and score the MBTI (Myers-Briggs Type Indicator) and conduct workshops for school staff, parents, and students, as well as for businesses. Myers-Briggs workshops enhance understanding of personality preferences, increase awareness of individual differences, and facilitate communication.

The MBTI

The MBTI is one of the most widely used personality inventories in the world for identifying preferences and patterns in human behavior. It is a reliable and easy-to-use instrument that identifies individual preferences in four key areas:

- Perception
- Judgment
- Orientation of Energy
- Organizational Style

Preferences in these four areas combine to yield one of sixteen different personality types. There are no right or wrong preferences or types. The MBTI only indicates our natural preferences—similar to the way we exhibit a natural preference for right- or left-handedness. The MBTI provides valuable insights into:

- Personal behavior patterns
- Self-motivation
- Interaction with others
- Communication patterns
- Decision-making styles

The Way We See the World

Have you ever noticed how two people can see and experience the same situation and come up with totally different interpretations of what occurred? What accounts for these discrepancies, and how do they impact the way we live and work with others? What may seem like random variations in human behavior are actually quite orderly and consistent behavioral patterns that are due to the basic differences in the way individuals take in information and form judgments about that information.

The Benefits of MBTI

For Individuals (*parents, students, staff, employees, and managers*):

- Provides a valid and straightforward tool for self-awareness.
- Clarifies individual preferences.

- Creates insight and understanding of different perspectives.
- Enhances interpersonal communication and understanding.
- For Organizations and Teams (schools, businesses, and community groups):
- Helps organizations and teams utilize different skills.
- Provides insight into individual and group decision-making and ... problem-solving processes.
- Provides a tool for creating and building effective teams by utilizing ... diverse skills.
- Enhances understanding of organizational/group norms and culture.

The Workshops

MBTI workshops are fun and stimulating — no boring lectures. Participants validate their own results of the MBTI and are assisted in interpreting the results by trained facilitators. Dynamic group exercises are designed to help participants clarify their preferences and understand different ways that people gather and process information.

Participant Comments

When asked “What were the highlights of the workshop?” participants responded:

- “It gave me a better understanding of how and why I think and behave the way I do.”
- “Excellent workshop; it gave me a better understanding of people’s comfort zones and preferences.”
- “It will help immensely in communicating with coworkers.”
- “The exercises were so much fun and interesting; they gave me a unique insight into myself and my peers.”
- “Helped me understand why my child and I seem to be on different wavelengths!” (parent)
- “Helped me understand why my children are so different from each other and me!” (parent)
- “I liked the group exercises because we could see how we reacted; kind of like looking in a project ‘mirror’ through others.” (student)
- “This has gotten me closer to understanding myself and showed me that it’s OK to be different.” (student)
- “I now have myself in words.” (student)

Questions and Information

To receive more information about how to schedule MBTI workshops for your group or organization, contact Mary Shepherd at 703-277-2639 or via e-mail <mailto:Mary.Shepherd@fcps.edu>.

FCCPTA Special Education Committee Summary for 2004-2005

The FCCPTA special education committee consists of all the Fairfax County PTA special education representatives and other interested parties. We “meet” regularly by way of an e-mail group (<http://yahogroups.com/group/specialedfairfax>) and had two in-person meetings this year as well. Guest speakers at the first meeting informed us about transition services; at the second, guests from The Arc of Northern Virginia gave a presentation on their very interesting organization which serves people in all disability categories. After our guest speakers, the rest of the meetings were devoted to sharing ideas with each other on the many functions we can take on as special education representatives.

A big challenge for our committee is simply finding out which schools have special education PTA representatives; currently about sixty FCPS schools do, and we continue our work to encourage more schools to find volunteers for this invaluable position.

With the tremendous help of the FCCPTA technology chair, we created a special education section for the FCCPTA web site and continue to add material.

Several members of our committee helped to plan the county’s first and very successful special education forum for parents and students, “Celebrating Special Education,” which was held on April 30. A joint venture of the Office of Special Education and the Advisory Committee for Students with Disabilities,” the forum consisted of information tables from school and community organizations, introductory speeches, various workshops, and separate focus groups for parents and students to voice their suggestions.

Online Training of Student Notetakers

Online training of student notetakers is now available - it’s comprehensive, interactive and free! There are three modules that take about 90 minutes to complete. Although this program emphasizes taking notes for students who are deaf or hard of hearing, it can be used to take notes for students with many other disabilities. For more information on this new online program, visit

<http://www.netac.rit.edu/onlinenotetakertraining.html>

Submitted By: Donna Martinez, SP.Ed.committee member



Celebrating Special Education: Linking Students, Families and Schools

Sponsored by: Fairfax County Public Schools Office of Special Education, the Advisory Committee for Students with Disabilities (ACSD), and the County Council of PTAs

See: <http://www.fcps.edu/DSSSE/SpecialEducationForum/index.htm#sessionsviewlist> to view sessions from conference (materials available for some of the sessions)

The Special Education Conference **was held** on April 30, 2005 at Marshall High School, 7731 Leesburg Pike, Falls Church, VA 22043.

Participants attended workshops about FCPS, special education services, Fairfax county community resources, and shared ideas to enhance and improve services for students with disabilities in FCPS.

Workshops topics included:

Home-School Communication, Assistive Technology, Extended School Year Services, Help with Homework, Reading, Writing in Content Areas, Behavior Management, Social Skills

Discussion focus group topics:

Behavior, and Inclusion in Middle and High School
Special seminar for middle and high school students

Information tables include:

Secondary Curriculum, Elementary Resources, Parent Educational Advocacy Training Center, Assistive Technology, The ARC, Special Olympics, Fairfax Area Disability Services Board



School Year Calendar

The School Board incorporated two additional makeup days into the traditional school year calendar for 2004-05. June 3 and June 6 will be student holidays if they are not needed as makeup days. These two dates were selected instead of two days in April or May to avoid conflicting with SOL testing. The 2005-06 school year calendars have been posted to the web site at <http://www.fcps.edu>.

Scholarship Donations Needed



Our goal this year is to raise at least \$5,000 by May, so that we can award five \$1,000 scholarships to FCPS graduates who want to further their education in Professional Technical Studies fields. Please discuss with your board the possibility of making a small contribution. Please note that this program is a PTA/PTSA sponsored activity; that it is completely reliant on your generosity, and that all of the money contributed; goes directly towards educational scholarships for FCPS graduates.

If your PTA/PTSA would like to support this program, please send your donation to the "FCCPTA Scholarship Fund," Attn: Alan Krishnan, Treasurer: FCCPTA, 12607 Franklin Farm Road, Oak Hill, VA 20171. Enclose with your donation a completed copy of our Scholarship Donation Form found below. Additional information about the scholarship program is available on our website at www.fccpta.org. Questions can be addressed to Jan McKeever, Scholarship Chairman, JaniceMMcK@aol.com.



Scholarship Donation Form

Each year, the FCCPTA proudly administers a scholarship program for FCPS graduates who are furthering their education in fields they first studied in our Professional Technical Studies (PTS) program. This program is funded entirely by **voluntary** contributions from our member PTAs/PTSAs. If your PTA/PTSA would like to make a donation, please fill out this form and return it along with your check to the address listed below.

Print cut out this form, fill out required information, and mail with your check to:

Alan L. Krishnan
Treasurer: FCCPTA
12607 Franklin Farm Road
Oak Hill, VA 20171

School Name _____ Donation Amount: \$ _____

Type (circle one) Elementary Middle High School Center

Contact this person in our PTA if there is a question about this payment:

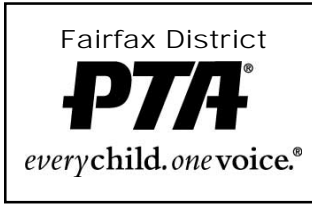
Name _____

Title _____

Phone (day) _____

Phone (eve) _____

E-mail _____



Incoming/returning presidents have to be on the lookout for information from National PTA and Virginia PTA. National PTA should have already sent to your school the 2005-2006 Annual Resources (remember I have to write this in mid-May). In the past it has come in a box because it was printed in separate sections for Officers, Money Matters, Public Relations, and a Spanish language supplement. Rumors say it may be coming out on a CD this year. Either way, this is an important resource for local units; it can answer most questions that local units have.

Virginia PTA's correspondence with incoming/returning presidents is the Incoming President's Package. One of the most important pieces in there is the Officers Listing. This form, listing contact information for all officers and committee chairs, is required to be on file with Virginia PTA due to the section on Non-Profit Organizations in the Code of Virginia. Even if your entire board hasn't changed since 04-05, you must provide this information. Without this information on file, your local unit cannot receive its 501(c)(3) Determination Letter nor be able to apply for Virginia Sales Tax Exemption. This is just one piece of information needed to be on file at the state office; the other items are Paid Dues, Current Bylaws, copy of Approved Audit Report, and a copy of the 990/990 EZ information return if the unit is required to file one with the IRS.

Outgoing presidents, if you receive these mailings, please pass them on to the incoming president.

Speaking of bylaws, here are local units in Fairfax County with Bylaws that are overdue: (as of 5/16/2005)

- Canterbury Woods 2/14/2005
- Forest Edge 4/27/2005
- Key Center 12/31/2003
- Mark Twain Middle 6/1/2004
- Mosby Woods 9/10/2003
- Mt. Vernon Woods 10/2/2000
- Navy 3/9/2004
- Sleepy Hollow 10/7/2004

Local units in Fairfax County with Bylaws that are due by 10/15/2005:

- Burke Center 9/8/2005

- Clermont 8/8/2005
- Dranesville 7/13/2005
- Freedom Hill 5/19/2005
- Groveton 8/8/2005
- Lake Anne 6/30/2005
- Lemon Road 8/8/2005
- McLean High 6/15/2005
- Mount Eagle 6/12/2005
- Mount Vernon High 6/11/2005
- Olde Creek 8/25/2005
- Poplar Tree 6/16/2005
- Providence 8/15/2005
- Silverbrook 6/15/2005
- Stratford Landing 9/14/2005
- Vienna 7/17/2005
- Westfields High 8/1/2005
- Woodley Hills 7/17/2005

Need bylaws help? Contact either Bill Levey, District Director (703 721-0319 / fairfaxdd@vapta.org); Michele Menapace, Bylaws Committee member (703 329-8236); or Morgan Bell - VAPTA Bylaws Committee Chair (bylaws@vapta.org)

Bill Levey

Fairfax District PTA, District Director Virginia PTA
everychild.onevoice.

State and District PTA

Fairfax District PTA

Director - Bill Levey

703-721-0319 fairfaxdd@vapta.org

First Assistant Director - Lynn Terhar

703-968-6949 fairfaxdd_asst@vapta.org

State PTA Board Members

President - Ramona Morrow

703-455-9603 president@vapta.org

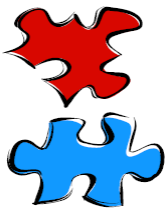
Membership - Michele Menapace

703-329-8236 membership@vapta.org



Virginia PTA: State Convention

“Putting it all Together”



November 11-13,
2005

Sheraton Premiere,
Tysons Corner, Virginia

Don't be “puzzled” by all the issues! Attend the annual convention November 11-13 and let us help you “Put It All Together.” Whether you're a PTA president, teacher, parent, anyone looking to get more information about education or children's issues, Virginia PTA is committed to supporting your advocacy efforts.

Remember, the annual convention is the business meeting of Virginia PTA. This year delegates will consider bylaws amendments, elect state officers, adopt resolutions that establish the positions of Virginia PTA and attend workshops on current issues. All local units are strongly encouraged to send delegates to convention to represent your local members. Be sure to include convention expenditures (\$99/night hotel; \$85+ convention registration; meals and mileage reimbursements) in your annual budget.

Posted May 21, 2005 (from Featured Articles)

The Education Committee Invites You to Visit “SchoolMatters.com”

“SchoolMatters.com is a premiere source for information and analysis of public schools. Whether you are an interested parent, a concerned educator, or a knowledge-seeking decision-maker, SchoolMatters.com can help you make better-informed decisions about your schools.” This site is also linked from the Board of Education website and School Matters.com will present a workshop at the [National PTA Convention](#) in June.

Your convention planning committee is working hard to get the right mix of workshop leaders and PTA representatives to give you the best convention experience:

- **Hot Topics & Best Practices** – Take a box lunch and join in open forum discussions to learn not just the facts on emerging issues, but also how PTAs across Virginia are addressing them within their communities.
- **Healthy Lifestyle Initiatives** – If scheduling & space permits, look for health screenings and new exhibitors to help address growing interest related to healthy families
- **Convention Services** – Roommate and carpool match-up services, ‘schoolroom’ seating throughout the convention, and more.

Posted: May 21, 2005

Membership Dues Reminder – Submit by June 30

Membership dues for all new PTA members joining after March 1 are due to the State Office by JUNE 30. Please double-check your figures and membership totals with your treasurer and remit only the amount due for those members recruited after your March 1 remittance. If your local unit has collected any dues this year and have not yet sent them to the Virginia PTA, please remit all monies by June 30, 2005. Mail to Virginia PTA, 1027 Wilmer Ave., Richmond, VA 23227.

Michele Menapace, Membership Chairman -
membership@vapta.org or Virginia PTA's State Office
info@vapta.org

Posted: May 21, 2005

Need to Update Your Bylaws?

Are your local unit bylaws currently updated? There is nothing complicated about the bylaws revision process. Suggested bylaws are provided that are easy to complete and submit for approval. Go to MEMBERS ONLY to access the Bylaws Help Desk, revise bylaws online or find answers to other bylaws questions. Need assistance? Contact: Morgan Bell, Virginia PTA Bylaws Committee Chairman – bylaws@vapta.org

Membership and Convention— Undeniably Connected

by Michele Menapace

*VAPTA Membership Chair & 2005 Convention Chair
(excerpted from the Virginia PTA Bulletin, summer 2005)*

During a VAPTA Board of Managers meeting at the end of February, I was having a casual conversation with a District Director when the subject of the annual convention arose. She told me that, early in her PTA career as a leader in her local unit, she often chose not to attend the convention because she felt the expense wasn't justified. "Do you know how many school supplies we could buy with that money?" she offered. That one line prompted me to come home and completely rewrite my intended article for this column as I realized how my duties as state Membership Committee Chair and Convention Chair had merged beautifully.

Every year, as PTA budget preparations get under way, PTA leaders at all levels feel logical obligations to prioritize spending needs. No possible expense is spared from this important examination process. What should NOT be a dilemma, however, is whether or not to send at least one representative to the annual VAPTA convention.

But how can you choose between additional school supplies or a field trip or new technology and the annual meeting?

I would argue that the choice is simple. When PTA leaders do not attend convention, the voices of your members cannot be heard. Your unit or council is collecting dues and then denying your constituents any say in the future of their statewide association. The priorities of Virginia PTA are decided at these meetings. Are you being an effective, responsible leader if you keep your community's voice from the discussion? How can Virginia PTA truly reflect the needs of ALL our members if you don't bring those needs to everyone's attention?

I hope that local membership chairs understand their responsibility not only to recruit members but also to represent their needs. I hope you are encouraging your board to conduct programs on topics of concern in your community, to distribute materials provided by National and Virginia PTA, to collect ballots for the annual legislation program. And, I would hope that you feel obligated to ensure your members' representation during THEIR annual association meeting—yes, it's THEIR meeting, not yours.

This year is especially critical for local participation because of the election of officers, in addition to the regular consideration of bylaws amendments and Virginia PTA positions/ resolutions. Will your members be participating in the debate? Will you, as a logical representative of the wishes and needs of your school community, be

casting a vote for the officers who will lead and represent Virginia PTA in the coming two years?

I urge you to begin your budget planning with the "Leadership Training" line item and include sufficient resources to cover mileage, hotel (\$99 per night plus tax), and registration (fee depends on how early you register, ranging from about \$80-\$125) for at least one representative. Then consider how you can lower those expenses—carpool with another PTA friend from a nearby school or jurisdiction; arrange to share a room with VAPTA's roommate-matching service; register early. It's not a moral dilemma, or even a financial one. It's a question of leadership. Will you meet the challenge?

Posted: May 21, 2005

Virginia PTA President, Ramona Morrow Speaks at Press Conference – Partners for Safe Teen Driver Program

The Prince William County Schools, Prince William County Police Department, and The Allstate Foundation, Partners for Safe Teen Drivers launched a new drivers education curriculum today, May 17 at an 11:00 a.m. press conference held at Freedom High School, Woodbridge, Virginia. This initiative will require parental participation in the drivers education curriculum in Prince William County. Officials indicated they are working to extend the program to other counties and states that have a high rate of teenage accidents.

Under the new program, teenagers cannot receive credit for completion of their driver training until they complete a mandatory teen driver program with their parents. The goals are to involve parents in the driver's education process, create awareness of parental responsibilities, generate opportunities for better partnerships between teens and their parents in driving responsibilities, and develop a better understanding of the impact of driver behavior on the community.

Ramona Morrow, Virginia PTA president was one of many speakers who addressed the role that we have as parents in the student driver learning process by serving as role models. In closing, Ramona expressed "thanks to all the community organizations that have banded together to tackle this tough issue. By working with parents to create a less risky driving environment for our teens, we are helping to safeguard the health and future well being of our youngest drivers". (www.dying2drive.org)

National & Beyond - Educational Issues

Unit Leadership - Team Building

Definition: A team is defined as an energetic group of people,

- Who are committed to achieving common objectives,
- Who understand the goals and work cohesively toward the goals
- Who produce high quality, planned results.

All teams go through stages of forming, storming, norming, and performing. With each new member of a team and each change the team faces, the cycle will repeat. These stages are natural and each one is important. You cannot cut a stage short or skip a stage.

Needs of Group Members

A good leader knows that his PTA is only as strong as its individual members. Individuals can become strong, effective PTA members if their individual needs are met. A PTA leader can help to build strength and leadership in his unit by understanding and giving attention to these needs.

A group member needs

1. A sense of belonging.
2. A feeling of welcome.
3. A sense of being needed for one's skills and talents, not just for money or name.
4. Use many different people on committees—ask everyone to do something at least once.
5. To share in planning activities, program, goal setting.
6. Allow everyone's ideas to have a fair hearing. Have one meeting where there are small group discussions that encourage input from everyone.
7. To feel that he is contributing to a good cause that extends beyond self; what is being done is worthwhile.
8. Be sure projects and programs are meaningful, provide worthwhile activities, information.
9. To know what is expected.
10. Clearly outline job descriptions, committee assignments.
11. To have responsibilities that challenge, are within the range of abilities, contribute toward the organization's goals.
12. Match jobs with abilities of members; know your membership.
13. To see that progress is being made.

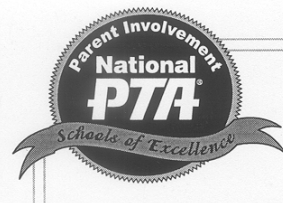
14. Report regularly to the membership on programs and projects.
15. To be kept informed.
16. An informed membership will be an enthusiastic, supportive membership.
17. To have confidence in the leadership.
18. Confidence is based on consistent, fair treatment; recognition when it is due; efficient handling of duties and responsibilities.

Got some spare time this summer?

Check out National PTA Online Leadership Training Courses include:

- The Value of E-learning
- Conflict Management
- Goal Setting
- PTA Styles Leadership Assessment
- The Platinum Rule
- The Power of Listening
- Grant Writing
- Parliamentary Procedure

go to www.pta.org for more information!



**Excellent Schools Don't Just Happen ...
They're Created!**

Become a National PTA's "School of Excellence"

Parent Involvement Schools of Excellence Certification will help all schools in the nation assess their parent involvement practices, make improvements where needed, and earn one or two distinctions:

- ✓ **Certification of Excellence**, for schools that have outstanding parent involvement practices in place.
- ✓ **Recognition of Commitment**, for schools that are committed to pursuing excellence in parent involvement.

Establish a team, including parents, a teacher, student, the principal, and a community member, and complete the assessment, available in the Parent Involvement area of www.pta.org.

The Dark Side of the Sun

by Tom Fry

Parents endeavor to stack the odds in our children's favor as much as possible. Seat belts and car seats have become dogma. The mantra of not talking to strangers is nearly ubiquitous. In countless ways we provide to our children the means to protect themselves as much as they are developmentally able. Yet, every day, parents around the world put their children at risk of a certain danger that goes unrecognized; that danger is skin cancer.

The Dark Side EXPOSED

An estimated 10,000 Americans will die from skin cancer this year; that's one person every hour of every day. More than 1 million others (nearly 2 people every second) will be newly diagnosed with the disease.

Skin cancer is the most prevalent form of cancer in the United States today. In fact, it has reached textbook epidemic proportions, especially in the America's Southwest. While the facts are alarming enough, it is the cause of the disease that is truly frightening—ignorance. Skin cancer is largely preventable.

The fluctuations in the ozone hole notwithstanding, researchers have determined that there is a direct correlation between the amount of ultraviolet (UV) exposure that we receive and the likelihood of developing some form of the disease later in life. Think of your skin as a living sponge that absorbs UV radiation from the sun and can never be wrung out; your lifetime exposure is cumulative and nearly 80 percent of your total lifetime UV exposure occurs in the first 18 years of your life.

At some point, our skin, the sponge, cannot further absorb the sun's radiation without causing damage. Studies have indicated that just two blistering sunburns before the age of 20 may double the risk of eventually developing melanoma (a life-threatening type of skin cancer) later in life. Approximately 25 percent of children under 6 years of age, and approximately 50 percent of children under 13 years of age, have experienced at least one painful sunburn. When that threshold is reached, we put ourselves, and our children, directly into harm's way.

The following are easy-to-implement strategies that help to ensure the daylong sun safety of our children.

Limit the amount of time spent in the sun

Peak sun intensity hours are those times of the day that the sun's rays are at their strongest. Mary Klein Buller, M.A., former executive director of the American Sun Protection Association, explains: "Between the hours of 10 a.m. and 3 p.m. are generally recognized as those times that the sun can cause the most damage. Every effort needs to be made to limit the

amount of time spent in direct sunlight during these hours. Playing in the shade is a wonderful means for children to play safely outside during these hours, summer or winter."

Yet, in fall, winter, and spring, parents may be lulled into a false sense of security. They may also mistakenly think that since children are in school during these hours, they are not at risk. How much time does your child spend outside during an average day at school? Does your child's playground provide adequate shade?

Unfortunately, sun safety is not often a consideration in the construction or maintenance of our children's playgrounds. The applicable regulations and standards only passively mention the need for shade. All is not lost though, as local PTAs can be very successful in persuading the local municipalities to reconsider a playground's effectiveness in promoting shade. Several organizations exist that are able to provide the requisite background information. Two of these include KaBOOM! (www.kaboom.org or (202) 659-0215) and the National Program for Playground Safety (at their website or (800) 554-PLAY). In addition, the AMC Cancer Research Center provides a no-cost Sun-Safe School Guide to interested individuals and institutions. This guide effectively details those areas of concern as well as easy-to-implement suggestions for improvement. Call (800) 321-1557 for a free copy. Additional copies are \$1 each.

The bottom line is that if our children are to be outside during these peak sun intensity hours then shade must be available. Just as it is ritual for children to shun contact with strangers, so too must it be second nature that they seek shade.

Wear protective clothing

Think of clothing as shade that you wear. Simple decisions about dress can greatly add to the protection of our children. An ideally sun-safe outfit will leave little skin exposed. And don't forget about a wide-brimmed hat and sunglasses. Be wary though of the color and type of fabric you choose. Loosely woven fabrics, like lighter weight cottons, often allow a potentially dangerous amount of radiation through. Darker colors are more adept than lighter colors in absorbing radiation, thereby providing more protection. In recent years, apparel manufacturers and retailers have begun to address the sun safety of their products and have specifically tested garments to determine the level of protection offered. When shopping for your child's clothes, pay attention to the sun safety claims made by the manufacturer. If a UPF (ultraviolet protection factor) is noted, shop for a

maximum rating of 50+. Be aware of erroneous claims though. UPF ratings of more than 50+ do not provide a statistically significant increase in sun protection.

Use sunscreen

Sunscreen, without question or pause, should be used on a daily basis and its use should be as reflexive as putting on a seat belt. Yet, the use of sunscreen is not foolproof. Not all sunscreens are created equal and their use needs to be closely monitored.

To provide your child with the greatest amount of protection, sunscreens labeled as "broad spectrum" with an SPF (sun protection factor) of 15 or greater should be the first choice. Broad spectrum simply means that the product is designed to block the broadest spectrum of harmful UV radiation. It was long believed that UVA radiation, that is, radiation that causes the skin to tan, did not lead to cancer. Researchers have reconsidered this and now strongly caution against overexposure to either UVA or UVB radiation.

SPF is a ratio that illustrates how long it takes skin to burn. For example, if your child has fair skin, eyes, and hair and usually burns after 10 minutes of being in the sun, then an SPF 15 would allow your child to go unburned for 150 minutes (10 minutes usual burn time multiplied by SPF 15).

Although children need to be slathered in sunscreen thoroughly and often with a broad spectrum SPF 15 or greater, parents should be aware that no sunscreen blocks an absolute 100 percent of the harmful radiation from the sun.

Remember, when skin is exposed to the maximum amount of time the SPF offers protection against, it's time to get out of the sun, no matter the SPF. Reapplying sunscreen doesn't indefinitely extend or enhance the protection.

While the chemical make-up of sunscreens tends to be generally benign in nature, sunscreen should not be applied to infants under 6 months when other forms of protection are available. Yet, use of sunscreen on those less than 6 months is preferred to no sunscreen at all, according to the American Academy of Pediatrics.

Knowledge: The power to protect

Parents have grand aspirations for their children. No parent wishes a future as a statistic for his or her children. Recognize that the danger of skin cancer exists, and take pro-active and simple steps to protect children today against becoming tomorrow's statistic. A parent armed with the knowledge of the disease and its prevention is a child protected.

Tom Fry is a research assistant and market coordinator for Partners for Health Systems, Inc., a health communication organization, partnered with the AMC Cancer Research Center located in Denver, Colorado. AMC is the nation's largest independent, not-for-profit cancer research facility that focuses exclusively on cancer and chronic disease prevention and control. Fry can be reached at (303) 239-3342 or by e-mail to fryt@amc.org.

Free Video ADD: Transition to College Passport for Success



Whether a student is newly diagnosed or has lived with ADD for some time, this free* video is designed to help the student and his or her parents learn about the impact of ADD at the college level. The video, featuring college students with ADD and experts in the field of ADD, focuses on those special issues that need to be addressed during the last years of high school and into the early years of college to help students construct a ...

"Passport for Success"

Who is eligible to receive a video?

- High School Guidance or College Counselors
- Mental Health Professionals
- Counselors or Coaches
- Special Education Personnel
- College LD Service Providers

This video is provided free-of-charge through a generous educational grant from the H.R.C. Foundation, Inc. and is distributed by ADDA. For your free video, send \$5.00 (check or money order) per tape to ADDA for shipping and handling:

Transition Video
c/o ADDA Office
P.O. Box 543
Pottstown, PA 19464

Please Note: Due to restrictions on the grant used to produce this video, it cannot be given to individuals for their sole use; it is meant to be given to professionals and others in the field who will share this information with clients, students, etc. Please have someone from your school, physicians, or therapists office contact us. We would be happy to send them a tape that they could loan to you and to others. You may however, like to pay the postage and arrange to have the tape sent to your child's school counselor for the school's use, thus benefiting your child and others.

FCCPTA Dues Payment Form - 2004-2005

Print cut out this form, fill out required information, and mail with your check to:

Alan L. Krishnan
Treasurer: FCCPTA
12607 Franklin Farm Road
Oak Hill, VA 20171

All local PTA and PTSA units are required to submit their Dues (**\$0.25/member**) along with this form to the Fairfax County Council of PTAs by **December 1**. (Additional Dues for new members joining after December 1 should be submitted by **June 1**.)

Space is also provided on this form to include an optional contribution to the FCCPTA Scholarship Program. (Visit the FCCPTA website – www.fccpta.org for more information.) Please check with your PTA or PTSA Board to determine if your local unit has elected to participate.

Please provide the following contact information:	
School Name	
Type of School (Circle)	Elementary Middle High School Center
Your Name	
Your Title	
Work Phone	
Home Phone	
Email Address	
Today's Date	

Determine amount to be paid:	
	Number of individual members.
.25	Multiply by this amount.
\$	Total Amount of Dues
\$	Add Scholarship Fund donation (optional)
\$	Total Amount Enclosed
\$	Total Amount Paid by Check
	Check Number

Dues Required By: December 1 Dues for Subsequent Members Required By: June 1
Make Check Payable To: Fairfax County Council of PTAs

COUNTY COUNCIL CONNECTIONS

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Education Committee Chair	VACANT	Cluster 6 Rep	Terry Tuley tptuley@earthlink.net /703-249-8271
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		Cluster 8 Rep	Brett Pope ampopo@mindspring.com / 703-476-2802

MAIL LIST 2004-2005

Please help us keep our mailing list up-to-date. If your newsletter came addressed to your position title (with no name) at the school's address, it's because no one has given us this year's contact info for your PTA/PTSA yet. We prefer sending the newsletter to home addresses since people check their home mailbox much more often. Please e-mail your address (include school, PTA position, and your name) to pdswatson@earthlink.net.

If any local unit officers or committee chairs prefer to receive their newsletter as an Adobe Acrobat "pdf" file via e-mail, we are happy to arrange that. The e-mail version arrives about a week before the printed version. Each newsletter will be available on the Council's web site www.fccpta.org as an Adobe Acrobat "pdf" file.

*The FCCPTA Newsletter is published monthly (August - June) by the Fairfax County Council of PTAs. Articles may be reprinted in local unit newsletters as long as the source is stated, unless a copyright is clearly indicated. Newsletter production is provided by Precision Desktop Services. Newsletter printing and mailing costs are donated by **CareFirst BlueCross BlueShield**, coordinated through Barbara Jordan.*

Fairfax County Council of PTAs

c/o Precision Desktop Services

6046 Braidwood Close NW, Acworth, GA 30101

RETURN SERVICE REQUESTED

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the sponsorship of
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Thanks!

*Please send address changes and corrections
for this newsletter to pdsatson@earthlink.net.*

*If you do not have e-mail access,
mail your changes to the return address above.*

Your cooperation saves on postage!