



# PTA News to Use

VOLUME 1, ISSUE 3

SEPTEMBER 2011

## MARK YOUR CALENDARS

- September 15 Roundtable
- September 20 PTA Basics Training—Reflections/Membership/GT
- September 26—Networking Lunch Elementary
- September 27—KY Kids Day
- PTA 5K on Second Sunday October 9th—Coldstream Campus by Legacy Trail—1 p.m. (Walk); 1:30 p.m. (5K)

### Online Resources

[www.pta.org](http://www.pta.org)  
[www.kypta.org](http://www.kypta.org)  
[www.ptareflections.org](http://www.ptareflections.org)  
[www.ptagreatideabank.com](http://www.ptagreatideabank.com)  
[www.letsmove.org](http://www.letsmove.org)  
[www.healthiergeneration.org](http://www.healthiergeneration.org)  
[www.pta.org/healthylifestyles](http://www.pta.org/healthylifestyles)

Contact us:

16th District PTA  
Liza Holland  
President  
533-3038  
[Liza@LizaHolland.com](mailto:Liza@LizaHolland.com)

Jenni Scutchfield  
Newsletter Items  
[j.scutchfield@insightbb.com](mailto:j.scutchfield@insightbb.com)

Complete list on back page

## President's Post

Greetings to everyone! I hope back to school has been a great experience and you are gearing up for some great programming this fall. I encourage everyone to remember that our vision is to help every child reach his or her potential. It is OK to try something different, especially if it might make a difference in supporting student achievement or bettering the health and well being of the kids in your school!

The District Wide PTA 5K on Second Sunday will be here fast! Make sure to ask your friends, relatives, work associates, church friends and more to come out, be healthy and support your school!! You can sign up at [www.Fcps.net/PTA](http://www.Fcps.net/PTA). This is our kickoff Healthy Lifestyles Event. Look for lots of good things to come from the district Healthy Lifestyles Committee.

Membership and Reflections are a big focus this month. Make sure to connect with Jaime Nebbitt with any membership questions and Jane Telfer stands ready to help with Reflections.

PTA has been involved in planning the upcoming Summit on Diversity and Inclusion Summit sponsored by the University of Kentucky. We will need volunteers to help out

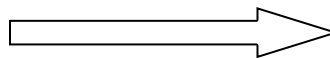
September 26-28. Please contact me if you are interested.

This school year marks the implementation of the first of the Common Core Standards in math and language arts in the classrooms. This us a big change, but will definitely make for better prepared students. PTA is partnering with the Prichard Committee to help parents learn about the new standards. Plan to have a Ready Kentucky meeting for your parents at your school.

Thank you so much for all you do for education. 16th District PTA stands ready to help! Just let us know if there is anything we can do. Also, please lend us your expertise and join a district committee.

All the best,  
Liza

**Register for the PTA 5K Race TODAY!!!  
You can get to the active.com link here !**



SUNDAY  
**OCTOBER 9, 2011**  
**COLDSTREAM PARK**  
**LEXINGTON, KY**



701 East Main Street  
Lexington, KY 40502  
859.533.3038 p.  
859.201.1170 f.  
[Liza@LizaHolland.com](mailto:Liza@LizaHolland.com)  
[www.fcps.net/partners/pta](http://www.fcps.net/partners/pta)

# Training opportunities

PTA Basic II—Training  
 Reflection, Membership, Treasurer and Gifted & Talented  
 September 20, 2011  
 IAKSS Bldg, Conference Room C  
 6:00 p.m. –8:00 p.m.  
 Childcare will be provided as well as food!

The Missing Piece: The 16th District PTA believes Parent Involvement can make a difference for students and schools! Bring a team from your school. Learn about the 6 objectives Fayette County wants to meet for Family Involvement. Assess where your school is and design a plan to strengthen your family involvement.

Instructor: Carol Edelen, Prichard Committee

Location: TBA

October 25th

9 a.m. - 2 p.m. (lunch provided)

November 1st

9 a.m. –2 p.m. (lunch provided)

EILA credit and 3 hour SBDM training for experienced members (must attend full training)

Contact: Alice Nelson

Alice.nelson@fayette.kyschools.us

381-4307

Kathy Smiley

kthsmiley@yahoo.com

412-952-6011

Homework Help/How to have Effective Parent/Teacher Conference

Date: October 11, 2011

Time: TBD

Location: TBD

Bullying

Date: November 17th, 2011

Time: TBD

Location: TBD



## Join our 16th PTA Facebook Group !

Make sure to join our new group on Facebook! We already have really positive reviews.



Facebook is a phenomenal way to communicate with one another about what is going on with PTA. Feel free to post all the many things you are doing at your school so the rest of us can be inspired. One of the great things about PTA is the structure that puts you in touch with others so you don't have to reinvent the wheel. Check out the PTA Great Idea Bank to hear from fellow PTAs all across the country. [www.ptagreatideabank.org](http://www.ptagreatideabank.org)



2010 Together  
We Can Winner

Every PTA  
membership is like  
a vote for your  
Child!

2010  
Together We Can  
Winner



## Reflections Theme: Diversity Means

In its more than 40-year history, the Reflections program has encouraged millions of students across the nation and in American schools overseas to explore their artistic talents. The program offers students the opportunity to create works of art for fun and recognition. Students in preschool through grade 12 are encouraged to submit works of art in six arts areas:

Dance choreography

- Film production
- Literature
- Musical composition
- Photography
- Visual arts

**Hold Events    Connect with Specials Teachers**

**Remind kids on morning shows**

**Inspire  
Dance**

**Create  
Compose**

**Enjoy Art  
Film**

**District  
Deadline  
October 20th**

### Reflections Theme - "Diversity Means..."

Each year, the National PTA Reflections Program challenges students to create art inspired by a specific theme. Themes are selected from hundreds of ideas submitted by students in the PTA Reflections Program Theme Search Contest. Past themes have included "Exploring New Beginnings," "If I Could Give the World a Gift...", "A Different Kind of Hero," "I Can Make a Difference by..." and "Wow!" and "Together we can." The 2011-2012 theme is "Diversity Means..."

## September is Membership Month!!

1. Recruit... Recruit...Recruit!!!! Set up a booth at openhouse to display PTA materials, discuss the benefits of belonging to the PTA, use this opportunity to build and demonstrate the partnership between the school and the PTA. Put articles in the PTA, school and community newsletter.
2. Meet with the membership committee and when assigning duties, consider and accommodate the members busy schedule.
3. Remind the PTA's/PTSA's to send the state and national dues to Kentucky PTA by September 15th to qualify for the "Earlybird" drawing.
4. Send your district dues at the same time to:

source: [www.kypta.org](http://www.kypta.org)

## School Crossing Guard

My name is Lela Durman and I am the school crossing guard coordinator for the Lexington Police Department. I wanted to take this opportunity to introduce myself and say "hi" from the school crossing guards that help make your school safer. I would appreciate the opportunity to talk with you and possibly make a short presentation at a PTA meeting concerning walk safety and the role your school guard plays in helping create a safe school zone.

We are currently recruiting people to fill school post positions and to be alternates for current school guards. If you would be able, I would be happy to provide you with a flyer to go out by email to the PTA members of your school.

Feel free to call me anytime with questions or concerns. My office number is 859-258-3676.

Thank you again,

Lela Durman



## Reflections: Diversity Means . . .

If you haven't already begun the Reflections program at your school, it is not too late! All entry forms, rules and consent forms can be found at [www.kypta.org](http://www.kypta.org). Entry forms in Spanish are also available. Winning school entries are due to the District on **October 20**. Terrific Tip: Tell your students about the Lexington Public Library, Northside branch which has awesome studios available for filmmaking and musical recording and great software to help produce their visual arts and photography entries. Contact Jane Telfer at [mjtelfer@netzero.com](mailto:mjtelfer@netzero.com) with questions.



## Are you ready, Kentucky?

You're invited! All schools are welcome! Join Meadowthorpe Elementary parents, teachers, and staff from 6:15 pm-7:15 pm on Tuesday, Sept. 13 for an easy-to-understand presentation on Kentucky's new Common Core Academic Standards and its impact on the elementary school curriculum. Learn about the grade level Parents' Guides to Student Success developed by National PTA®. Robyn Oatley from **ReadyKentucky** will be the guest speaker. **ReadyKentucky** is an initiative organized by the Prichard Committee for Academic Excellence

to help teachers, parents and other involved Kentuckians understand and prepare for the state's new academic standards that will help our students succeed in college and the workplace.

This presentation will follow the Meadowthorpe Elementary PTA General Membership Meeting. If you plan to attend, please notify Sabrina Rumford, 1<sup>st</sup> Vice-President Student Programs, at [rumford.sabrina@gmail.com](mailto:rumford.sabrina@gmail.com). We will save you a seat!

Please help out Rosa Parks Elementary by voting every day in our Rack Room shoes \$10,000 computer lab contest. Yes, \$10,000 in computers for simply online voting. Don't forget to vote every day.

Thanks so much!

<http://www.rackroomshoes.com/schoolphoto/>

1. Click 'Vote Now.'
2. Go through the pull down bar where it says 'All Categories' to find Kentucky
3. Rosa Parks Elementary School should be right there, and just click 'Vote!'

## Healthy Lifestyles

Children and youth across Kentucky once again have the opportunity to become “Health Heroes” by learning about childhood obesity, designing programs to address it and implementing the programs in their communities.

Kicking off the fourth year, Youth Service America and UnitedHealthcare are calling all “Health Heroes” to apply for 2012 UnitedHealth HEROES grants.

UnitedHealth HEROES is a service-learning, health literacy initiative designed to encourage young people, working with educators and youth leaders, to create and implement local hands-on programs to fight childhood obesity. As childhood obesity rates are increasing, according to the Centers for Disease Control and Prevention, UnitedHealth Group (NYSE: UNH) is taking the fight to Kentucky and offering UnitedHealth HEROES grants to schools and youth-focused, community center-based programs.

Grants of up to \$1,000 will be awarded to programs that demonstrate a clear understanding of the health risks associated with childhood obesity; propose creative solutions to fighting obesity in their schools and communities; and can be easily implemented, scaled and measured. In addition, each grant also engages participating youth in service-learning, an effective teaching and learning strategy that supports student academic achievement, and helps students develop their workplace readiness skills.

To obtain an application, visit [www.YSA.org/HEROES](http://www.YSA.org/HEROES). The website also contains more information about the program as well as “First Responders: Youth Addressing Childhood Obesity Through Service-Learning,” a step-by-step manual that helps youth, parents, teachers and other volunteers deploy YSA service-learning models to fight childhood obesity in their communities.

Applications must be submitted online before midnight, Oct. 17, 2011. Grant recipients will be notified in December and January.

“With the UnitedHealth HEROES program, we are helping young people take action to improve their overall health and quality of life in a way that’s not only educational, but beneficial for their communities. We believe that as people become more aware of health issues through health literacy and advocacy initiatives they will make positive changes to live better lives,” said Paul Brophy, Executive Director, UnitedHealthcare Kentucky. “We look forward to seeing the creative ideas young people come up with to help fight obesity and encourage healthier living.”

UnitedHealth Group is partnering with Youth Service America (YSA) to launch the fourth year of the UnitedHealth HEROES program. Research by Denver-based RMC Research Corp. has shown that young people who participate in service-learning programs improve their academic performance and critical-thinking skills, increase their confidence and sense of potential, and accept leadership roles.

“Childhood obesity is a growing problem in American and links to long-term health issues, which can be alleviated by drawing awareness of and starting healthy habits at a young age,” said Steve Culbertson, President and CEO of Youth Service America. “Youth Service America is proud to partner with UnitedHealthcare and mobilize children and youth to create, implement and solve childhood obesity.”

To date, UnitedHealthcare has awarded nearly 700 HEROES grants to schools and community organizations across the country. Earlier this year, more than 20,000 children and youth logged volunteer hours serving more their communities to help reduce childhood obesity. A list of previous grant winners is available at [www.ysa.org](http://www.ysa.org).

UnitedHealth HEROES grant recipients will have the opportunity to showcase their projects on YSA’s 24th Annual Global Youth Service Day (GYSD), April 20 - 22, 2012. GYSD provides an opportunity for students to include their projects in a larger, global youth service movement that seeks to improve communities in all 50 states and more than 100 countries.

According to the Centers for Disease Control and Prevention, one in three children is obese or overweight, putting them on the road to lifelong chronic conditions like diabetes and heart disease. In Kentucky, more than 37 percent of children ages 10 to 17 are considered overweight or obese. If left unchecked or untreated, obesity will affect 43 percent of adults by 2018, according to the 2009 America’s Health Rankings™, and will add nearly \$344 billion in that year alone to the nation’s annual direct health care costs, accounting for more than 21 percent of health care spending.

### **About Youth Service America**

Youth Service America (YSA) improves communities by increasing the number and the diversity of young people, ages 5-25, serving in substantive roles. Founded in 1986, YSA supports a global culture of engaged youth committed to a lifetime of service, learning, leadership and achievement. The impact of YSA’s work through service and service-learning is measured in student achievement, workplace readiness and healthy communities. For more information, visit [www.YSA.org](http://www.YSA.org).

# PTA TRAINING & OTHER OPPORTUNITIES

*PTA started as parents and teachers standing up for kids. These advocates were responsible for getting the Juvenile Justice System started and Child Labor Laws enacted.*

**Monthly PTA Roundtables**

Mark your calendars now for the monthly meetings the third Thursday of each month.

---

Keep in touch with the new Superintendent. Know what is going on in the District. Learn about PTA and community resources. Get to know one another!

Early Childhood Family Conference  
October 14th-16th, 2011  
Lexington, KY

For more information, contact  
Laura Beard  
[laura@kypartnership.net](mailto:laura@kypartnership.net)

Or visit website:  
[http://www.kcdhh.ky.gov/bulletin/EC\\_Family\\_Conference.pdf](http://www.kcdhh.ky.gov/bulletin/EC_Family_Conference.pdf)

**YMCA of Central Kentucky Black Achievers program is accepting Registrations!**

7th to 12th Grade  
Saturdays 9-12  
LTMS  
(Twice a Month)

Contact Roxanne Brown,  
Program Director @  
859.367.7334 or  
[rbrown@ymcaofcentralky.org](mailto:rbrown@ymcaofcentralky.org)

## From the Treasurer

### Treasurer Tip

Keep in mind that all PTAs must file with the IRS. Although the deadline is not until November 15<sup>th</sup>, many PTAs like to file when they complete the financial review. The guidelines for filing can be found in the Financial Matters section of the Leader's Notebook. The online link is <http://kypta.org/uploads/58/File/LN%2011-12/leaders%20notebook%2011-12%20financials.pdf>.

If you have not completed your financial review (audit), please do so right away. The financial review deadline was August 15<sup>th</sup>. The form can be found at <http://kypta.org/uploads/58/File/Forms%2011-12/fin%20review%20for%2010-11.pdf> and should be mailed to the KY PTA as soon as possible. If you have any questions, please contact Colleen Wolfe at [colleen.wolfe@insightbb.com](mailto:colleen.wolfe@insightbb.com).

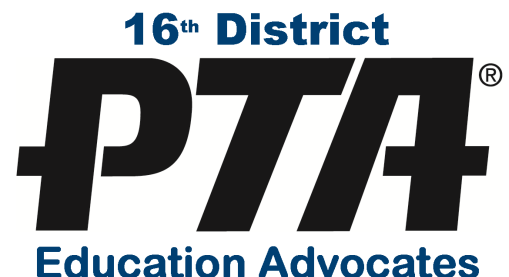
## The Education Advocates PTA will focus on maximizing resources for students and PTAs on a citywide level. Those of you who don't have a child in school now have a way to be involved in PTA!

Research proves that adult engagement increases student achievement, regardless of race or economic situation. Education Advocates is a community level PTA which looks for synergies among schools and helps to share best practices. It will look for partnership opportunities with businesses, organizations and agencies to bring the best options to bear for our students. This and much more awaits...

### Membership/Sponsorship Levels

___ \$10	Supporting
___ \$25	Advocate
___ \$50	Team Player
___ \$100	Mentor
___ \$250	Coach
___ \$500	Children's Superhero
___ \$1000	Change Agent

Many thanks to our Education Advocates members who have rejoined already this year!



## 2011-2013 16<sup>th</sup> District PTA Committees

*Please take a look at the committees listed and feel free to join in where your passions lie. All PTA members are welcome to participate. You can feel free to email [Liza@LizaHolland.com](mailto:Liza@LizaHolland.com) with the committee you would like to join, or contact the chair directly. The more people we have involved, the more effective we can be for all of the students in Fayette County.*

**Advocacy/ Community Issues** This committee keeps alive PTAs roots in social justice. It keeps membership informed of proposed local, state and federal legislation that will affect the welfare of children and encourages members to communicate with their local, state or national legislators on issues affecting the welfare of children. Member(s) attend KY PTA conferences where focus is legislation, education and/or general welfare of children issues. Encourages voter registration and voter participation among the local unit membership. Exposes students to the importance of participation in the legislative process by offering student programs (Kids Voting, etc.)

**Bylaws** Bylaws serves as a resource for local units on writing, renewing and revising bylaws and standing rules. This committee keeps a roster of all schools in the district and works with schools to make sure all bylaws are current and that the articles of incorporation are filed.

**Communications Committee** The communications committee would work to spread the message of PTA and its programming. It is responsible for the district newsletter, website, social networking and PR. This committee would work closely with the President and the district communications office to ensure that parents are informed about parent involvement opportunities and would look to foster communications amongst the schools to improve programming district wide. It sends articles for inclusion in the KY PTA Our Children and to be posted to the KY PTA website. (KYPTA.org) and sends notices to Stu's News. This committee would also promote the Channel 13 programming, especially Spotlight on PTA, Education Partners and Parents in Action, letting members know what is being covered and how to watch.

**Cultural Arts/ Reflections** Committee to keep the importance of arts education at the forefront. Facilitates the district level Reflections program and provides support for local unit Reflections chairs. Recruits judges and coordinates the annual Reflections District Ceremony. Sends winners on to state level judging.

**Diversity and Inclusion** It is important that PTA include all parents and advocate for all children. This committee would look for new and creative ways to encourage diverse populations to feel welcome and become involved in PTA and their schools.

**Education Advocates & Community Outreach/Partnerships** The committee actively promotes membership and participation in Education Advocates. Actively look for opportunities to partner with other organizations to further children's issues. Look for opportunities for PTA to have representatives on boards, etc.

**Exceptional Child** Exceptional Child committee works to provide resources for parents of children with special needs. This committee can work as a support mechanism and provide resources and trainings for parents.

**Gifted/Talented** The Gifted and Talented committee works to provide resources for parents of children in the Gifted and Talented programs in the Fayette County Schools. This committee can work as a support mechanism and provide trainings and resources for parents.

### **Healthy Lifestyles**

Committee to promote child health and wellness throughout the district. Ensure local units are aware of Health Lifestyles Month and the resources available through national PTA. Focus on health, nutrition, physical activity, mental health and more.

**Networking Coordinator/Committee – Elementary, Middle, High** These three committees will help to facilitate networking among the school PTAs at the elementary, middle and high school levels. Potential activities might include networking meetings, email list serves or chats, meeting with FCPS Directors, parent training on age appropriate issues, etc. The object is for information to flow among PTAs and provide a support network for one another.

**Parental Involvement/Trainings** Committee presents parent education programs to assist parents in gaining skills in understanding academic issues, how to assist their children in school, resources available and advocating for their child. This committee would work with the district in promoting parental involvement and informs and encourages parents to use existing community services that are available. Develops innovative outreach to communicate with parents with the intent to promote involvement in education and children's success.

**Scholarships** 16<sup>th</sup> District offers several college scholarships annually. This committee is made up of Past Presidents and they facilitate the program.

**PTA 5K District Run** – This committee, which has several sub committees, will organize and product a district wide race. The purposes are to promote Healthy Lifestyles, bring schools together as a district, and raise funds for PTA programs at the district level and at individual schools.

#### **POTENTIAL NEW COMMITTEES 2011-2013**

PTA across the nation is involved in many areas. These are potential committees to add to the district programming and can be added as we identify individuals who are committed to making meaningful programming available on a district wide basis.

#### **Awards and Grants**

Committee to facilitate communication about national, state and district awards, make units aware of grant possibilities. Coordinate the outstanding programs and call for nominations for district awards

#### **Environmental Awareness**

Committee to promote care of our environment. Promote recycling programs and other resource conservation issues.

#### **Leadership Development**

Committee to develop a program of leadership trainings to help PTA members grow and build skills. Board trainings and potentially develop a mentoring program for new Presidents.

#### **Male Involvement**

Parents are indeed 50% male, yet we don't see as many men involved in PTA and in the schools. This committee will work towards letting men know how important they are in their child's success and look for innovative ways to get more men involved.

# 16TH DISTRICT PTA LEADERSHIP

**Liza Holland**  
**President**  
Mobile: (859) 533-3038  
E-mail: [Liza@LizaHolland.com](mailto:Liza@LizaHolland.com)

**Kathy Smiley**  
**1<sup>st</sup> Vice President**  
Home: (859) 455-9236  
Mobile: (412) 952-6011  
E-mail: [kthysmiley@yahoo.com](mailto:kthysmiley@yahoo.com)

**Jaime Nebbitt**  
**2<sup>nd</sup> Vice President Membership**  
Mobile: (859) 619-3949  
E-mail: [Jaime.nebbitt@gmail.com](mailto:Jaime.nebbitt@gmail.com)

**Colleen Wolfe**  
**Treasurer**  
Mobile: (859) 338-2192  
E-mail:  
[colleen.wolfe@insightbb.com](mailto:colleen.wolfe@insightbb.com)

**Kate Wood**  
**Recording Secretary**  
Mobile: (859) 396-2638  
E-mail: [scrappykate@hotmail.com](mailto:scrappykate@hotmail.com)

**Jennifer Scutchfield**  
**Corresponding Secretary**  
Home: (859) 296-0127  
Mobile: (859) 492-9808  
E-mail:  
[j.scutchfield@insightbb.com](mailto:j.scutchfield@insightbb.com)

**Jessica Berry**  
**Past President**  
Mobile: (859) 967-8091  
E-mail: [jdberry@insightbb.com](mailto:jdberry@insightbb.com)

**Alice Nelson**  
**Superintendent Designee**  
Bus: (859) 381-4307  
Mobile: (859) 312-3769

**Committee Chairs**  
**Jacques Wigginton**  
**Advocacy/Community Issues**  
Mobile: (859)539-1408  
[Jacques\\_wigginton@yahoo.com](mailto:Jacques_wigginton@yahoo.com)

**Lynne Neyland**  
**Awards and Grants**  
Phone: (859) 396-6718  
[lynne.neyland@insightbb.com](mailto:lynne.neyland@insightbb.com)

**Karen Irving**  
**Bylaws**  
Mobile: (859) 806-7088  
E-mail: [kirving@lexlaw.us](mailto:kirving@lexlaw.us)

**Stephanie Roney**  
**Community Outreach/Education Advocates**  
Mobile: (859)519-0048  
Email: [cybertoothshr@yahoo.com](mailto:cybertoothshr@yahoo.com)

**Jane Telfer**  
**Cultural Arts/Reflections**  
Mobile: (859) 536-9483  
E-mail: [mjtelfer@netzero.net](mailto:mjtelfer@netzero.net)

**Jessica Berry**  
**Diversity and Inclusion**  
Mobile: (859) 967-8091  
E-mail: [jdberry@insightbb.com](mailto:jdberry@insightbb.com)

**Alva Clark**  
**Exceptional Child**  
Mobile: (312) 502-8217  
E-mail: [alvamc@gmail.com](mailto:alvamc@gmail.com)

**Marianne Monk**  
**Gifted and Talented**  
Mobile: (859) 539-1559  
E-mail: [dmonk67213@aol.com](mailto:dmonk67213@aol.com)

**Melissa McDonald**  
**Healthy Lifestyles**  
Mobile: (859) 559-7674  
E-mail:  
[melissa.mcdonald@healthiergenerati  
on.org](mailto:melissa.mcdonald@healthiergenerati<br/>on.org)

**Jackie Wagoner**  
**Networking**  
Mobile: (859) 361-6703  
E-mail: [jackie@signatureoil.com](mailto:jackie@signatureoil.com)

**Judi Conrad**  
**Consultant**  
Mobile: (859) 421-7255  
E-mail: [jconradpsi@windstream.net](mailto:jconradpsi@windstream.net)

**Jessica Hiler**  
**Consultant**  
Bus: (859) 224-0907  
Mobile: (859) 221-9326  
E-mail:  
[jessica.hiler@fayette.kyschools.us](mailto:jessica.hiler@fayette.kyschools.us)

**Lou Ann Ramos**  
**Consultant**  
Mobile: (859) 351-9420  
E-mail:  
[lramos@prichardcommittee.org](mailto:lramos@prichardcommittee.org)

**Marsha Strein**  
**PR Consultant & Mentoring**  
Mobile: (859) 608-5691  
E-mail: [mstrein@windstream.net](mailto:mstrein@windstream.net)

**Special Committees**  
**Skip Rafferty**  
**PTA 5K on Second Sunday**  
Phone: 859 489-2211  
[raffertysk@yahoo.com](mailto:raffertysk@yahoo.com)

**Jessica Berry**  
**Scholarship**  
Mobile: (859) 967-8091  
E-mail: [jdberry@insightbb.com](mailto:jdberry@insightbb.com)



## **PTA 5K on Second Sunday—October 9th**

Plan now to run or walk in a district wide PTA 5K on Second Sunday! Join in the fun as we kick off our PTA Healthy Lifestyles initiatives on Sunday – October 9<sup>th</sup> at Coldstream Research Campus by the Legacy Trail. PTA is joining with the Lexington community to respond to the recent naming of Lexington as the most sedentary city. Let's show the world that we can be active and it can be fun!! Wear your school spiritwear and come out in force. The school with the most people participating in Second Sunday will get a \$1000 bonus for their school. Lots of fun Second Sunday activities to participate in following the race as well, so plan to spend the afternoon with us.

**Sunday, October 9, 2011**

**1:00 p.m. - Fun Run/Walk**

**1:30 p.m. - 5K Run/Walk**

**Cost before September 23:**

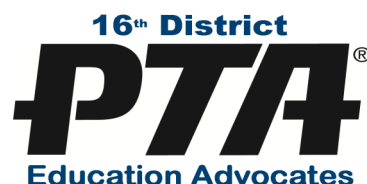
**\$10 kids under 18 \$15 Adults**

**Pick up Entry Forms at your school or register online at:**

<http://www.active.com/5k-race/lexington-ky/the-pta-5k-runwalk-on-2nd-sunday-2011>

You can also get to it from [www.fcps.net/pta](http://www.fcps.net/pta)

Race entry fees after expenses will be invested directly back into your PTA to do great things at your school. Participating PTAs will be participating in the health and wellness of your school through Healthy Lifestyles Committees. Please inquire with your PTA leadership if you would like to get involved!



# MORE HEALTHY LIFESTYLES

**ALL INVITED!**

Healthy Lifestyles Committee Meeting  
September 6<sup>th</sup> 6pm  
Tates Creek Public Library

**Kentucky Transportation Cabinet eager to 'Adopt' your student's ideas**

<http://kentucky.gov/Newsroom/kytc/2011-08-12Adopt-A-HighwayPoster.htm>

Date : Friday, August 12, 2011

Issued By : Transportation Cabinet

Summary : FRANKFORT, Ky. (Aug. 12, 2011) - The Kentucky Transportation Cabinet today announced the beginning of the 2011 Adopt-a-Highway Poster Contest. Students from across the Commonwealth are invited to submit creative works for use in the Adopt-a-Highway calendar for 2012. The contest is open to all Kentucky students of elementary, middle and high school age.

**CONTEST!**

**KENTUCKY**  
TRANSPORTATION CABINET

## CHANGE FOR CHANGE!

Students in all Fayette County elementary schools have the opportunity, with parental permission, to participate in the fun by collecting Change for Change. Simply fill the box with coins and return it to school by the date indicated on the collection box. (November 11th-18th)

Donations will be used to support real people right here in

Lexington. United Way of the Bluegrass is a leader and motivator of change for long-term solutions for our community. The community was brought together to determine the needs unique to Central Kentucky and consensus was reached on how to solve them, both short-term and long-term. We have committed to four focus areas to meet the needs of today and reduce the needs of

tomorrow:

- Basic and essential services
- Education
- Income
- Health



United Way  
of the Bluegrass