



the Cryer, San Jose Unified Council of PTAs,  
January, 2011  
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# the cryer

JANUARY 2011

## UPCOMING EVENTS AT A GLANCE

Workers Comp Form due to Council Treasurer	Fri. 1/7
Council Meeting, Willow Glen MS—7 PM	Mon. 1/10
Council/District Training	Sat. 1/22
Superintendent's Brown Bag, Rm 337 Lenzen,	Wed. 1/26 12:00-1:30
Unit Historian's Hours Due for 7/10-12/10 to Council Historian	Fri. 1/28

SEE 3 MONTH  
CALENDAR ON PAGE  
2 FOR MORE DATES

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## PRESIDENT'S MESSAGE

Welcome to the New Year! Hopefully you are feeling refreshed and ready for action after vacation. Let your leadership inspire those around you to join in the activities that make your school a special place for your children to learn.

I'm looking forward to our **next general meeting on Monday, January 10**, at 7:00 at the Willow Glen Middle School Media Center. Our guest will be **Assistant Superintendent Chris Funk**. He will be discussing such topics as Teacher Coaches, Furlough Days, and Street Safety, and then take a few of your questions.

January is a great month to get your PTA check list going. Don't forget to add these important items:

- **Elect Nominating Committee** at your January meeting. It's the most important committee your PTA has and your PTA's health and success is determined by the work of this committee.
- Budget Review/Revision
- Historian's Hours to Council for 7/1/2010 - 12/31/2010

- Semi Annual Audit due
- Workers Compensation Form due to council
- Bylaws Review/Revision
- Thank you's out to all Fall event, program, committee chairmen and members
- Have your board consider sending a delegate(s) to the State PTA convention in Long Beach
- Consider you or board members attending the January 22 Leadership Workshop for current and future Council or District members (info in this Cryer).

Remember if you have any questions or concerns, don't hesitate to call me, your council board mentor or anyone on the council board.

Christine Gray  
Council President

## SAVE THE DATE! ANNUAL COUNCIL LUNCHEON

April 6th, 2011

11:30 AM—1:00 PM

Fiorillo's Restaurant

638 El Camino Real, Santa Clara

More information to come!

## COUNCIL MEETING

Monday January 10, 7:00 PM

Willow Glen Middle School  
Media Center  
2105 Cottle Ave, SJ, 95125

Guest Speaker:  
**Mr. Chris Funk**  
Assistant Superintendent  
of Instruction

## A NOTE FROM THE AUDITOR

Thank you to the units that have submitted your year-end audits! We have most every one! The couple that we have not gotten...it's not too late. Please forward to me as soon as possible.

Recommendations for you to consider as you get ready for the midyear audit:

1. The audit form and checklist should both be completed. You can find them on our website at [www.sjuCouncilpta.org](http://www.sjuCouncilpta.org).
2. One audit form and checklist is required for each of your unit's bank accounts: one for checking, one for savings, one for money market, etc.
3. Ensure that your unit has adequate processes in place: two verification signatures on cash forms, two signatures on checks and reimbursement request forms, one reimbursement request for each check, etc.

If you have any questions, feel free to contact me at [flekwach@aol.com](mailto:flekwach@aol.com). **The mid-year audits should be started as soon as the December 2010 bank statement is completed by your unit treasurer.**

Thanks!  
Lynne Wach, SJU Council Auditor

## MEMBERSHIP CHALLENGE

With the bulk of your PTA Membership recruiting behind you, how did you do? Did you have a magic number that you wanted to reach? Setting a goal and letting your community know what that goal is can act as a great motivator. With the New Year, consider another membership drive. Your school should actively seek new memberships all year long. Offer a challenge to your school community. Maybe you could offer the entire student body some sort of reward if you achieve your goal. Could be a Popsicle party or a free/extended recess? Be creative and work with your Principal to come up with ways to increase your PTA's visibility and importance.

Last year our great PTA's brought in over 5000 members. Can we do it again? I think so. Don't forget to check out ideas that come to you via email from [www.capta.org](http://www.capta.org) or PTA Connects. There are lots of great resources, don't be afraid to check them out. Good luck in the New Year!

Ronda Wilson, SJU Council, VP Membership

## Calendar & Reminders San Jose Unified Council of PTAs Jan. — Mar. 2011

Elect Unit Nominating Committee for 2011-2012 Board	Jan.
Mid-Year Audit Due to Council Auditor	Jan.
Unit Parliamentarian and Bylaws Committee to review Bylaws	Jan.
Workers Comp Form due to Council Treasurer	Fri. 1/7
Council Meeting, Willow Glen MS—7:00 PM	Mon. 1/10
Superintendent's Brown Bag, Rm 337 Lenzen, 12:00-1:30	Wed. 1/26
Unit Historian's Hours Due for 7/10-12/10 to Council Historian	Fri. 1/28
Superintendent's Brown Bag, Rm 337 Lenzen, 12:00-1:30	Thu. 2/17
Final Membership Remittance Due to Council	Tue. 3/1
Council Meeting, John Muir MS – 7:00 p.m.	Mon. 3/21
Superintendent's Brown Bag, Rm 337 Lenzen, 12:00-1:30	Thu. 3/24



### SPOT

#### January check list:

### CHECK:

- √ Worker's Comp form to Council
- √ Historian's Hours to Council, 7/1 – 12/31/2010
- √ Elect Nominating Committee
- √ Semi Annual Audit Due

## UNIT PRESIDENTS AND HISTORIANS

### THE COUNTDOWN TO THE HOLIDAYS IS OVER! BUT ARE YOU COUNTING YOUR VOLUNTEER HOURS?

Please remember to send in the volunteer hours for the first half of the school year.

Unit Historian's Volunteer Hours **Due on January 28, 2011**. This covers the period between July 1, 2010 – December 31, 2010. **Please send information to Laura Raimondi** [l.raidondi@sbcglobal.net](mailto:l.raidondi@sbcglobal.net) or 408 997 2571. Final hours and historians annual report due on April 18, 2011.

Please feel free to contact me with any questions or concerns. Hope you had a wonderful Holiday Season and look forward to hearing from everyone.

Thanks. Happy & Healthy New Year!

Laura Raimondi, SJU Council Historian

“True leadership isn't about leading followers; it's really about building new leaders.”

—Anonymous

## 112<sup>TH</sup> ANNUAL CALIFORNIA STATE PTA CONVENTION - APRIL 28-MAY 1<sup>ST</sup>, LONG BEACH, CA

**Have you started planning, yet?** Don't miss out on hearing from top speakers from around the world, Networking with thousands of PTA members, Choosing from more than 80 hands on workshops and taking home great fund-raising ideas and lots of FREE samples.

Make sure to be on the look out for your 112<sup>th</sup> Annual California State PTA Convention registration books. Registration books will be mailed out Monday, January 10<sup>th</sup> and will also be available online. Remember, registration opens February 2<sup>nd</sup>.

Just a few new exciting things being brought to convention:

- Discount registration fees—The first attendee of a unit pays full price (\$199 to 3/31, \$239 to 4/15, \$259 on site). The second attendee's fee is reduced by \$10. The third attendee's fee is reduced by \$20. And so on.
- Increased hours for the Exhibit Hall
- Convention Center food carts

### Looking for Hotels?

The Westin Hotel and the Hyatt Regency Hotel have been selected as Convention Hotels. Go to [www.capta.org](http://www.capta.org) click on CONVENTION REGISTARTION button to access the hotel links. You are not required to stay at either hotel. You are welcome to stay at any other hotel of your choice.

Shelley Alberti, VP-Conventions

## UNIT SPOTLIGHTS

### Los Alamitos Elementary PTA

After a very **busy** and **fun** fall, the **Los Alamitos Lions** headed off to winter break to rest, relax and recharge for all the exciting things the rest of the school year holds.

Our students have worked really hard to give back to their community over the past few months. The school kicked this off with a food drive for the **Second Harvest Food Drive**, collecting 1,422 pounds of food in just two weeks! The school also coordinated a **coat and blanket drive** for Sacred Heart Community Services. We gathered more than a pick-up truck full of new and gently used coats and warm blankets! The Student Council also ran a **Great Bedtime Story Pajama Drive**, where 70 pairs of new pajamas were donated to the Pajama Program. As part of the 10<sup>th</sup> Annual Pajama Program, Scholastic Books will once again match each pair of donated pajama's with a new book to be given to children in need nationwide.

And while they work hard, our students also have fun! 31 of our 4<sup>th</sup> and 5<sup>th</sup> graders explored the world of robotics by participating in the **First Lego League Tournament**. This year's theme was bio-medical engineering and each team used a **Lego Mindstorm Robot** to solve their challenge problems. The six teams from Los Alamitos did really well with two teams competing in regional's, and several others taking awards.

We're also very excited that the PTA was able to expand our current **K-3 Kodaly music program**, to include grades 4 & 5. Starting next year, all grades will be instructed in the Kodaly style of music instruction.

While the students have been busy learning, the PTA has been busy fundraising. The Lions have held three **Family Fun Nights** since school began. In October, Amato's Pizzeria & Swirls Frozen Yogurt teamed up for a double family fun night, in November, we headed to Una Mas, and Fresh Choice was the Choice for December. Many more Family Fun Nights are planned!

Our **SCRIP** teams, of 21 wonderful volunteers, have been working overtime processing every SCRIP order they can. Extending services to include nights, weekends, and even break-time pick-ups. Our committed co-chairs are doing everything they can to raise money for our K-5 music program.

Looking to 2011, the Lions have a lot to look forward to. Our Annual Science-O-Rama in March, followed by Pioneer Days, Colonial Days, the Art Show and our Variety Show. As always, the students will be busy learning and exploring fun and new activities!

—Fiona Kaufman, Public Relations



### San Jose High PTSA

Academic news: Lockheed Martin hired three summer interns from San Jose High's Class of 2011. The students worked in IT and other technical departments at Lockheed in Sunnyvale. They earned generous salaries and valuable work experience. San Jose High has had a long association with Lockheed Martin, which has hired summer interns for many years. One of the interns, Victoria Mannina, also received a CST award from the San Jose Unified School District for a perfect score on her math CST. SJH is especially proud of our innovative engineering program called "Project Lead the Way." PLTW is designed for students interested in engineering and design careers. Our engineering students study in our new state-of-the-art technology center that opened this school year.

Fundraising news: San Jose High, through our PTSA, is participating in the "My School's Cool" competition at Eastridge Mall. It runs from 10/15/10 - 5/15/11. Eastridge will be awarding prizes to the winning schools totaling \$20,000. So far, great news! San Jose High won the Christmas Tree Decorating Contest, one of the competition's first events. SJH won 3000 points for our first place tree and 1000 points for displaying a tree at Eastridge.

—Geneva Ebisu, President

## UNIT UPDATES

### Empire Gardens Elementary PTA

Empire Gardens Elementary is considered a downtown school with socio economic challenges. 90% of our 430 student population is enrolled in the Free/Reduced Meal Program and somewhere near the 70 percentile of our students' parents are English as a second language learners. This year, our PTA is showing a net loss which is contributed to our October Harvest Festival which lost over \$1,000.00 to operate. Our Board is made up of the minimum three people to operate, per State PTA guidelines. We lack the support necessary from within the school and in our community to make much of a go of things.

I have just been made aware of the California State 2004 Law which the SJUSD complied with to create the Student Health Services' Wellness Policy. As President, I will be making certain we comply but in doing so my fund raising options are even more limited. Given my lack of school volunteers, I am trying an ongoing silent auction on the school premises. I just concluded our first auction, which took place over a two week period, and we made about \$60.00. If any PTA group within SJUSD can assist me in finding donations for our silent auction, I would be most appreciative.

Our PTA email is empirepta@hotmail.com or I can be contacted at 408-307-6266. I also plan on attending future SJU PTA Council meetings starting on January 10th, at which time I can pick up any donations and provide the appropriate tax donation receipt.

—Stephen Gifford, President

### Reed Elementary PTA

Reed PTA wraps up a very busy, fun-filled fall!

We continue to have a great turnout at our monthly PTA meetings, and very much appreciate our parents' efforts to stay informed and get involved.

Our two Lego Robotics teams competed in the First Lego League tournament in November, and we are very proud of our Vicious Nachos team for placing first in robot performance and second in robot design!

This fall, twenty-two 2nd through 5th graders rehearsed 3 afternoons a week for eleven weeks, in preparation for our PTA-sponsored fall musical play, *Mighty Minds!* The cast performed three shows on December 14 for their teachers, fellow students, families, and friends. They sang and danced up a storm and did a terrific job!

In the spirit of the holidays, we sponsored a food drive and Toys for Tots drive and received a great response from our generous families.

As we greet the new year, we are very thankful for our wonderful Reed Elementary community, where parents, teachers, and staff come together to improve the lives of all of our children!

—Leigh Dewis, President & Tanya Summers, Exec. VP

## SPOT CHECK:

### Don't Forget Those Thank-You's!

Have you or your board thanked everyone who has volunteered to do something this year – whether or not you were able to use them?

Make it a priority!

**UNIT UPDATES**

**Gunderson High PTSA**

It is amazing to think that the school year is half over. At Gunderson High School we have been keeping very busy working on encouraging parents to get involved in the activities of the school. For Boosters, we have had two successful athletic season coach/parent meetings for both the Fall and Winter sports, which has never been done here. These meetings were meant to help increase the communication and involvement between parents/coaches and players, and to increase the visibility of the Booster program on campus. Boosters took over the snack shacks for football and basketball this year, as well. We were very successful during the football season (even with the continual challenge of finding volunteers). We have high hopes that things go well during the basketball season. With the profits made from Boosters, we are able to help give back to the Athletic Program once again. We still have a lot of work ahead of us but I have high hopes that we will be successful. Anything worth doing takes time to do it right. Go Grizzlies!

—Pam Greene, President & Booster Chair

**Senior Scholarships applications due February 1**

The California State PTA offers Graduating High School Senior Scholarships in the amount of \$500 each to acknowledge the achievements of high school seniors for volunteer service in the school and community. An application (including two reference forms) may be obtained from the California State PTA office or on the website at [www.capta.org](http://www.capta.org).

**QUALIFICATIONS**

This scholarship recognizes volunteer service in the school and community and does not have a grade point average restriction or requirement. Applicant must be a California resident, graduating from a high school in California with a PTA/PTSA unit in good standing, and must be a member of his/her high school PTA/PTSA. A copy of applicant's current PTA/PTSA membership card must be submitted with application.

**Take it PTAEZ**

Don't forget to check out the PTAEZ accounting online software to assist units, councils and districts with finances. You can use it to set up a web store, generate PTA-specific reports and receive tax-filing guidance. There are frequent free webinars to learn more about the system at [www.ptaez.org](http://www.ptaez.org).

**HSA/OSA Nominations from each unit are due Feb 21.  
See page 11**



**CRYER DUE DATES:**

Mar/Apr Issue                      Articles due Mar. 2, 2011

May/June Issue                     Articles due Apr. 27, 2011

Districts of California



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## Building PTA Leadership in Councils and Districts

Sponsored by

PTA Districts 2 (San Francisco), 6 (Santa Clara), 17 (San Mateo), 32 (Contra Costa) and Peralta (Alameda)

**DATE:** Saturday, January 22

**TIME:** 9 AM – 3 PM, “3pm Special Session”

**LOCATION:** Arroyo High School - Cafeteria

15701 Lorenzo Avenue, San Lorenzo, CA 94580

**Registration Deadline Jan. 10**

**Cost to be picked up by District**

RSVP to Richard Velasquez, [president@capta6.org](mailto:president@capta6.org)

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### TENTATIVE AGENDA

- 9:00 AM Check in; Coffee, fruit and bagels; (some kind of ice breaker activity?)
- 9:45 AM Welcome and Introductions – *District Presidents*
- 10 AM Becoming a Leader – *Jo Loss, President, California State PTA*
- 10:30 AM How PTA works: *District, State and National Levels – TBD (State plus district presenters?)*
- 11:00 AM Challenges faced by PTA Districts and Councils – *District leader panel (one or more DPs, Council presidents, treasurers, others?)*
- 11:45 AM Lunch; breakout by topic areas during lunch with multiple roundtable discussions led by state, district and council leaders – addressing challenges for PTA in leadership, finance, membership, advocacy, arts, health, outreach, communication, etc.)
- 1:30 PM Report out on discussions – Moderated by??
- 2 PM Developing a diverse leadership – *Deborah Kemper, Diversity & Inclusion Chair*
- 2:25 PM Being an advocate: upcoming legislative conference – *Nancy Vandell, Education Advocate, Legislation*
- 2:45 PM Next steps (Planning for district training; State Convention, PTA U, etc)
- 3 PM Special Session: Arts Advocacy (tentative) – *TBD*

## **Bylaws Committee**

# **The Most Important Committee**

**The nominating committee is one of the most important PTA committees. This group of people must recognize and seek qualified nominees for the elected leadership of your PTA.**

**The committee members, therefore, have a tremendous influence on the future of your PTA and should be carefully selected.**

The nominating committee is the only PTA committee that is not appointed by the president. This committee is elected by the membership **at least two months prior to the election** of officers.

Determining when to elect the committee and how many people to elect is outlined in your unit bylaws. Don't forget to elect alternates, in the event an elected committee member cannot attend a committee meeting. Most units should be electing the nominating committee no later than January or February for the election of officers in March or early April.

**The committee needs a balance of newer and more experienced PTA members, all of whom should be knowledgeable about PTA and who are:**

- Aware of qualified potential nominees;
- Familiar with the eligibility requirements and the qualifications necessary for the offices to be filled;
- Willing and able to devote adequate time to the responsibilities involved and maintain confidentiality.

Don't overlook the possibility of student and teacher members.

The election of the nominating committee should not be a popularity contest based on willingness to serve nor should it consist of the PTA executive board. The PTA president never serves on the committee, and the parliamentarian serves only when elected to serve. The principal may be elected, but should at least be an advisor to the group. No person may serve on the committee for two consecutive years. Be sure to elect your nominating committee wisely!



Working to promote emotional well being

## When To See A Therapist

People are usually well versed about going to see a doctor for various physical symptoms. The same is not true for seeking help when the problem is the mind, not the body. Deciding whether to see a psycho-therapist can be a new and intimidating experience. This occurs because "seeing a counselor" sometimes carries with it the stigma of some sort of failure. On the contrary, the decision to seek therapy carries with it a sign of strength.

Most mental health problems are matters of degree. Fears, aggressive behavior, hyperactivity, and depression can all be normal for certain circumstances. In general, if the behaviors are beginning to interfere with everyday life, it is time to think about seeking professional help.

Some distress signals where therapists can be of help are:

- Feelings of loneliness, isolation, depression and moodiness
- Emotional stress or anxiety
- Child behavior problems
- Unexplained fatigue
- Sleep and eating disturbances
- Excessive alcohol or drug use
- Family conflict or tension
- Divorce or separation
- Illness/death

### What Happens In Therapy

Therapy involves a special relationship between people. The therapist receives monetary remuneration in return for a close interpersonal relationship in which the client's personal needs are paramount. Through a variety of techniques, the client is helped to look at the issues that are of concern. It is a process, and needs a commitment both in time and energy. For children, play therapy is often used. Props, games, art, sand tray and role play are used to act out issues. Couples may work either individually or together with the therapist.

### Who Should Be Seen

Often one member of the family exhibits symptoms and prompts the family to seek out a therapist. The desire is to have that person "fixed". Usually, there will be greater success if the entire family (or couple) becomes involved, since changes in one member affects the other members.

### Who To See

There are a variety of professionals who are trained in many therapeutic techniques for dealing with human behavior. A psychiatrist is a physician who, along with providing therapy, can prescribe medicine. A psychologist, usually a PhD, can provide diagnostic testing, as well as therapy. A Marriage and Family Therapist (MFT) and a Clinical Social Worker (LCSW) are both masters level clinicians who can treat the majority of emotional problems. Intern clinicians are therapists with masters earning their hours toward state board licensure.

### Where To Go

Many insurance programs dictate who you can see and for how long. This can make it difficult when it comes to

choosing. If you have a choice, referrals from friends often works well. Using agencies, such as AVCS, can be helpful since they are conveniently located, have flexible hours and, most importantly, are affordable (sliding scale fee based on income). At AVCS, our MFT Intern Clinicians see ALL ages: individuals, couples, families and our specialty - children and youth.

## Clinic Counseling Services

Low cost services to children, adolescents, individual, couples and families. Services are provided by our therapist interns, supervised by a licensed professional therapist.

We are a Victim Witness Compensation Program provider, for victims of and/or witness to a violent crime, which are in need of mental health counseling. AVCS provides counseling to families that meet Dept. of Family and Children Services requirements for DFCS Special Funds

### Who seeks counseling?

On a daily basis we talk to people who are hurting emotionally.....

Whose lives have been disrupted by the overwhelming stress of dealing with everyday issues.

They call because they are grieving over the death of a loved one, or the end of their marriage.

They can't understand why they are making the choices they do, but recognize that they are unhealthy and they need to learn new ways of coping.

They've been a victim of abuse and are in need of healing emotionally.

They are dealing with cancer or other life threatening illnesses.

They are lonely, isolated, lacking in self-esteem, socially awkward, being bullied.

They are parents dealing with stress over money concerns, children, aging parents and a changing relationship with their spouse.

They are your neighbors, your friends, your siblings, your parents, you.

We are here....and we will help.

### For information or questions:

E-mail: [staff@avcounseling.org](mailto:staff@avcounseling.org) or call (408) 997-0200

### Call for an appointment?

Intake hours are between 10:30am - 4:30pm

Call (408) 997-0200

\*Sliding Scale Fees

\*Phone intake

\*Weekly commitment

\*50 minute sessions

\*Cash or check

AVCS

6529 Crown Blvd Suite D

## San Jose Unified Council of PTAs

### Honorary Service Award and Outstanding Service Award 2010 —2011 Nominations

The San Jose Unified Council of PTAs is requesting nominations for the Honorary Service Awards and Outstanding Service Awards to be given at the annual luncheon in April. We ask PTAs and individuals to please take some time to consider someone you know who has given outstanding service to children. **We give one Outstanding Service award at each school.**

**Honorary Service Award Nominees** have provided service to children over a long period of time or in many schools and/or community. Nominees can be parents, teachers, school staff, District staff, or community members. It can also be a group of people. **Nominees and people submitting nominations do not need to be PTA members.** The Council HSA committee will choose up to four HSA winners from the nominations received. San Jose Unified Council of PTAs honors the recipients through a donation to the HSA Program of the California State PTA. Funds from this program are used for scholarships to further the education of young people beyond high school. At the spring luncheon, each HSA winner will be the guest of the Council and receive an award.

**Outstanding Service Award Honorees** have provided outstanding service to children at a particular school site. Each unit uses its own criteria to choose one person or group to be recognized. Honorees can be parents, teachers, school staff, District staff, or community members. **Honorees do not need to be PTA members.** Outstanding Service Award Honorees will be recognized at the spring luncheon. Each PTA/PTSA is urged to pay for its OSA Honoree to attend the luncheon.

Contact Chris Gray at 629-0989 or <grayaspens@hotmail.com> with any questions.

**Please complete this form and mail to Chris Gray,  
4620 Prince Royal Pl, San Jose CA 95136 by February 21.**

### **HONORARY SERVICE AWARD INFORMATION:**

Name of Person Making Nomination: \_\_\_\_\_ Phone: \_\_\_\_\_

Name of Nominee: \_\_\_\_\_

Phone: \_\_\_\_\_

**PTA Accomplishments.** List each job/office this person has held. Consider the effectiveness of the person, not just the fact that they held an office or sat on committees. Include number of years in PTA, if applicable.

**School Involvement.** If more than one school, you might want to include the activities at the other school. List committees, booster clubs, School Site council, BAC, etc.

**School District Involvement.**

**Community Involvement.** Include service to children and youth in the community.

Other:

### **OUTSTANDING SERVICE AWARD INFORMATION:**

Name of Unit Making Nomination: \_\_\_\_\_

Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name of Nominee: \_\_\_\_\_

Phone: \_\_\_\_\_

**Please write one paragraph of no more than 60 words explaining why your unit has chosen this person to receive the Outstanding Service Award**

*Use back of page or additional paper for above responses*



Parent Engagement Conference Series and San Jose Unified School District



## JOURNEY TO ACADEMIC SUCCESS JANUARY 29, 2011

**PURPOSE**

Parents and educators will learn strategies and activities to overcome obstacles in their students' journey to academic success.

**KEYNOTE**

Francisco Jiménez, Ph.D., author and educator, will share his experiences as a migrant student and his journey to academic success.

**WORKSHOP TOPICS**

- Parents' role in supporting their students' participation in the Academic Performance Index and the state testing program
- Effective parent engagement strategies at the elementary or secondary level
- Project Cornerstone's 40 asset building concepts that contribute to closing the achievement gap
- Students' stages of development and their impact on learning
- Students' health and how it impacts learning (physical activity, nutrition, sleep and social habits)

**DATE & TIME**

January 29, 2011 from 9:00 a.m. to 12:30 p.m.

**CHILDCARE**

Limited childcare available by prior arrangement. Contact Anita Contreras at (408) 535-6493.

**LOCATION**

San José Unified School District  
855 Lenzen Avenue  
San Jose, CA 95126

**REGISTRATION**

Register online at <http://santaclara.k12oms.org/> or complete the registration form below.

The first 200 participants to check-in at the conference will receive a complimentary parenting book and book bag.

The two teachers with the most parent participation will receive a \$100 RAFT gift card for classroom supplies.

**COSTS**

NO CHARGE – brunch provided

**Registration Deadline – January 26, 2011.** Register online at <http://santaclara.k12oms.org/> OR fax the completed registration form to (408) 453-6888 OR mail to the attention of Theresa Martinez – Santa Clara County Office of Education, 1290 Ridder Park Drive MC221, San Jose, CA 95131.

**PLEASE PRINT**

NAME \_\_\_\_\_ ( ) PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

WERE YOU REFERRED TO THIS CONFERENCE BY A TEACHER, YES OR NO? \_\_\_\_\_

IF YES, WHAT IS THE TEACHER'S NAME? \_\_\_\_\_

Santa Clara County  Office of Education  
Charles Weis, Ph.D.  
County Superintendent of Schools

CATEGORICAL & SPECIAL PROJECTS – OCTOBER 2010