

Workshop Descriptions 2010-2011

Session 1

- **101 – Suicide Prevention/Awareness**

Understanding mental illnesses can be challenging for adults as well as for children. Myths, confusion, and misinformation about mental illnesses cause anxiety, create stereotypes, and promote stigma. In order for parents to talk with a child about mental illnesses, they must be knowledgeable and reasonably comfortable with the subject. Parents should have a basic understanding and answers to questions such as, what are mental illnesses, who gets them, what causes them, how are diagnoses made, and what treatments are available. *Dr. Avery Buras, Ph.D with Southeast Louisiana Hospital and Shari Rich, RN, NAMI Board Member /Target audience All*

- **102 – Utilizing National PTAs Resources**

Learn about some of the resources National PTA has to offer for you and your members. Just a few things you will hear about include online training at your own pace, e-newsletters to keep you current on PTA legislation and news, PTA on YouTube, facebook and other social networking sites and discounts on the National level for simply being a member of PTA. Come learn so you can share with your membership. *Presenter Michelle Roy, District PTA Board Member, LAPTA 1st VP Membership / Target audience All*

- **103 – How to Deal With Difficult People**

Giselle Allen, District PTA Board Member and Louisiana State PTA Treasurer

- **104 – Treasurer Part 1 of 2**

Writing checks and making deposits are just the beginning. This workshop will cover all the other aspects of a treasurer's job. Be aware of the pitfalls you may face and procedures to avoid them. *Presenters Dick Hastings, Abita Springs Middle School VP & Past Treasurer & Doreen Memleb, Treasurer District PTA / Target audience Treasurers*

- **105 – Cultural Arts**

This workshop will outline the guidelines and rules for the Reflections & Safety Poster Program. Come find out about changes to the program for this year. Tips for chairpersons and timeline will be given. Would you like to encourage more student and school participation in the Reflections program? Are you thinking about starting this program? This workshop will provide valuable ideas on how to enhance or begin the program. *Presenter Julia Daniel, VP Programs District PTA / Target audience Cultural Arts Chair*

- **106 – Just Between Friends (membership database training)**

Discover how your unit can reap the benefits of the NEW online membership database system that provides an easy way for all levels of PTA to communicate with its members. Just Between Friends offers the ability to track membership, create mailing lists and target more information. *Presenter Kerrie Landreth, 1st VP Membership District PTA / Target audience Membership Chair*

Session 2

- **201 - First Time Presidents**

Now you're the President. Don't Panic! Come learn about your new position. Find out where to go when you have a question. Learn about all of the resources you will have at your disposal. Then get ready to have a rewarding year. *Presenter Sharon Pender, District PTA President and State Board Member / Target audience First Time Presidents*

- **202 – Community Sponsorships & Partnerships**

A guide to building a successful partnership between school, family, and community *Julia Daniel, VP Programs District PTA / Target audience All*

- **203 – Amplify: The Change We Wish to See in the World**

AMPLIFY Resources is a local organization with the goal of teaching, inspiring, and motivating our community to make positive, healthy choices particularly in the areas of underage drinking and drug abuse. AMPLIFY has a variety of programs designed for elementary schools, middle schools, junior high and high schools, and even parenting classes. *Jeffery Polito / Target audience All*

- **204 – First Time Secretaries**

Secretaries are the heart of an organization when it comes to the legal documentation of an organization's business. Recording the minutes of your unit is extremely important. Learn how organization and an ear for listening will keep business in its place. *Presenter Susan Laborde, Louisiana State PTA President / Target audience First Time Secretaries*

- **205 - Treasurer Part 2 of 2 (990 Training)**

This workshop will continue the discussions presented in Treasurer Part 1 as well as share important information about IRS form 990. Come find out about new requirements from the IRS for all Non-Profits, and yes that includes PTA. *Presenters Dick Hastings, Abita Springs Middle School VP & Past Treasurer & Doreen Memleb, Treasurer District PTA / Target audience Treasurer, President, Principal*

- **206 – Internet Safety/Social Networking**

Learn of the many resources available to help parents combat against the negative effects that the Internet can have on our children. Learn how to track your child's online activity, safeguard your computer, deal with online bullying, teach your child Internet safety and much more. Discover how useful social networking sites can be to share information with your schools parents and community. Discuss the benefits of social network sites as well as etiquette and professionalism. *Presenter Kerrie Landreth, 1st VP Membership District PTA / Target audience All*

Session 3

- **301 – President Essentials**

Learn about all of the resources available to you from your National, State and District offices. Gain knowledge of your job as the leader of your local unit. **State Handbook and District Resources will be distributed.** Presenter Sharon Pender St. Tammany District PTA President / Target audience President, Vice President, Principal

- **302 – Standing Rules & Bylaws**

Bylaws vs. Standing Rules, gain a better understanding of the differences between bylaws and standing rules and how these documents can be easily prepared and used. Learn how parliamentary procedure protects the rights of all members. Presenter Giselle Allen, District PTA Board Member and Louisiana State PTA Treasurer / Target audience Secretaries, All

- **303 – Working with Your School Board Member**

Jack Loup & Beth Heintz, St. Tammany Parish School Board Members / Target audience All

- **304 – Fundraising Roundtable**

Come join in an interactive discussion to find out what is working (or not working) in and around our district. Are there any new things going on in the fundraising world? Will the economy impact your schools fundraising efforts? Can we be innovative with our fundraising efforts to prevent a drop in funds due to our economic downturn? Find out from your fellow PTA parents. Presenter Michelle Roy, District PTA Board Member, LAPTA 1st VP Membership / Target audience All

- **305 – Leadership**

Workshop objectives: 1. Define the term leadership. 2. Define the 3 main styles of leadership common to PTA. 3. Explore how to keep PTA volunteers engaged and motivated Pat Holden, District PTA Board Member & Julia Daniel, VP Programs District PTA / Target audience Presidents, VP's, All

- **306 – Newsletter/Website/PR**

Make sure your parents are interested and entertained by your newsletter. Learn how to gather the information from your board, school staff and outside sources. Get design tips. Learn how to share information from your feeder schools. Get the resources you need to design an award-winning newsletter for your school community. This workshop offers ideas for website design and hosting for those with very little computer experience. It will offer advice to help you keep things updated on your site. Learn some of the ways to communicate with newspapers, radio and television. Presenter BethAnn Perriloux, District Board Member, Scott Kirk, Freelance web marketer, Infomography LLC / Target audience Newsletter Chair, Webmaster, Public Relations Chair

Session 4

- **401 – Mending Your Metabolism**

No nonsense, gimmick free approach to end yo-yo dieting and start you on a path to genuine health and wellness. This is much more than just better weight management, it is better energy, better focus, better sleep, and better overall quality of life. Armed with information you will be able to make better food choices without deprivation, simply by gaining an understanding of what is in what you eat, and what it does in your body. Presenter Dr. Catherine Wilbert, Wellness Innovations, LLC / Target audience All

- **402 - Teen Panel Discussion**

Listen to teens in our local High Schools tell us what they think PTA's can do to help their schools. This is a question and answer moderated panel discussion. Your questions will be presented in written form to the moderator and the moderator will read the questions and allow each student to answer.

- **403 – Men, The Missing Link?**

Meet some of the men in our community schools that have launched successful programs to get more men into our schools. Find out about some of the National Programs that are out there to help your school get more men involved. Presenters TBA / Target audience All

- **404 – Recognition Programs**

Find out what programs are offered by the National, State and District PTA. Awards to be discussed are Principal of the Year, Above and Beyond Award, Volunteer Award, Educator of Distinction and Life Service Awards. Hear about what it takes to qualify for the LAPTA Outstanding Unit and Honor Unit. Also learn about The Phoebe Apperson Hearst Family-School Partnership Award (previously school of excellence) This award recognizes schools whose parent involvement programs are based on the National Standards for Parent /Family Involvement. Learn how your school can earn this distinction. Presenter Giselle Allen, District Board Member & Louisiana State PTA Treasurer / Target audience All

- **405 – President Financial Management**

Learn everything that you need to know to work effectively with your treasurer. Understand the financial responsibility you have as the President of your local unit. Discuss your role in designing your organizations budget, signing checks, reviewing bank statements and all of the other important aspects a President must know. Presenter Susan Laborde, Louisiana State PTA President/ Target audience Presidents, Treasurers, Vice Presidents

- **406 – Grant Writing**

Familiarize yourself with places to look for grants, what to look for and the basics of a grant application. Learn the "language of grantwriting" so that the grant announcements make sense and you can seek additional funding for your PTA projects or programs. Participants will work together to plan a sample grant application. Presenter Susan Delle Shaffette, Team Dynamics / LAPTA Leadership Development Chair/Target audience, All