MONTHLY FOCUS

SAFE RETURN TO SCHOOL: MENTAL HEALTH RESOURCES

This August brings thousands of children back to school, some for the first time since the COVID-19 pandemic first hit. Many parents and students are concerned about how school will look and whether they will be safe. We suggest all of you in each PTA unit and council familiarize yourself with what the new semester will look like at your schools. This information should be shared with your families as it is made available. We encourage putting together a RESOURCE LIST for your families that provides information and assistance during this difficult transition. Please go to the end of this newsletter to find some general resources that you can reference. Please, though, locate local organizations and information that will help your families and add them to your personalized list.

Regardless of whether masks will be required, being vaccinated is the BEST WAY to protect oneself and stop the spread of this disease. There are many ways to get free vaccines and many school districts are offering free clinics. See what is available in your area and provide relevant information to your families.

Lastly, we want to highlight the numerous mental health effects that the COVID-19 pandemic has had on both students and their families. Stress and anxiety have seen a large increase and many families do not know how to handle the ‘new reality’ that they are facing. It is crucial that councils and units find and advertise any Mental Health Resources that your community and/or school district has to offer. We need to support children and their families through this difficult time. In September, the Thirty-Third District PTA Speaker Series will be focused on this important topic.

Tuesday, Sept. 21 @ 7:00pm

MENTAL WELL-BEING WEBINAR

Supporting your child’s social, emotional, and mental well-being in uncertain times

For stress relief tools visit: https://covid19.ca.gov/
OTHER HAPPENINGS

Returning to School with Food Allergies

Join Southern California Food Allergy Institute for a live Zoom Q&A forum to answer any of your food allergy-related questions to help start the school year off right. Founder and CEO, Dr. Randhawa, will give a brief overview followed by a 30-minute open Q&A where you get the opportunity to ask him any questions about navigating children going back to school this year. Learn about what forms you need to prepare, how to talk to school administrators, teachers, and more!

HEALTH RESOURCES

Parents and Child Helpline (Parents Anonymous & Gov. Newsom)
Parents Anonymous® Inc. launched the California Parent & Youth Helpline in partnership with Governor Gavin Newsom as part of his initiative to address the impacts of COVID-19.
https://caparentyouthhelpline.org/

Coping with Stress from COVID-19

Mental Health: Part of the Bigger Wellness Picture (California State PTA)
https://capta.org/focus-areas/health-safety/mental-health/

General Coronavirus Information (World Health Organization)
https://www.who.int/health-topics/coronavirus#tab=tab_1

Safe Schools During the Pandemic (American Academy of Pediatrics)

COVID-19 Information (County of Los Angeles Public Health)
http://publichealth.lacounty.gov/media/Coronavirus/

National PTA Healthy Lifestyles Initiatives
https://www.pta.org/home/programs/Healthy-Lifestyles

NEXT MONTH

SEPTEMBER 2021: CHILDHOOD CANCER AWARENESS

In coordination with the American Cancer Society, Thirty-Third District PTA will be distributing information regarding pediatric cancer. The ACS will be conducting a month-long fundraising campaign to raise money in support of research grants that focus exclusively on pediatric cancer.
CONTESTS & GRANTS

There will be an opportunity to earn an Award Certificate from Thirty-Third District PTA for your efforts related to increasing the health of your families and communities.

HEALTHY LIFESTYLES AWARD

PTA Healthy Lifestyles Month is an annual designation observed in November by the California State PTA and Thirty-Third District PTA. The goal of PTA Healthy Lifestyles Month is to promote a healthy lifestyle for students in and out of the classroom. The National PTA’s Healthy Lifestyles focus for this year is to drink more water. The California State PTA runs an annual grant process to award units, councils or districts who develop, promote and implement programs, projects and activities that will improve the overall health of children and adults. Program grant possibilities include classes, health fairs, awareness events, walking/running programs, sun safety initiatives and depression awareness efforts. Please refer to the Insurance Guide for approved activities. The grant applications will be due Oct. 15th, but are not yet available from CAPTA.

Separate from what CAPTA is doing, the Thirty-Third District PTA will be awarding certificates for the best Healthy Lifestyles Program at the unit level. Plan something amazing and know that you are doing your best to support the health and wellness of your school community. Contest entries will be due in the Spring.

RED RIBBON

In 1985 Enrique Kiki Camarena was kidnapped, brutally tortured, and murdered by Mexican drug traffickers. His tragic death opened the eyes of many Americans to the dangers of drugs and the international scope of the drug trade. Shortly after Kiki’s death, Congressman Duncan Hunter and Kiki’s high school friend Henry Lozano launched “Camarena Clubs” in Kiki’s hometown of Calexico, Calif. Hundreds of club members pledged to lead drug-free lives to honor the memory of Kiki Camarena. These pledges were delivered to first lady Nancy Reagan at a national conference of parents combating youth drug use. Several state parent organizations then called on community groups to wear red ribbons during the last week of October as a symbol of their drug-free commitment. In 1988, the National Family Partnership (NFP) coordinated the first National Red Ribbon Week with President and Mrs. Reagan serving as honorary chairpersons. Learn more about Red Ribbon Week and how to celebrate it here: (also contains a list of resources) http://toolkit.capta.org/programs/popular-events/red-ribbon-week/

The Thirty-Third District PTA will not be awarding separate certificates for Red Ribbon events this year. All Red Ribbon events and programs can be submitted as a ‘Healthy Lifestyles’ submission.

THIRTY-THIRD DISTRICT PTA

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