MONTHLY FOCUS

CHILDHOOD CANCER AWARENESS
In Partnership with the American Cancer Society

September is here and that means the time has finally arrived; it’s Childhood Cancer Awareness Month! Every 2 minutes, a child is diagnosed around the globe. 1 in 5 will not survive. Join the American Cancer Society this September in raising awareness and funds to fight back against childhood cancer.

In LA County, the American Cancer Society is launching a brand new fundraising and awareness campaign called Gold Together Champions of LA County. All month long, leaders in our community will dedicate their time and efforts to fighting back against childhood cancer. Will you join the fight? Please visit ACSEngage.org/GoldTogetherChampionsLA for more info.

There have been many great strides in fighting childhood cancer, but there is still a long way to go. All of the funds raised through the American Cancer Society Gold Together Champions initiative directly support childhood cancer research, education, advocacy, and support services, as well as promote cancer prevention efforts targeting children to help them reduce their risk for cancer later in life. Please remember that a few encouraging words can make a significant difference. Use the hashtags #GoldTogether and #ChildhoodCancerAwarenessMonth so childhood cancer families will see your support.
**OTHER HAPPENINGS**

**THIRTY-THIRD DISTRICT PTA SPEAKER SERIES: SEPTEMBER 21, 2021**

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**MENTAL WELL-BEING WEBINAR**

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

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**Deanna Sinfield, MS**

Deanna Sinfield is a Licensed Educational Psychologist and the Director of Special Education in SMMUSD. She has worked as a school psychologist for LA County Office of Education Juvenile Court and Community Schools as well as SMMUSD. She has been both an Assistant Principal and Principal in SMMUSD. She is a trainer in Nonviolent Crisis Intervention and has worked at all grade levels with diverse populations of students and their families.

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**Shuli Lotan, LCSW**

Shuli Lotan is a Licensed Clinical Social Worker with a specialization in school social work, and is the current Mental Health Counseling Coordinator for SMMUSD. Her specialties include trauma-informed care and working with adolescents. She is also a parent in the SMMUSD school district, has a newfound love of dogs, and enjoys music and meditation as her favorite stress relievers.

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**Presenters from the Santa Monica-Malibu Unified School District**

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**Register for this virtual presentation at:**

https://uc02web.zoom.us/webinar/register/WN_lFe1SZx79ieVM9lRCo8pKQ

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Organized by Thirty-Third District PTA

Catherine Wisn., Director of Health Services

Tonya Craft-Perry, Director of Education

Sondi Kroeger Foley, Director of Community Concerns

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Register [Here]!
NEW RESEARCH: Exposure to persistent environmental toxins in everyday products may increase diabetes risk in Latina adolescents.
A new USC study finds that a class of environmental pollutants known as “forever chemicals” may increase the risk of type 2 diabetes in Latino girls. The pollutants, called per- and polyfluoroalkyl substances (PFAS), are a group of man-made chemicals used across the United States in a wide range of industrial and consumer products, including: cookware, stain repellant, and pizza boxes. Rates of diabetes in Latino children in the U.S. are five times higher than that of non-Hispanic whites; in Latino adults, the rate is 80% higher than that in non-Hispanic whites. Yet diet and lifestyle alone don’t account for the difference. Read about the study here.

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-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/
NEXT MONTH

OCTOBER 2021: DRUG AWARENESS

This is the month to provide education and resources to your communities regarding the dangers of drugs and youth. When educating your constituents, note that there are many types of drugs: not only illegal drugs, but prescription drugs and those intended for adults. Schools and communities throughout the nation create activities and sponsor media campaigns during Red Ribbon Week to increase the public’s awareness about the problems caused by substance abuse and to promote research-based prevention strategies and programs throughout the year. This year, Red Ribbon Week will be celebrated October 23rd through October 30th.

CONTESTS & GRANTS

National PTA offers grant funding for local PTAs who are interested in implementing a National PTA program in the areas of STEM, literacy, digital citizenship, healthy minds and the arts. Grants are need-based and are designed to provide extra support to PTAs in running their program or making their program accessible to all students. The deadline to submit applications for this round of grants is September 27, 2021 at 8 p.m. EDT. See the next page for information on two health-related grant opportunities.

PTA Connected SmartTalk Grant, Sponsored by NortonLifeLock

30 local PTAs will be awarded $1,000 in grant funding to facilitate PTA Connected Smart Talk family conversations in their school communities. The Smart Talk is an interactive tool created by National PTA and NortonLifeLock that walks families through a series of guided digital safety questions, then creates a personalized family agreement for how technology will be used at home. For this specific grant, your PTA must be willing to host a discussion that families and students participate in together about digital safety and The Smart Talk tool. National PTA has developed resources to support this discussion. Check out PTA.org/SmartTalk.

PTA Healthy Minds Grant, Sponsored by GoGuardian

15 local PTAs will be awarded $1,000 in grant funding, sponsored by GoGuardian, to equip families with the tools they need to build healthy minds. For this specific grant, your PTA must be willing to distribute and promote the National PTA Healthy Minds resources throughout the school year, gather data to better understand the mental health needs of students and families in your school community, and collaborate with your school leadership on ways to provide appropriate school-based mental health resources and services to families and students. Learn more about this specific grant opportunity here and about Healthy Minds in general here.