

PTA Student Reps, Mental Health, Diversity, QPR Suicide Prevention, and more...



December 2020 Newsletter ([Spanish version](#))

Message from our PTA Student Representatives



<https://www.clintonpta.org/wp-content/uploads/PTA-Newsletter-November-2020-Spanish.pdf>

Hello PTA members! Happy December!

My name is Clara Franzoni. I'm a senior at The Morgan School and this is my second year as a student representative! I joined the PTA because I wanted the opportunity to share my voice with others in the Clinton community who are working to make Clinton a better place to go to school and live in.

Having additional student members of the PTA could help us diversify our perspectives on issues that affect the welfare of every Clinton student. With student membership at \$5, I hope my peers at Morgan can take this opportunity to join and better our learning community for ourselves and for future Morgan students. Being a student member means my fellow seniors could be eligible for a PTA scholarship at the end of the school year if they plan to pursue higher education after graduating!

The PTA is looking out for the students and children of our community and their wellbeing every day. They listen to concerns we have and provide the support we need to promote positive change in our schools. From urging everyone to be trained in QPR suicide prevention to having

meaningful conversations within schools about racial equality in Clinton, the PTA's message of connecting the community through their shared goal of benefiting the youth couldn't be more apparent.

With so much uncertainty around Clinton Public Schools and COVID-19, I hope everyone is staying safe and focusing on being kind to one another throughout our town, and I wish everyone a happy December!

Sincerely,
Clara Franzoni
Senior at The Morgan School, Class of 2021
PTA Student Representative



Hi PTA members! Hope you all are doing well!

I'm Abby Eydman, a senior at Morgan. I have been a student representative since I was a freshman and I am so happy I joined. I chose to be a part of the PTA community because I felt I had a valuable opportunity to share a student perspective on important issues impacting the Clinton community.

I highly encourage students in Clinton to become a representative for the PTA because with more youth voices, the PTA gains a stronger understanding of the issues impacting teens so these issues can be solved. Perspective from the youth helps widen the eyes of adults in Clinton that might not have been able to hear our voice. An exciting benefit of being a student representative is having the opportunity to receive a scholarship after graduation to pursue education.

My fellow board members of the PTA are some of the most kind and compassionate adults I have met and they are so open to listening to my concerns. Each has a passion for improving our community, so my input is highly appreciated by them. The PTA is a valuable outlet for

students to help their fellow peers and their community. With mental health concerns filling the minds of students, the PTA is here to help and I hope more students join to help us gain awareness and improve the wellbeing of our community.

I hope everyone is staying healthy and safe! Have a great December! And please feel free to reach out with any questions!! (email aejdman44@gmail.com) :)

Sincerely,
Abby Eydman
Senior at The Morgan School, Class of 2021
PTA Student Representative



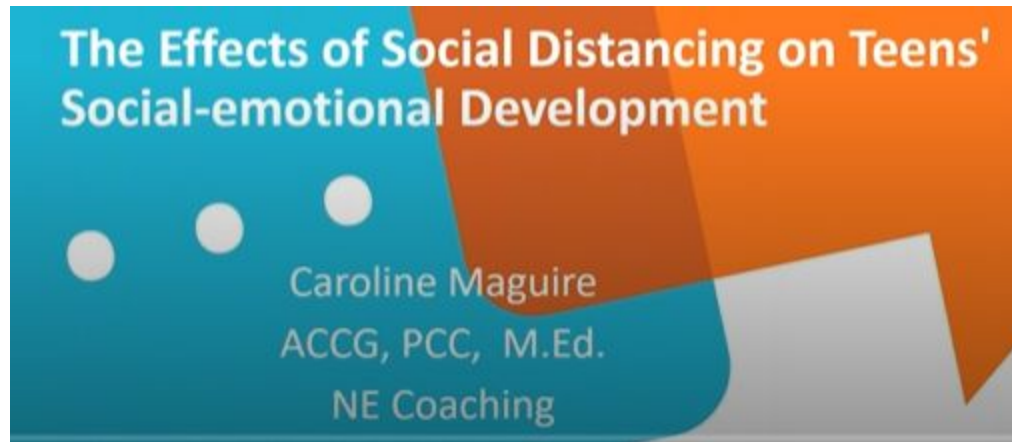
Hello PTA member. Happy holidays!

I am Addison Auletta and I am a sophomore at Morgan. I am a new student representative to the PTA as of this year. I'm so glad that I became a member and already have so many reasons that I love the PTA. One great thing that stands out to me is how quickly we tackle and take action with current situations and events around Clinton.



Hello PTA Members! I hope all is well.

My name is Ben Auletta, I'm a sophomore at Morgan and this is my first year as a PTA student representative. I have been loving it so far. What I love about being a student representative is that I get a chance to voice my opinion. It provides a connection between the adults and students and lets me share my perspective and input.



The Effects of Social Distancing on Teens' Social-Emotional Development

A recent webinar from Operation Parent hosted by Caroline Maguire, M.Ed. ACCG, PCC and author. For more information on the host, please visit carolinemaguireauthor.com.

Below is a summary of the webinar...

Teens value time with other teens highly. During this time of being socially distant, teens are not learning how to make friends, keep friends, figure out their place in social circles, etc. Teens not only struggle while they are isolated at home, but also when it is time to go back to school.

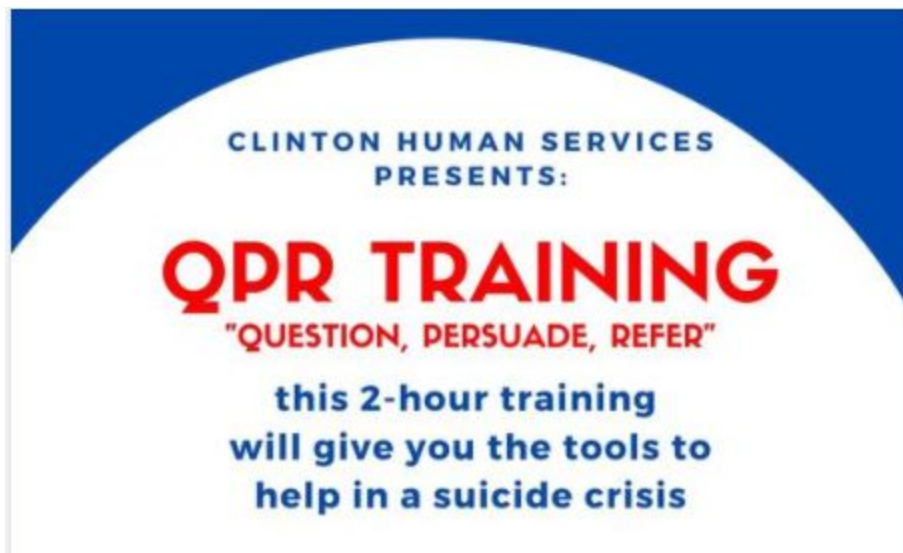
- What Hurts Teens Socially During This Time?
 - No time with peer groups
 - Thin social networks
 - Canceled after-school activities
 - Pods/cohorts that don't include friends
 - No lunch time - time to spend with friends of their choice
 - This is also a time when teens learn who their social circle is
 - Friends only by proximity - neighborhood peers
- Signs your teen needs help
 - Intense worry, sadness, crying, irritation, or withdrawal
 - Unable to participate in basic life functions due to anxiety or depression
 - Changes in eating or sleeping habits
 - Increased trouble focusing
 - Poor hygiene and apathy
 - Avoiding school, friends, and activities he/she used to enjoy

- Unexplained headaches or other physiological complaints
 - Evidence of drug, alcohol, or tobacco use
-



Mental Health Mondays and Feel Good Fridays:

Tune into [Facebook](#) and [Instagram](#) on Mondays and Fridays, when our team will continue to share articles and tips covering topics such as suicide awareness & prevention, stress management, and self-care.



QPR Suicide Prevention Training

Clinton PTA is asking all of our Board members to be trained in QPR. We would also like to extend that invitation to our PTA members! For upcoming dates in December and January, please reach out to Clinton Human Services at humanservices@clintonct.org or call 860-664-1155.

OUR CHILDREN

NATIONAL PTA'S UNIQUE VOICE FOR PARENTS

6 Ways to be Engaged in Your Child's Education

Helpful tips provided by the National PTA online magazine, Our Children:

1. Make appointments as needed to discuss your child's progress or your concerns
2. Share expectations and set goals for your child with their teacher
3. Address concerns or questions honestly and openly
4. Share your child's strengths, talents, and interests with their teachers
5. Read classroom and/or school newsletters
6. Attend parent events at the school.

DIVERSITY IN CHILDREN'S BOOKS 2018

Percentage of books depicting characters from diverse backgrounds based on the 2018 publishing statistics compiled by the Cooperative Children's Book Center, School of Education, University of Wisconsin-Madison: ccbc.education.wisc.edu/books/pcstats.asp



Illustration by David Huyck, in consultation with Sarah Park Dahlen
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The CCBC inventory includes 3,334 books published in 2018. This graphic would not have been possible without the statistics compiled by the CCBC, and the review and feedback we received from Edith Campbell, Molly Beth Griffin, K. T. Horning, Debbie Reese, Ebony Elizabeth Thomas, and Madeline Tyner. Many thanks.

5 Great Kids Books that Highlight Diversity

Looking for more diversity in the books you read your children? Here are some ideas from Rebecca Bauer of National PTA's online magazine, Our Children:

1. Marisol McDonald Doesn't Match / Marisol McDonald No Combina, by Monica Brown
2. When Aidan Became a Brother by Kyle Lukoff
3. Under My Hijab by Hena Khan
4. Benji, the Bad Day, and Me by Sally J. Pla
5. Little Melba and Her Big Trombone by Katheryn Russell-Brown



DECEMBER EVENTS - MARK YOUR CALENDARS!

Tuesday, 12/1: Early dismissal for professional development (Morgan/Eliot)

Monday, 12/7: Board of Education meeting (click [here](#) for details)

Thursday, 12/10: Joel conferences - early dismissal

Wednesday, 12/23: Early dismissal (students & school staff)

Thursday, 12/24 - Friday, 1/1: - Winter Break (no school)

Monday, 1/4: Board of Education meeting (click [here](#) for details)

You're Invited!

ALL are welcome at PTA meetings! Please come join in the conversation! Our next meeting will be held on Monday, December 14 from 7:00-8:30 PM (location TBD; Zoom link, if applicable, will be posted on social media).

PTA Board Openings

Clinton PTA still has openings for two important roles: Membership Chair and Programming Chair. Please contact [Heather](#) if you would like more information about these positions!

ENJOY THE BENEFITS OF MEMBERSHIP



Have you renewed your membership yet?

Your membership helps us provide important programming and speakers. Membership runs 7/1-6/30 and is only \$15-\$25 (\$5.50 for students and teachers). Options to join/renew can be found here: <http://www.clintonpta.org/membership/>.

**Help us reach more parents and teachers!
Please share this newsletter on Facebook or forward to your friends via email.**

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**Shore TV & Appliances has been family owned and operated for over 50 years in Clinton, CT. Shore TV prides itself on its personal friendly business, exceptional customer service, competitive pricing and involvement within the community, Thank you Gerry Vece for your generous support of PTA!
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