

Newsletter



Keeping the lines of communication open between parents, teachers, administrators and the community strengthens our school and benefits our children.

A Monthly Newsletter

<http://www.orgsites.com/ca/buenavistapta/>

Issue 2 Volume 10 Apr 2009

Self Esteem

15 Ways to get your children to like themselves.

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With the moderate weather of the Central Coast, there are many activities planned for Lompoc and surrounding communities.

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President's Corner

Your PTA President is Laurie Carter, who can be reached at no.wonder@verizon.net

Dear Friends of the PTA,

Where is the school year going? Can you believe that it is April already? Spring Break is just ahead of us: April 10-17, a welcome respite from all the standardized testing that has been going on! It is also a great time to take a little vacation or do a few fun new activities. Check out the Around and About section for some ideas!

Buena Vista PTA has its Annual Meeting on April 24th at 6:30 pm in the MPR. Now we all know how hard it is to leave the house on a weeknight, so this event is on a Friday night! We plan to have a short business update, a great speaker: Dulcie Sinn, PhD, who will speak on Families and PTA, and then elections of officers for 2009-2010. Then we'll wrap up the evening with storytelling for the entire family with Lynda Gordon. Please plan to attend. You do not need to be a PTA member to attend the



PTA Vision: Making every child's potential a reality.

PTA Mission: To be a powerful voice for all children,

A relevant resource for families and communities, and

A strong advocate for the education and well-being of every child.

meeting or the storytelling. However, if you wish to vote on actions or in the election, you must be a member.

*

The Executive Board appreciates the wonderful poster of thanks from Mrs Phillip's class for the \$3500 donation to the Catalina Trip! We are glad to have been a part of this lifetime memory for the 5th

grade students, and your notes of gratitude really touched our hearts!

*

I am very excited to announce that I was recently elected president of the Lompoc Council PTA for the 2009-2010 school year! In this position, I will take more of a leadership role as I work along side the presidents in each PTA unit and with an Executive Board made up of parents/teachers from all over the district! I'm also excited to have Deanna Liberotti join me at Council as our Parliamentarian. The units can really use her expertise! Deanna will also expand her role at District as Communications Chair.

Respectfully,

Laurie Carter

Piano Lessons!

Want to try your hand at piano? Call Lori Fredrich at 805-729-7168. First lesson is free!



Self-Esteem: 15 Ways to Help Your Children Like Themselves

The Communicator March 2009

1. Reward children. Give praise, recognition, a special privilege, or increased responsibility for a job well done. Emphasize the good things they do, not the bad.
2. Take their ideas, emotions, and feelings seriously. Don't belittle them by saying, "You'll grow out of it," or, "It's not as bad as you think."
3. Define limits and rules clearly and enforce them, but do allow leeway for your children within these limits.
4. Be a good role model. Let your children know that you feel good about yourself. Also, let them see that you, too, can make mistakes and can learn from them.
5. Teach your children how to deal with time and money. Help them spend time wisely and budget their money carefully.
6. Have reasonable expectations for your children. Help them set reasonable goals so they can achieve success.
7. Help your children develop tolerance toward those with different values, backgrounds, and norms. Point out other people's strengths.
8. Give your children responsibility. They will feel useful and valued.
9. Be reasonable. Give support when children need it.
10. Show them that what they do is important to you. Talk with them about their activities and interests. Go to their games, parents' day at school, drama presentations, and awards ceremonies.
11. Express your values, but go beyond, "Do this," or, "I want you to do that." Describe the experiences that determined your values, the decisions you made to accept certain beliefs, and the reasons behind your feelings.
12. Spend time together. Share favorite activities.
13. Discuss problems without placing blame or commenting on a child's character. If children know that there is a problem but don't feel attacked, they are more likely to help look for a solution.
14. Use phrases that build self-esteem, such as, "Thank you for helping" or, "That was an excellent idea!" Avoid phrases that hurt self-esteem: "Why are you so stupid?" or, "How many times have I told you?"
15. Show how much you care about your children. Hug them. Tell them they are terrific and that you love them.



Cool and Informative Links!

- <http://fieldtripfactory.com/>
- http://www.kids.gov/k_5/k_5_arts_art.shtml
- <http://www.poptropica.com/>
- <http://animal.discovery.com/>
- <http://www.starfall.com/>
- <http://www.greatschools.net/>
- <http://www.visitcalifornia.com/modules/funspots.aspx>
- <http://kids.nationalgeographic.com/>
- <http://puzzlemaker.discoveryeducation.com/>
- <http://puzzlemaker.discoveryeducation.com/>
- <http://www.saferoutestoschools.org/index.shtml>
- <http://www.saferoutestoschools.org/index.shtml>



bicycle riding, camping, play chess, play cards, build a model, bowling, swimming, out to eat, go for walks, play checkers, ice skating, fishing, fly kites, outings, cook,

Hey Dad!



...we're your most important job.

Be involved!

This message is brought to you by the California State PTA.
everychild. onevoice.

hiking, work on computers, crossword puzzles, listen to music, science projects, give hugs, go to the library, go to a park, work in the garden, watch movies, read,

Professional Governance Standards

California State PTA www.capta.org

The bylaws and standing rules for each PTA provide a framework for the organization. In order to operate effectively using this framework, PTA executive boards and individual board members will benefit from adherence to professional standards of governance.

Professional governance standards specify principles involved in governing responsibly and effectively and were developed to support PTA boards in their efforts to enhance their membership's and the community's understanding about the responsibilities of the PTA board.

The Individual Board Member

A PTA board member is a person elected or appointed to serve on a PTA executive board. Individual board members bring unique skills, values and beliefs to the PTA board and in order to function effectively, individual board members must work together for the association. To be effective, an individual board member:

- Recognizes and respects differences of perspective and style among the individual board members
- Acts with dignity and understands the implications of demeanor and behavior
- Honors the confidentiality of board discussions
- Is open to new ideas and suggestions
- Is familiar with the bylaws in respect to the individual position as well as the organization as a whole
- Understands that authority rests with the board as a whole and not with individuals
- Understands that the basis for all authority rests with the membership
- Participates in opportunities for training
- Commits the time and energy necessary to be an informed and effective leader
- Assists those with less experience
- Understands the distinctions between PTA and the school staff and refrains from performing functions that are the responsibility of the school district
- Values, supports and advocates for public education
- Represents the PTA only when authorized to do so

The PTA Executive Board

The members of the PTA executive board work together as a governance team which assumes collective responsibility for building unity and creating a positive climate during term of office. To operate effectively, the executive board:

- Develops a unity of purpose by involving parents/guardians, students, staff and community
- Communicates a common vision
- Operates with trust and integrity
- Remains responsive to input from the school community
- Governs in a professional manner, treating everyone with civility and respect

- Fulfills requirements set within bylaws and standing rules
- Takes collective responsibility for the board's performance
- Proposes for adoption by the membership a fiscally responsible budget based on the organization's vision and goals
- Monitors the fiscal health of the association regularly
- Ensures that safe and appropriate activities are provided to implement the goals
- Provides community leadership on issues that affect children and youth
- Works collaboratively with other groups and agencies that share the same concerns on issues that affect children and youth
- Encourages individual board members to attend available training opportunities
- Serves as a communication link between the home, school and community
- Evaluates the activities and direction of the board on a regular basis



Upcoming Events

Spring Break Week April 10 - 17

Buena Vista PTA General Membership Annual Meeting April 24

California PTA Convention in San Jose, CA
April 30 - May 3

15th District PTA Leadership Training May 30th

Buena Vista School Safety Fair and Night Out
May 15

PTA Teacher Appreciation Week May 11-15

PTA Spring Fling Event May 29th

Around and About

*With weather as moderate as that of the Central Coast, you can enjoy year around outdoor fun!
And for the few days that it rains, you'll find plenty of indoor distractions, too!*

American Girl Stores

Located in The Grove, one of Souther California's premier shopping destinations, American Girl Place Los Angeles features everything girls could want--their favorite characters, deluxe dining, unique entertainment, and more. 189 The Grove Drive, Los Angeles, CA 90036, 1-877-247-5223 http://www.americangirl.com/stores/location_la.php

Channel Islands Ice Center

The best place to skate in Ventura county. Open to the general public for ice skating, figure skating, hockey, birthday parties, etc. 830 Wagon Wheel Rd, Oxnard, CA 93036, 805-988-4440 <http://www.channelislandsice.com/index.php>

Gilroy Gardens

Gilroy Gardens is a beautiful California amusement park, located in Gilroy, CA, and is the only California theme park with a horticultural theme. The Park is a 501(c)(3) non-profit organization, created and designed by Michael Bonfante to educate guests and foster a greater appreciation of the natural world and man's ability to shape it. Ideal for families with young children and garden lovers, Gilroy Gardens Family Theme Park features 21 rides, 27 attractions, 6 majestic gardens and the world famous Circus Trees. <http://www.gilroygardens.org/>

Hearst Castle

Hearst Castle is one of the largest of approximately

5,000 historic house museums in the U.S., with one of the most sophisticated [guided tour programs](#) in the country. Once the home of William Randolph Hearst, California State Parks strives to keep the estate looking like a private residence. Castle tour guides are initially trained a total of 168 hours resulting in a high quality interpretive experience for all who visit "The Enchanted Hill." Tour Reservations (800) 444-4445 Or [Reserve Online](#)

Roaring Camp Railroads

See California's towering redwood forests from two historic railroads on your next visit to the San Francisco or Monterey Bay Areas. Travel by steam train up a narrow-gauge track through the Big Trees to Bear

Mountain or by beach train down the scenic San Lorenzo River to the sunny beaches of Santa Cruz. It all happens on the Roaring Camp Railroads in Felton. <http://www.roaringcamp.com/>

Dogtown - Best Friends Animal Society

It's not just a sanctuary - it's Dogtown! Dogtown is the most welcoming place on earth. They may have been homeless, but none of the dogs here are sad and forlorn. Everywhere you go, you're greeted with wagging tails, yelps of excitement and big, friendly eyes.

General Information
Best Friends Animal Society
5001 Angel Canyon Road
Kanab, Utah 84741-5000
Main phone: (435) 644-2001

<http://www.bestfriends.org>

Amtrak Vacations

Amtrak Vacations packages feature a range of hotels to fit every budget. Glance through the available options for your destination and create an itinerary that fits you and your family. Amtrak Vacations specialists can reserve rail or Air Rail from your departure city, additional hotel nights, optional tours and car rentals. For complete Amtrak Vacations pricing, call Amtrak Vacations at 1-800-AMTRAK-2 (1-800-268-7252).



PTA Annual Meeting!

April 24th at 6:30 pm in the MPR

A wee bit of business...

A dynamic speaker: Dulcie Sinn, PhD

Officer Elections...

and then a fun Family Night Activity:

Storytelling with Lynda Gordon

Members and Non-Members are welcome to both activities. Only members can vote on business matters and in the election of officers.

Officers of the Board

Laurie Carter — President

Teresa McIntyre — 1st Vice President/Programs Chair

Beverly Wilson — 2nd Vice President/Membership Chair

Kathy Bleak — 3rd Vice President/Ways & Means Chair

Lynette Martin — Treasurer

Vicki Blackstone — Secretary

Deanna Liberotti — Parliamentarian

Stephanie Ledgerwood — Historian

Lynda Gordon — Auditor

Contact Info:

Laurie Carter at no.wonder@verizon.net or 733-1946.

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<http://www.orgsites.com/ca/buenavistapta/>