



The Bayside Banner

October 15, 2003

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Next Council Meeting:

**November 3
7pm in the Library of
Pinole Middle School
1575 Mann Drive
Pinole**



Agenda

- Approval of Minutes
- Financial Reports
- Board Reports
- Jennifer Jennings, WCCUSD: Standards-Based Report Cards
- Potential WCCUSD Parcel Tax/Bond Campaign
- Announcements
- Training: Presidents, Treasurers, Parliamentarians

*Bring your Reflections
Entries to this meeting!*

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32nd District

**General Membership Meeting
Thursday, Oct 23, 2003, 6:30 PM
Contra Costa County Office of Education**

77 Santa Barbara Road, Pleasant Hill

Agenda: Dinner, Brief business meeting(minutes, financial reports), Contra Costa County Superintendent of Schools. Joe Ovick, Ed.D., and workshops for Presidents Parliamentarian,s Communications/Newsletter Editor and PTA Tax Returns

RSVP to Cindy Wheeler 925-831-9680 or cindraw@pacbell.net.



Community Happenings – Robin Wilson

On behalf of the Bayside Council of PTAs, I attend meetings of community organizations who have requested parent representation. On November 1, 2003, Bayside Council will be hosting a booth at the **Ready, Set, Read Event** at Hilltop Mall from 10 am – 2 pm. This is a First 5 event. Some of the activities planned are art projects, storytelling, informational booths and an appearance by *Clifford the Big Red Dog*. Come join the fun!



Listed below is information on the various committees.

West County Reads! The mission of this group is to promote reading 20 minutes each day to each child. WCR has had an ongoing book drive to provide books to community organizations. Books can be dropped off at WCR bins at Safeway stores in El Cerrito, Orinda and Moraga.

Take It and Leave It bookshelves is a pilot project which will provide a small, free lending library to the 14 Reading First schools in WCCUSD. We hope to expand it to additional schools in the district.

LGBTQ Task Force*: The task force has developed training for school staff in LGBTQ and anti-bias issues. A Student Harassment Incident form and recommendations for updated board policy changes are being developed in order to support and assure safe school learning environments. [*Lesbian, Gay, Bi-sexual, Transsexual, Queer Task Force]

WCCUSD Safe & Drug-Free Schools Advisory Board: This advisory board provides input to the districts Title IV programs and is currently focusing on conducting a district-wide California Healthy Kids Survey in grades 7, 9 and 11. Volunteer proctors will be trained to administer the survey in the schools.

Membership

By now you all should be well into your 2003-2004 membership drive. If you need membership envelopes or cards, please contact 32nd District PTA Membership Chair, Kim Lonie, at 925/828-9463 or kmouse@att.net. Per capita (portion of membership dues that get forwarded to Bayside Council is **\$3.90** (\$1.75-National, \$1.25-State, \$0.40-32nd District and \$0.50-Bayside Council), and should be forwarded to Bayside Council of PTAs Treasurer, Lita Ng, 1444 Richmond Street, El Cerrito 94530 no later than **November 15** to ensure that your PTA remains a unit in good standing. Please make checks payable to **Bayside Council of PTAs**.

Early Bird Membership Award (at least 15 members)	October 1
Chairman's Club Membership Award (at least 50 members)	October 15
First Mandatory Remittance (at least 15 members)	November 15
Final Remittance for 2003-2004	March 1

California State PTA's unit challenge is one more member than last year. Qualifying units will receive ribbons of recognition at the State Convention and certificates.

National PTA has an incentive for units with a 5 percent growth or a minimum increase of 25 members (whichever is greater) over last year's membership. Per capita must be received by National PTA by January 30, 2004. Two hundred randomly selected PTAs from this group will be awarded an all-expense-paid trip to the 2004 National PTA Convention in Anaheim, National PTA convention registration, State PTA convention registration, or sponsor items to be announced January 30, 2004.

Treasurer

The following are the due dates for the units' Treasurers.

2002-2003 Year-End Financial Reports (2 copies)	Due now
2002-2003 Year-End Audit (2 copies)	Due now
2003-2004 Association Approved Budget (2 copies)	Due now
First Mandatory Per Capita Remittance (15 members min.)	November 15, 2003
2002-2003 Tax Returns to IRS (2 copies to Council)	November 15, 2003
Worker's Compensation Annual Report Form (2 copies)	December 15, 2003
General Liability Insurance Premiums	December 15, 2003
Final Membership Remittance	March 1, 2004



Lita Ng, Treasurer
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32nd District President

Thank you to every one of the 30 people that attended Bayside Council's September 8 meeting. Many of your units were able to pick up membership envelopes and cards. The discussion about the future of Bayside Council was very informative, and you elected several of your Council officers.

We are very pleased that so many of you expressed interest in attending trainings. We certainly hope to see you on October 23 at 32nd District's first general meeting (please see information on front page). Please let me know you are attending so that we have plenty of food and handouts available.

Bayside Council has also planned a very informative evening for November 3, with a brief business meeting, WCCUSD's Jennifer Jennings speaking about a new report card format, and training for Presidents, Treasurers and Parliamentarians.

Thank you to 32nd District PTA Vice President of Communications, Hilma Jones, for preparing this issue of the Bayside Banner!

Cindy Wheeler, President
32nd District PTA
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Reflections

The Reflections Program is a National PTA arts recognition and achievement program. The goal is to celebrate all children's gifts and talents, and to give children who have never tried creating a work of art a chance to experiment and increase their self-esteem. There are four arts areas: literature, musical composition, photography and visual arts. There are four age divisions: primary (preschool-grade 2), intermediate (grades 3-5), middle/junior (grades 6-8) and senior (grades 9-12).

Bayside Council will accept 16 entries from each PTA. Each entry will be considered for submission to 32nd District PTA. Bayside Council is allowed to submit 16 entries total to 32nd District PTA. If chosen to represent 32nd District, entries will be forwarded to State PTA. If chosen to represent California State PTA, entries will be forwarded to National PTA for consideration. Please deliver entries to the November 3rd Council meeting at Pinole Middle School (see meeting announcement on cover for information.)

Additional information can be found at www.pta.org, Annual Resources for PTAs 2003-2004, www.capta.org, and California State PTA's Toolkit. A rules packet was included in your State PTA summer mailing, and can be found in both English and Spanish at <http://www.capta.org/sections/programs/reflections.cfm>.





Antibiotic Use Do's and Don'ts

When you visit your doctor, here are some tips on using antibiotics appropriately –

- **Don't ask your doctor for an antibiotic when you or a family member aren't feeling well.**
- **If your doctor does prescribe an antibiotic for your illness, complete the entire prescription. Take every dose.**
- **You may feel better in a few days and be tempted to stop taking your prescription. Your illness hasn't gone away, though. If you stop your medicine, you will only kill the weak bacteria. The infection might come back or you may develop a resistant bacteria.**
- **Resistant bacteria can prevent antibiotics from working for you in the future.**
- **If you have questions about your medicine, or you don't start to feel better after a few days, call your doctor.**

And, never share your antibiotic medicine with other family members.

Cold or Flu

Here are a few tips to help you avoid coming in contact with the viruses that show themselves in the common cold and flu.

- **Wash your hands.** Some viruses can survive on doorknobs, keyboards and other objects. Touch them, touch your nose or mouth and you've got it! Wash your hands after being in public places.
- **Avoid sharing mugs, cups or utensils.** Your friend or family member may not look sick today . . .
- **Keep your distance.** If you know someone has a cold or the flu, give them plenty of space. The virus is spread through the air or personal contact. Don't take a chance of exposing yourself to their germs.
- **Avoid second-hand smoke.** If you smoke, take steps to quit!
- **Eat a well balanced diet.** Drink plenty of water and get a good night's sleep.
- **Get a flu vaccination.**



Take steps to defend against the viruses that can cause a cold or the flu.



Que Hacer y No Hacer en el Uso de Antibióticos

Cuando usted visita a su doctor, aquí están algunas ideas para usar antibióticos apropiadamente –

- No le pida antibióticos de su doctor cuando usted o un miembro de su familia no se siente bien.
- Si su doctor prescribe un antibiótico para su enfermedad, complete la prescripción entera. Tome cada dosis.
- Usted puede sentirse mejor en unos pocos días y tener la tentación a dejar de tomar su prescripción, pero su enfermedad no se ha ido. Si usted para su medicina, usted mata solamente las bacterias débiles. La infección quizás regrese o usted puede desarrollar una bacterias resistentes.
- Las bacterias resistentes pueden prevenir que los antibióticos trabajen para usted en el futuro
- Si usted tiene preguntas acerca de su medicina, o no comienza sentirse mejor después de unos pocos días, llame a su doctor.

Y, nunca comparta su medicina antibiótica con otros miembros de la familia.



Catarro o Gripe

Aquí están unas pocas pautas para ayudarlo a evitar el contacto con los virus que están presentes en el catarro y la gripe.

- **Lavar sus manos.** Algunos virus pueden vivir en pomos de la puerta, los teclados y otros objetos. ¡Tóquelos, tocan la nariz o la boca y usted lo obtiene! Lave las manos después de estar en lugares públicos.
- **Evite compartir tasas, copas o los útiles.** Su amigo o miembro de la familia se puede ver saludable hoy...
- **Mantenga su distancia.** Si usted sabe que alguien tiene catarro o la gripe, dñeles espacio abundante. El virus se propaga por el aire o con el contacto personal. No tome la oportunidad de exponerse a los microbios.
- **Evite el humo de cigarrillo de otras personas.** ¡Si usted fuma, tome los pasos para dejar!
- **Coma una dieta balanceada.** Tome suficiente agua y obtenga una buena noche de sueño
- **Obtenga una vacunación de influenza.**

→ **Tome los pasos para defenderse contra los virus que pueden causar el catarro o la gripe.**



Children's Vision



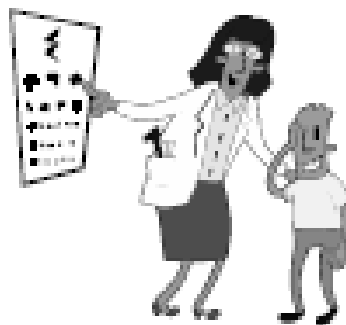
Almost all learning in school happens visually, but unfortunately almost one child in four has vision problems that are significant enough to impair academic performance.

Most of us grow up appreciating the wonder of sight, but children cannot tell that they are not seeing well or that their poor vision is affecting their ability to learn. Adults must act on their behalf, even though the symptoms of poor vision are often very subtle and may not be obvious to parents and to teachers.

The earlier a vision problem is detected, the better it is for the child's visual development and the greater the opportunity to learn.

Some of the warning signs of vision problems may include:

- Difficulty in tying shoes or buttoning clothes
- Stumbles or trips while going up steps
- Sits very close to the television set, or holds a book very close to his or her eyes
- Uses a finger or marker to keep place while reading
- Reverses letters or words
- Often omits small words or phrases when reading
- Writes crookedly
- Has trouble seeing movie screen
- Avoids sports or close eye to hand coordination work such as reading, writing or drawing



An eye and vision examination should determine not only how clear a child sees, but also how well the child is able to use his or her eyes. Vision screenings are not a comprehensive assessment of a child's vision skills. A complete vision examination by an eye care professional is the only way to fully assess a child's eyesight.

How Physical Activity Builds Your Child's Mental Abilities

What your child does physically in the first few years of life plays a major part in how well she will develop all other abilities, including reading, writing, mathematics and creativity. Certain types of physical activity, such as crawling, walking and spinning actually help a child's brain to develop higher intelligence.

Many activities stimulate different parts of the brain, so that spinning, for instance, builds up both the mechanisms in a child's ear - which can improve hearing and the brain's balance mechanism, which later helps a child to ride a bike, type, do gymnastics and handle a computer. Here is a very simplified model to suggest how it works:

1. The instinctive brain



The reptilian brain

The activity.....

Grasping
Touching
Crawling
Arms-kg
Walking
movement
Reaching
Turning

.....leads to

Hand eye coordination
Big motor skills
Pre-writing ability
Pushing
Pulling

2. The balancing brain



The cerebellum

The activity.....

Spinning
Tumbling
Balancing
Dancing
Lancing
Swinging
Rolling

.....leads to

Balance
Sporting ability
Bicycle riding
Writing skills
Fine motor coordination
Reading skills
Typing, word processing

3. The emotional brain



The mammalian brain

The activity.....

Smiling
Cuddling
Playing together
Socializing

.....leads to

Love
Security
Bonding
Social skills
Cooperation
Confidence

4. The thinking brain



The human cortex

The activity.....

Stacking toys
Assembling puzzles
Recognizing patterns
Making patterns
Playing word games
Repetitive play
Appreciating good music

.....leads to

Maths, logic
Problem solving
Fluent reading, spelling
Writing, painting
Good vocabulary
Memory
Musical ability

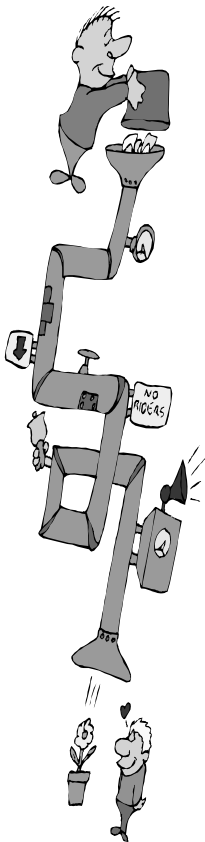
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Bayside Council of PTAs

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PTA[®]

everychild. one voice. everywhere.



Go Green Initiative

This is a program designed to teach children to be responsible caretakers of our planet. It also heightens community awareness of, and participation in, environmentally responsible behavior.

There are five components to the program.

1. Generating compost
2. Recycling everything that cannot be reused
3. Educating students, parents and school officials of the need for environmentally responsible behavior
4. Evaluating the environmental impact of every activity
5. Nationalizing principles of responsible paper consumption

The West Contra Costa Integrated Waste Management Authority (WCCIWMA) has provided information about *Go Green* that will be available at the Bayside Council November 3 General Meeting. For further information contact Claudia Taurean, Programs Manager at WCCIWMA at 510/215-3126 or info@recyclemore.com.