

Family Matters

A PUBLICATION OF THE 15TH DISTRICT PTA

What's Cooking at JCPS?



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FROM THE PRESIDENT

October is a busy time for your Parent Teacher Association (PTA). It is a time for fall festivals and fundraisers, getting your fall clothing out, and Halloween festivities. It is easy to forget some important activities and deadlines that happen this month. Here is a quick list to help keep you on track!



Important Dates for October

- **October 10**—Parent-teacher conferences are a great time to check in with your child's teacher and to remind families to join your PTA.
- **October 15**—Your first membership payment is due to Kentucky PTA to ensure your PTA is in good standing.
- **October 20**—Reflections are due by 12 noon on **October 20** at the 15th District PTA Office, 319 S. 15th Street. The Reflections Art Program is a wonderful way to enrich students' love of the arts. For more information, visit www.15thdistrictpta.org/reflections.
- **October 23**—Plan to attend PTA: Who, What, and Why? R.S.V.P. at 15thDistrictPTA.org
- **October 23–31**—Red Ribbon Week. This year's theme is "Your Future Is Key, So Stay Drug-Free." For more information, visit www.redribbon.org.
- **October 28**—The Showcase of Schools will be open from 9 a.m. to 4 p.m. at the Kentucky Exposition Center. This is a great way to check out each school before school applications are due. For more information, visit www.jefferson.kyschools.us/showcase.

Please remember that we are here to help you with any questions. We are just a phone call or email away.

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Calendar of Events

October

- 1–30 Advance Program Testing
- 3 Middle and High School Report Card Distribution (1 of 6)
- 6 Professional-Development (PD) Day (no school for students)
- 7 SAT
- 9 PD Day (No School for Students)
- 10 Parent-Teacher Conferences (no school for students)
- 10 Jefferson County Board of Education (JCBE) meeting
- 17 Elementary grading period ends (1 of 4).
- 23 Elementary Report Card Distribution (1 of 4)
- 24 JCBE Meeting

28 ACT

28 Showcase of Schools

30 Optional/Magnet School Application Period (through Dec. 15)

November

3 Middle and high school grading period ends (2 of 6).

4 SAT

14 Middle and High School Report Card Distribution (2 of 6)

14 JCBE Meeting

22–24 Thanksgiving Break

23 Thanksgiving Day

28 JCBE Meeting

On the Cover: JCPS Executive Chef Chris Byrd and Food Procurement Coordinator Alecia Arnett stand beside crates of yellow watermelons from Jones Brothers Farms of Warsaw. JCPS local food procurement has increased 246 percent in the past four years. See the article on page four.

Support CAP, Support Students

The 15th District PTA's Clothing Assistance Program (CAP) is always looking for individual and group volunteers to help serve students and families. We're fortunate to have several regular volunteers who make CAP a part of their week. For more information about volunteer days, times, and needs, call **485-7062**. Best results involve holding a clothing drive at your school in the week before a CAP visit and then arriving at CAP to volunteer with the donated clothing. You don't have to reinvent the wheel. If you need more ideas about a school clothing drive or signage, contact us.

CAP accepts all types of new and gently used clothing and accessories. CAP serves JCS students and their entire families, allowing each student to leave with a brand new uniform shirt, pants, and belt in addition to five pairs each of socks and underwear. The students and families also receive gently used clothing. All donations to CAP go directly to JCS students and their families for free. CAP also provides vouchers for a free vision exam and new glasses for students who need help. If you know JCS families who would benefit with a visit to CAP or students who need new glasses, contact the Family Resource Center (FRC) or Youth Services Center (YSC) at your child's school.

Since July 31, CAP has served 3,829 students with new uniforms, belts, socks, and underwear, and their families have shopped the gently used clothing.

In September, CAP provided 65 students with vision vouchers, which pay for an eye exam and new glasses.

Hawthorne Elementary PTA



Greathouse/Shryock Traditional Elementary PTA



Wilt Elementary PTA



Churchill Park School

Humana Young Professionals Group



« Three members of the Humana Young Professionals Group volunteered at CAP on Thursday, September 14. They helped fold uniform shirts.

Paces to the Rescue



Two Churchill Park students and their JCS teachers visit each Thursday to volunteer at CAP. They also donated several boxes of new shoes and clothing on Thursday, August 31.

« Lorie and Robert Pace of the Frost and Stuart Middle Community PTSA donated several large boxes on Friday, September 1, which are being used for Step Up for Students, a JCS central office campaign to benefit CAP.

Barret Traditional Middle & Ramsey Middle PTAs



Members of the Barret Traditional Middle and Ramsey Middle School PTSA volunteered on Thursday, August 31.

Visitors from Frayser and Norton Elementary Schools delivered a large donation of clothing on Monday, September 11.

Norton Elementary PTA & Frayser



Audubon Traditional Elementary PTA



These four members of the Audubon Traditional Elementary PTA visited on Tuesday, August 29.

Cooking for the JCPS Family



After his first year on the job, the man tasked with making JCPS school lunches better is savoring his role.

JCPS Executive Chef Chris Byrd has worked to launch salad toppers at all schools, introduced locally made hot sauce, reduced preservatives, tested quality controls, and started several new menu items. Byrd compliments the JCPS School and Community Nutrition Services team, a “deep bench” that prepares and delivers food to serve more than 100,000 meals each day throughout the county.

“This is a professional and personal passion for me,” Byrd says. “You can’t learn if your stomach’s empty, if there’s no fuel for the body.”

Byrd wants to make sure the quality and consistency of food is better, and he wants to offer healthier food that students will enjoy. In the spring of 2016-17, the district launched a pilot program for salad toppers—tasty items that go on top of a salad. They started making 120 salads among five schools, and after the first week the orders grew to 400.

“They did incredibly well,” Byrd says.

Now there is an All-American style, similar to a chef’s salad, and a Southwestern style, which is similar to a fajita salad, available districtwide. They are popular with students of all ages. Students at Bloom Elementary, for example, find them easier to eat as finger foods. It’s up to the school to customize what sort of salad greens to offer.

The district’s use of local produce continues to grow. During a recent visit to the Nutrition Services Center, there were hundreds of Kentucky watermelons and apples inside a walk-in fridge the size of a small house.

“This is a professional and personal passion for me,” Byrd says. “You can’t learn if your stomach’s empty, if there’s no fuel for the body.”

Byrd, a culinary arts graduate of Sullivan University and a food service veteran, scrutinizes many recipes to promote a “clean label” approach. He seeks to remove unnecessary preservatives and chemicals, getting back to ingredient fundamentals. All recipes and menus must comply with an assortment of regulations monitoring calories, sodium, grains, and vegetables.

A new item, prepared for launch in October, is a from-scratch cornbread. The recipe was one that Byrd presented during his job interview with JCPS in the summer of 2016.

“Everyone who prepares food wants feedback,” Byrd says. In an era of smartphones, social media, and students who know how to use them, school nutrition folks have to be nimble and responsive. Last year, a student opened up a cup of applesauce to find mold. A Tweet from the lunch table attracted attention from students throughout the district and Nutrition Services. As a result, schools

throughout JCPS pulled the applesauce while they investigated the cause—an isolated incident of a punctured seal.

The district operates the Student Nutrition Advisory Council (SNAC), an official-sounding name for student taste testers. The group helped move district pizza options from Papa John’s to Wild Mike’s, and it provides immediate feedback on all new options, which JCPS takes to heart.

“In this environment, you get that instant feedback and you know it’s making a difference,” Byrd says.

The Lean & Green initiative is an effort to offer more vegetarian and vegan options. The desire was always there, but it was moved forward thanks to the urging of Mia Mercer, a JCPS student who proposed a meatless Monday idea at a January JCBE meeting. Byrd is working with Mercer, now a freshman at duPont Manual High, to develop the program.



Phyllis Warden and Chris Byrd examine a machine that records the temperature throughout the day in one of the massive mixers.

Students Who Eat School Meals

Breakfast

42 percent

Lunch

75 percent

Daily Meals

Breakfast

42,304

Lunch

67,764

"We knew we were lacking in that part," Byrd says of vegan protein. "We knew we needed something better."

A large shift was announced in August when the district's foam trays were switched with recyclable cardboard trays. While the paper costs more than the foam trays—and quality vegan options may not be conducive to a standard school lunch price—some changes are needed, Byrd says.

"We do this stuff because it's the right thing to do," Byrd says.

Among those eating and commenting on the food include Byrd's daughter, who started kindergarten this year at Watterson Elementary. Byrd attended Watterson's first PTA meeting.

Free breakfasts and lunches are offered at all but 13 of the 155 schools at JCPS, thanks to the U.S. Department of Agriculture's Community Eligibility Program. On the horizon are more ancient grains: quinoa, sorghum, and millet, and a greater emphasis on vegetables—not making meat the center of the plate. There is a new Mandarin orange salad being explored, and Byrd wants to introduce more ethnic foods, such as tabbouleh. ❖



Leslie Heuke helps assemble boxed lunches for JCPS students in a refrigerated room at the Nutrition Services Center.



The JCPS Nutrition Services Center boasts a perfect sanitation score.

A worker operates a machine that affixes a plastic seal over the packaged meals on an assembly line.



Phyllis Warden, right, and Sharon Wordlow prepare bags of seasoned taco meat to go to schools.

Students Who Eat
Breakfast and Lunch **62**
percent

In 2016-17, JCPS School and Community Nutrition Services:

- Made 1.6 million muffins.
- Made 2 million yeast rolls.
- Produced 900,000 pounds of food.
- Purchased \$236,000 of produce from local farms.
- Increased local food procurement 246 percent in the last four years.

How to Build a Successful Membership Campaign

Follow these ten steps to operate a membership campaign for your school's PTA/PTSA.

1 Form a goal.
Develop a small team, and create recruitment and retention goals. Make your recruitment goal a challenge but not so ambitious that it may be unattainable. For example, attempt to have at least half of the student population represented by a parent/guardian. Also, work to retain previous and current members. Attempt 100 percent retention.

2 Target potential members.
Form various strategies based on the audience, such as grandparents, men, or JCPS employees.

3 Never hang up your marketing hat.
Each day you'll encounter someone who is not a PTA member. Ask them to join. The number one reason people don't join is that they have not been asked.

4 Model inclusiveness.
Develop a plan to mirror your PTA after your community. Offer PTA material in languages other than English. Consider having a translator at meetings or events.

5 Make use of your key resources.
Use trustworthy materials from the 15th District PTA or the National PTA. Contact the 15th District PTA and National PTA to see what resources would be helpful for your needs.

6 Implement your plan.
Schedule your membership activities throughout the year. All board members should be active participants with membership recruitment. All events should have information and sign-up sheets for future events.

7 Orient and integrate.
Create opportunities that encourage new and veteran members to network and mingle.

8 Be responsive and motivating.
Seek feedback from all members about how to improve. Talk with current members, and keep the communication flowing.

9 Evaluate and adjust.
Check your plan. See how it's going and change it, if needed.

10 Use a theme.
The 15th District PTA's theme is "Membership is Key."

And remember to have fun. Be creative, keep an open mind, and explore new ideas.

—R. Shawn Summerville, 15th District PTA, 2nd Vice President, Membership

Get to Know Your School Family

A school is just a building until you fill it with the staff, students, and parents. It then becomes a living family. This family is very important to make the whole school grow and work together as a unit. The PTA is a part of that family. In order for the PTA to be an active part of the family, it must reach out to others and include everyone in its activities, thoughts, and programs.

We encourage each PTA member to reach out to the school family to see what needs the PTA can help fill. National PTA has many great programs that can easily be implemented in any school. It provides all the information and even has tool kits to help implement them. Some of the programs even have grants that you can apply for.

Here are a few programs that National PTA has on their website at www.pta.org/programs:

- Reflections
- Family Reading Experience
- Connect for Respect
- Healthy Lifestyles
- Safety at Home and at Play
- Every Child in Focus
- Take Your Family to School Week

Programs are not the only way to get to know your school family. Communicate with them, and be a presence at your school. Some great communication tools include the following:

- Have PTA members greet students when they get off the bus or exit the car rider line.
- Newsletter—Tell your families what the PTA has going on and how they can join in the fun.
- Social media—Set up a Facebook page so that you can communicate with families.
- Survey—Don't forget that communications are a two-way street. Get families' and teachers' opinions through a survey, or just ask them what they want.
- Every event should have a PTA table where families can join the PTA and talk with the board members.
- Remember that a family can squabble, but they really want the best for everyone. A school family is focused on what is the best for the students.

—Sienna Newman, 15th District PTA, 1st Vice President, Programs



The following recipe is a creation of Chef Paula Belleza Hunter of the Black Italian Griglia Cucina. Try making this recipe with your family for a fun night of cooking. For more information or to check out their catering, visit www.italiansoulto.go.com.

Heart-Healthy Country Italian Green Beans

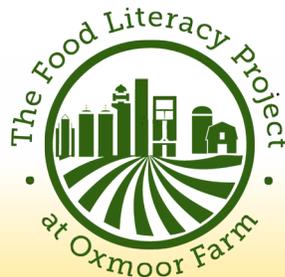
Ingredients

- 3 tbs. olive oil
- 2 tbs. finely chopped fresh garlic
- 1/2 cup diced fresh or frozen onion
- 1/2 cup white cooking wine
- Two 12-ounce bags (or 14-ounce cans) of frozen Italian green beans (thawed)
- One 12-ounce jar of chopped, roasted red peppers (drained)
- 1 tbs. granulated garlic
- 1 tbs. granulated onion
- 1 package onion soup mix
- 1 tbs. organic sugar
- Salt and pepper to taste

Directions

1. Coat the bottom of a large skillet with olive oil spray. Heat skillet on medium for about two minutes.
2. Combine olive oil, onions, and garlic and sauté with wooden spatula. Stir frequently until golden brown.
3. Add white cooking wine and stir. This deglazes the pan.
4. Transfer to a 5-quart slow cooker and stir in remainder of ingredients. Cover and cook on low for four hours. You may also cook on stove top in a large 5-quart saucepan covered on low for 2 to 3 hours. Stir occasionally.

Cook with peeled red potatoes for a hearty meal. Add ham chunks or fresh bacon while cooking for a meaty alternative.



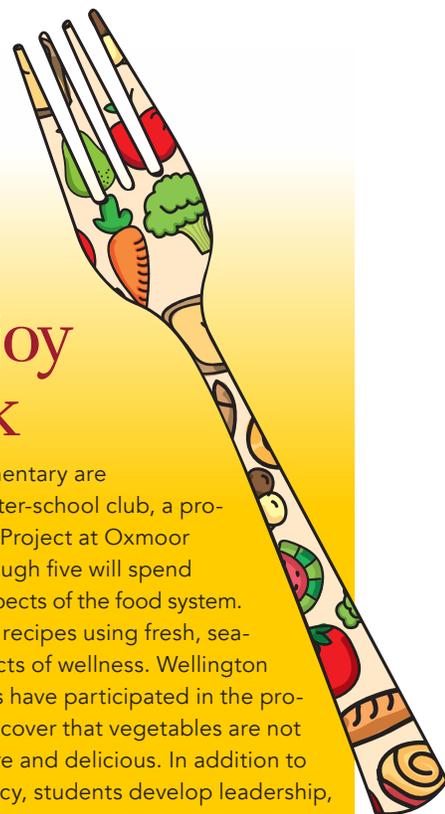
Students Enjoy Field-to-Fork

This year, students at Portland Elementary are participating in the Field-to-Fork after-school club, a program offered by The Food Literacy Project at Oxmoor Farm. Students in grades three through five will spend about 11 weeks learning about all aspects of the food system. Students prepare their own healthy recipes using fresh, seasonal produce and explore all aspects of wellness. Wellington and Hazelwood Elementary Schools have participated in the program for several years. Students discover that vegetables are not only healthy but also easy to prepare and delicious. In addition to increasing their nutritional proficiency, students develop leadership, teamwork, and communication skills.

"It is a perfect addition to our Environmental Studies Magnet Program, where all students plant, tend, harvest, and eat from our gardens," says Brenda Stokes, magnet coordinator. "Food Literacy has been an amazing partner and supporter of our program for several years. Our third-grade classes visit Oxmoor Farm three times a year, and they provide several in-class opportunities to expand students' learning about healthy eating and where food comes from."

Each week, students leave school with a weekly produce sample and a recipe to prepare it at home, where the entire family benefits.

For more information or to bring Field-to-Fork After-School Club to your school, visit www.foodliteracyproject.org or contact Sarah McCartt-Jackson at sarah@foodliteracyproject.org.



15th District PTA
www.15thdistrictpta.org
 485-3535

Kentucky PTA
www.kypta.org
 226-6607

National PTA
www.pta.org
 (703) 518-1200 or
 800-307-4PTA (4782)

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twitter.com/15thdistpta

Clothing Assistance Program
 @PTA_CAP
twitter.com/PTA_CAP

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Kentucky PTA
www.facebook.com/KentuckyPTA

National PTA
www.facebook.com/parentteacherassociation

 **YouTube**
15th District PTA Channel

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You're Invited

JCPS principals and active
PTA officers are invited to
PTA: Who, What, and Why?

Monday, October 23 @ 6 p.m.

Western High School | 2501 Rockford Lane

This event includes a brief General Meeting of the 15th District PTA, a meet and greet at 5 p.m., a dinner, and a presentation by the 15th District PTA and JCPS students about the opportunities, programs, and scholarships that have helped them succeed in school and prepare the future. Join JCPS Acting Superintendent Marty Pollio and Jefferson County Board of Education (JCBE) Chair Chris Brady as well as other JCPS and PTA officers for an informative and creative night that will offer ideas and solutions.

**The event is free, but all guests must R.S.V.P. at 15thdistrictpta.org
by 12 noon on Tuesday, October 17.
For more information, call 485-7062.**

DIVERSITY, EQUITY, AND POVERTY

PLC ROUNDS

@ Watterson Elementary School

3900 Breckinridge Lane | October 24, 2017 | 11 am - Noon

Professional Learning Community (PLC) Rounds are discussions among teachers and community members about strategy, interventions, accountability, and results for successful student learning.

This is also a great opportunity to network with other community members who are passionate about our students. Attendance is free and open to the public, but a seat should be reserved ahead of time.



WHY ATTEND?

- See a Glimpse of Student Learning
- Support Student Success
- Engage in the Educational Process
- Network with peers

To reserve a seat or for more information about school locations and times, please contact Delquan Dorsey at 485-3506 or delquan.dorsey@jefferson.kyschools.us

DIVERSITY, EQUITY, AND POVERTY

PARENT INVOLVEMENT SERIES



October 19, 2017 | 6 - 7:30 P.M.

Marion C. Moore Academy, 6415 Outer Loop

Please join us for session I of the Jefferson County Public Schools' (JCPS) 2017-18 Parent Involvement Series.

The Parental Involvement Series is designed to train parents and guardians of the students in our district. This session's topic will be Parent Engagement.

- Light refreshments and hot food will be provided for attendees.
- Childcare for ages 3 and up!

**FOR MORE INFORMATION OR TO R.S.V.P., PLEASE CONTACT JAMIE ISSIS AT
485-8304 OR JAMIE.ISSIS@JEFFERSON.KYSCHOOLS.US**



Diversity, Equity, and Poverty

SPEAKER SERIES

WITH DR. DONNA Y. FORD

.....
The Jefferson County Public Schools (JCPS) Office of Diversity, Equity, and Poverty Programs would like to invite you to attend our Speaker Series featuring Dr. Donna Ford.

Donna Y. Ford, PhD., is Professor of Education and Human Development and Cornelius Vanderbilt Endowed Chair at Vanderbilt University. She teaches in the Department of Special Education and holds a joint appointment in the Department of Teaching and Learning. Dr. Ford has been a Professor of Special Education at the Ohio State University, an Associate Professor of Educational Psychology at the University of Virginia, and a researcher with the National Research Center on the Gifted and Talented. She also taught at the University of Kentucky.

This month's Community Conversation and PD topic is *Girls Are Gifted and Left Out.*

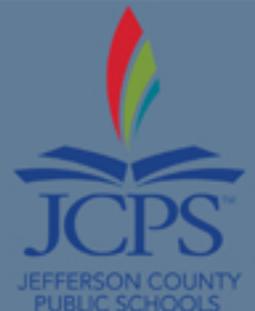
10.17.17

Professional Development (PD)

8-10 am, 11-1 pm, 3-4 pm
Gheens Flex Rm B

Community Conversation

6 pm-8 pm
Gheens Flex Rm B



For more information, please contact
Telva Hogan @
telva.hogan@jefferson.kyschools.us
or **233-1808**



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