

UTAH PTA CONNECTIONS

A Newsletter Connecting & Empowering
Parents and PTA Leaders

Utah
PTA
everychild, every voice



August 19, 2022

Advocate for Your Struggling Child



What can you do when your child does not want to go to school? Learn what you can do as a parent when it is something more than just being tired. When the day-to-day activity of school is not working for your student, learn how to connect to [resources](#). Every struggling child needs someone willing to step up and advocate for them. Learn what you can do to accommodate a struggling child. You are the expert in your child, but if

something is not working, don't be afraid to ask questions and request help from the school where they can.

Back to School Anxiety



This is a special time of year with a mix of emotions, from excitement to anxiety and normally a mix of both. Is your child feeling back to school anxiety? Are YOU feeling back to school anxiety? This [article](#) gives new ideas on how to make emotional space for you to connect with your child. How are you coming into the conversation? Are your

emotions too "hot" or too "cold?" Learn practical tips to check your emotional temperature and help the school year get off to a better start for everyone!

President Training



All PTA presidents who weren't able to attend convention or a region summer training are encouraged to attend. Please join us on Friday, August 26, 2022 at 10am on [zoom](#). The training will be recorded and available on Utah PTA's [PTA University](#) if you are not able to make it.

Back to School for PTSAs



Hi, I'm Todd Hougaard. This year, not only am I the Student Leadership Commissioner for Utah PTA, but I'm also the student adviser for the Bingham High PTSA. We had a great kick-off to our year with our Senior Sunrise, and a lot of our students helped to set everything up, they helped spread the word at Senior Picture Day, and we had an awesome event. Throughout the year, I will be posting updates on how everything is going for me in my local role on the [Utah PTA Super Secondary Facebook page](#). I'd love to see what everyone else is doing as well,

so feel free to post there as well. Next up for us will be our PTSA welcome meeting, and then gearing up for Club Rush.

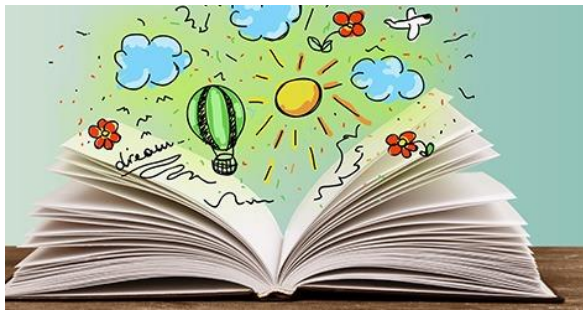
Volunteer for Your Health



The start of the school year is a flurry of paperwork and signatures, but did you know there is one commitment you can make to your school that will actually increase your mental and physical health? According to a study by Carnegie Mellon University, [volunteering](#) at your school could prevent heart disease, stroke, and premature death. In their findings, adults who

volunteered were less likely to develop hypertension. In addition to easing blood pressure, volunteering has been linked to greater happiness. A study conducted by the London School of Economics found that the odds of being 'very happy' rose 7% among those who volunteer monthly and 12% for those who volunteer every two to four weeks. Give yourself a mental and physical boost this year by signing up to help at your school!

Easy Parents Guide for Utah Standards



Our kids are returning to school after a hopefully great summer break. How can we help them succeed and have a good academic school year? How do we know what our kids are supposed to learn in school, and how can we help them along?

Utah adopted its core standards over a decade ago. These standards cover the areas of study for every grade and every subject (English Language Arts, Mathematics, Science, Social Studies, World Languages, and more). Teachers then create a curriculum that teaches to the standards.

The [core standards](#) are very detailed and can be overwhelming, but good news, the Utah State Board of Education recently released a set of readily printable [Parents Guides](#) for each grade! These are easily digestible and will help you accompany your child in their studies.

Arts Education & Supplies Grant

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Utah PTA Arts Education & Supplies Grants

Due September 30, 2022
Funds to be used in the 2022-2023 school year
Reopening the application time frame to help more PTA/PTSA in their art projects—Take advantage of this extra opportunity

[LEARN MORE](#)

Would your PTA like to create, host, or promote an arts program? Additional arts grant money is available for THIS school year. Applications are due September 30. [Learn more and apply](#)

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