

# Roadrunner Review

Crystal Springs Parent Teacher Association



February/March 2020

## Upcoming Events

### PTA Spirit Night: Roller Skating



It's Happening! Join us for an evening of skating, music, and fun for the entire family!

**When:** February 11th, 2020 at 6:30 pm to 8:30 pm

**Where:** Everett Skate Deck

**Details:** Tickets are \$8 each. It's not too late to join us for skating and they can buy tickets at the door.

[Note: There is a \$3 Upgrade Charge for the Kids Walker, and a \$1 Upgrade Charge for Roller Blades.]

### PTA Spirit Night: Dinner Night Out



Forget the dishes and join us to celebrate a dinner night out that benefits a good cause. We sincerely appreciate all your support. From our family to yours, we wish you a wonderful evening and time spent with your friends and family!

**When:** February 24th, 2020 from 4:00 pm to 8:00 pm

**Where:** Panera Bread (by Fred Meyers at Thrasher's)

**Details:** 20% of your total purchase will be donated to our PTA. Online orders, Rapid Pickup, and Delivery orders all count for the event! All you need to do is show them a paper version or electronic version of the flyer.

### More Upcoming Events

- **PTA Meeting:** March 10th at 7:00 pm
- **McDonald's Teacher Night:** March 26th starts at 5:00 pm
- **Bowling Night:** May 3rd from 4:00 pm to 6:00 pm
- **Goodwill Fill-A-Truck:** May 31st from 2:00 pm to 5:00 pm
- **Frozen Yogurt Social at Menchies:** June 9th
- **Mariner's Game:** June 19th at 7:10 pm

## PTA Planning Meeting

Hello, Crystal Springs Families! We will be discussing the future of Crystal Springs PTA, as well as discussing changes that we are making on a collaborative level to improve our PTA. Please attend if you are able! **We can't do this without you!**

We will also be taking some time to do a roundtable discussion. We would like to encourage families to talk about what's on their mind in regards to providing parents with beneficial information, services, and what changes they would like to see in the future to help our children and those in our community. Help us to bring your ideas to life! Let's make it happen.

Let's work together and raise up our community!

**When:** March 10th, 2020 at 7:00 pm—Crystal Springs Library

## Shout Out!

Our sincerest thanks to **Julie Hance** (Secretary) and **Charlie McNerney** (VP Fundraising, Spirit Night/Dinner Night Out Chair) for everything that they do to help us to prepare for and to create such wonderful events for our families! **THANK YOU!**

## Notice: Updates to Standing Rules

In January, the Executive Committee updated the Standing Rules to reflect present Business Operations, as well as to update policies to reflect our present business practice and growth. A copy of those updates will be available on the website with a direct link from the homepage of the Crystal Springs PTA website as "Updates to Standing Rules". Please review these prior to the General Meeting on March 10th.

## Contact Information

**Website:** <http://www.crystalspringspta.org>

**Facebook:** <http://www.facebook.com/crystalspringspta>

**Email:** [crystal.springs.pta@gmail.com](mailto:crystal.springs.pta@gmail.com)

## Upcoming Elections



**Elections are coming up! Have you thought about doing more, but you weren't sure about the time involved or the level of commitment? Now is the perfect opportunity to look into areas that you may enjoy doing with us. Please consider stepping into a Crystal Springs PTA leadership position!!**

Being an elected official of the PTA is a great way to not only be involved in your students school, but to meet and create relationships with school staff members as well as other parents/caregivers and work to enhance the learning and school environment for ALL!! **We all come from different background and skillsets, what we each bring to the table makes ALL the difference for the future of our children, as well as our PTA. Imagine what we can to do, when we work together!**

*Email us if you're interested, and to find out what positions we will have coming available next year at:*

[Crystal.Springs.PTA@gmail.com](mailto:Crystal.Springs.PTA@gmail.com)

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## Intentional Parenting

By Melissa Goss-Halbert

Let me just start by saying one thing. Life is busy! As parents, we easily get into the parenting trap of putting our children and partner/spouse first, and somewhere down the road we remember that we personally need to fit into that dynamic. We also tend to forget that how we connect matters. Parenting is something we should be doing as a community to support one another, and this is why PTA matters so much to me. Many of us have our own unique take on what the PTA represents, but for me its about being an involved parent with the ability to find other like-minded parents that understand one thing. Simply put, parenting is hard! Is it worth it? I wouldn't change anything!

So, why intentions? Intentions, are something that we can personally identify with and commit to from an emotional space. This is a space where we can remind ourselves of our place in the world as not only a parent, but a human being. We need that level of support, too. What affects one area of our life personally, will easily affect the rest. I like to think of intention as manifesting a chain reaction. The key to success, is take it one small step at time with a goal that you know is will be attainable. Keep it simple.

What is one thing you'd like to change to improve upon?

Based on several articles, the typical responses are:

- Developing healthy habits for handling stress
- Getting more support
- Spending more time together
- Treating each other with kindness and respect

- Exploring the art of patience
- Connecting with more parents

Some of my favorite questions that I like to ask myself are:

- What one thing do you believe is easily attainable in the near future that will have a positive impact on yourself, as well as your family? [The chain reaction.]
- What challenges do you see and what supports need to be in place or actions do you need to take to resolve those challenges? [Simplicity is key.]

### Family Activity

One thing that my family likes to do, is to hold a Weekly Family Meeting. We each create an intention poster, where each family member can write down personal goals, as well as to communicate what they envision for the family. We are each at different stages in our life, and how we come together even in something as simple as a family meeting creates a lasting impact on ourselves as well as our family.

### What I'm Reading

- *How to be a Happier Parent: Raising a Family, Having a Life, and Loving (Almost) Every Minute* by KJ Dell'Antonia
- *Trauma-Proofing Your Kids: A Parents' Guide for Instilling Confidence, Joy and Resilience* by Peter A. Levine Ph.D. and Maggie Kline

***What do you like to do for your family? Share your story or a favorite parenting book with us by emailing us at [Crystal.Springs.PTA@gmail.com](mailto:Crystal.Springs.PTA@gmail.com).***

***Would you like to be a guest blogger or host an article for our next newsletter? Contact us!***