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Para leer en español, clic [aquí](#).

THE IMPORTANCE OF SELF-CARE – IN 2020 AND BEYOND

When we as parents think about how a day can be – whether it's chaotic, confusing, hectic, sad, disappointing or full of excitement – it's OUR day. We own it, no matter how it's packaged. But a big question we need to ask ourselves is "did I take the time to care for myself so that I can unwrap the gifts the day is offering?"

How well do we as parents take care of ourselves and meet our own needs for a mentally, physically and emotionally healthy life?

"Self-care is a broad term that can include physical, emotional, cognitive, social, and spiritual aspects of your life," Joshua Klapow, Ph.D., clinical psychologist and host of The Kurre and Klapow Show, told Bustle.com. "All are important, and all are associated with more positive experiences, longevity, and a better quality of life."

Making time for yourself matters for everyone, including (and especially) parents. Proper self-care can improve your well-being and your family's. Here are five self-care activities to get you started:

- Take the [self-care assessment](#) from NAMI to help discover what areas of self-care you can improve in
- Aim for at least seven hours of sleep each night for emotional and physical self-care
- Try to do one thing every day that improves your mental or physical health in some way, i.e. go for a walk after dinner, or call a friend that you haven't seen in a while
- Check out this [list of self-care apps](#)* that puts wellbeing just a tap away
- Start a self-care journal, and reflect on how you took care of your health each day

As we approach the new year, resolve to make time for self-care rituals every day. Let 2020 be your year of renewal and rejuvenation

* Inclusion of this link does not imply endorsement nor support of these apps by PTA



BULLYING PREVENTION STARTS WITH ADULTS

Kids may not always recognize teasing as bullying – especially when it happens online – and some may be too embarrassed or ashamed to talk to their parents about it. That's why it's important to talk about online and digital behavior before your child starts interacting with others online.

To prepare your child to go online – or if you know that your child is being bullied online – offer them these steps that can be taken immediately:



- **Sign off the computer.** Ignoring a bully and walking away is definitely not a coward's response! Bullies thrive on the reaction they get, and if you walk away or ignore hurtful emails or instant messages, you're telling the bully that you won't engage.
- **Don't respond or retaliate.** If you're angry or hurt, you might say things you'll regret later. Cyberbullies often want to get a reaction out of you, so don't let them know their plans have worked.
- **Block the bully.** If you get mean messages through an instant messaging or a social networking site, take the person off your buddy or friends list. You also can delete messages from bullies without reading them.
- **Save and print out bullying messages.** If the harassment continues, save the evidence. This could be important proof to show parents or teachers if the bullying doesn't stop.
- **Talk to a friend.** When someone makes you feel bad, sometimes it can help to talk the situation over with a friend.
- **Tell a trusted adult.** A trusted adult is someone you believe will listen and who has the skills, desire and authority to help you. Telling an adult isn't tattling – it's standing up for yourself. And, even if the bullying occurs online, your school probably has rules against it.

For more information and resources on bullying prevention, visit www.capta.org/bullying-prevention.

LOW-COST INTERNET FOR FAMILIES IN CALIFORNIA

Did you know that low-income families may be eligible for discount internet service at home for \$10-\$20 a month? Offers are available from AT&T, Spectrum, Comcast, Cox, and Frontier. Learn if your household qualifies by visiting www.everyoneon.org/capta.



Please distribute information at your school, community events and your organization's newsletters. You can find printable flyers in English and Spanish and access detailed information at www.internetforallnow.org/educators_toolkit.

TAKE ACTION!

Reflections Items Now in PTA Store!



Our store now has certificates, ribbons, medallions and lots of other items with the 2019-20 theme "Look Within."

[SHOP NOW](#)

Grants to Help Build Your PTA



Units are invited to apply for a monetary donation from the Smart & Final Charitable Foundation.

[READ MORE](#)

Monthly Arts Poll Question



Help our arts education advocates by taking a quick survey about dance education in your child's school.

[TAKE THE SURVEY](#)

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