

WORKSHOP DESCRIPTIONS



✧ 130th Annual Convention ✧

Beyond Measure
Celebrating PTA

November 13-15 2026, Saratoga Springs, NY

**Saratoga Hilton
and City Center**

Workshops: Friday, November 13, 2026

Session 1: 4:15 p.m. – 5:15 p.m.

101 Rules to Live By

Bylaws and Rules of Order---what do they really mean? Members' rights and responsibilities, meeting management, nominations, elections, vacancies, voting. Bring your questions.

102 Know Your Role: Understanding PTA Leadership at Every Level

What does it really mean to serve on a PTA board? This workshop explores the responsibilities and expectations of PTA leaders at the unit, council, region, and state levels. Participants will gain a clearer understanding of how the levels of PTA work together, where responsibilities begin and end, and how effective communication and collaboration strengthen the entire association.

103 Membership Tech: Digital Tools to Power PTA Growth

This workshop will equip unit leaders with strategies using tools such as Canva, Givebacks, and social media to attract and retain members. The aim is to create and promote campaigns that increase enrollment and engagement.

104 Growing Leaders from Within: Building Your PTA Leadership Pipeline

What if your PTA's next great leader is already sitting in your meetings, or perhaps sitting in this workshop? This interactive session will help participants discover leadership potential in themselves and others, explore opportunities for growth at every level of PTA, and create a culture where future leaders can thrive. Through reflection, discussion, and practical tools, attendees will identify their own leadership strengths, gain strategies for mentoring emerging leaders, strengthen succession planning, and build a sustainable leadership pipeline from the local unit to council, region, state, and beyond. Participants will also receive a ready-to-use Leadership Discovery Toolkit complete with an event plan, conversation guides, and recruitment resources.

105 Resolution-Writing 101

So you have an idea for a resolution? We will delve into the requirements for new resolutions, where and how to find resources to support your document, and help to de-mystify the resolution-writing process

106 Balancing PTA, Family & Self-Care: Putting It into Practice

This interactive workshop is designed for PTA volunteers who are ready to turn ideas into action. Together, we'll explore practical strategies for managing the many roles we balance through hands-on activities, including a personal time audit, setting healthy boundaries, identifying and strengthening your support network, and creating a realistic self-care action plan. Participants will leave with practical tools, renewed confidence, and one meaningful commitment they can implement immediately. Come ready to participate, reflect, and connect with fellow volunteers as we put self-care into practice—not just talk about it.



Workshops: Saturday, November 14, 2026

Session 2: 9:15 a.m. – 10:15 a.m.

201 Leading Together: Growing PTA Leaders

This workshop explores how meaningful family engagement can strengthen PTA leadership by developing confident leaders, expanding leadership opportunities, and empowering families to become active partners and advocates for children. Participants will gain practical strategies to recruit, mentor, and retain PTA leaders while creating a culture that encourages families to share their voices, build leadership skills, and take meaningful roles in advocacy. Attendees will leave with actionable tools to grow leadership capacity, strengthen advocacy efforts, and build a stronger PTA where leaders and families work together to make a lasting difference for every child.

202 It's All Connected: Turning Great Ideas into An Impactful Year of Programs

Does your unit have the knowledge needed to use your programming as a strategic tool rather than a collection of individual, unrelated events? Join the NYS PTA Programs Coordinator to discuss how to organize unit level PTA programming to support multiple goals such as membership, advocacy, family engagement, student success, and community partnerships. Attendees will learn how to build a year-long program plan that works for PTA units of all sizes and budgets (including grant funding opportunities) with practical tools and adaptable ideas they can put into action immediately.

203 Givebacks: Communications, Contacts & Website

Want to increase engagement with your membership and school community? Learn how to send gorgeous newsletters, design an out of this world website, and have your contact list work for you! This workshop focuses on the communication tools included for FREE with your Givebacks site.

204 Strong Core, Stronger You: A Women's Guide to Pelvic Floor Health

When women prioritize their own health, they are better equipped to care for the people who depend on them. This educational program explores the vital role your pelvic floor plays in bladder control, core strength, posture, and overall wellness. Gain practical knowledge, expert guidance, and simple strategies to strengthen and support your pelvic health throughout every stage of life. Investing in your well-being is not only a gift to yourself, but also an important foundation for supporting your family, maintaining your independence, and living life with confidence and strength. When you care for yourself, you're better able to care for those you love.

205 Regroup, Refocus, Rebuild: Strengthening Your PTA

The school year is underway, and leaders can begin to see what is working, what is missing, and where their original plans may need to change. This session will help PTAs take an honest look at their current health, identify strengths and challenges, reset priorities, and make purposeful adjustments before small issues become bigger ones. Participants will leave with a focused, realistic action plan for strengthening their PTA and building momentum for the remainder of the year.

206 Saving Lives Before the Crash: The PTA's Role in Teen Driver Safety

Motor vehicle crashes remain the leading cause of death for American teenagers, yet many of the behaviors that contribute to these tragedies are preventable. This session will provide PTA leaders with practical, evidence-based strategies to engage parents, schools, and students in promoting safer driving behaviors, encouraging youth to speak up when they see dangerous situations, and strengthening partnerships that create a culture of accountability and prevention. Participants will leave with actionable ideas and free resources they can immediately implement in their schools and communities to help save lives.

207 Empowering Families, Supporting Children: Tools for Caregivers to Stay Informed, Supported, and Connected

This workshop is designed for parents and caregivers of children with special needs. It offers practical strategies for daily routines and behavior support for children, provides guidance on school and community resources for families, and highlights the importance of caregiver well-being.

Workshops: Sunday, November 15, 2026

Session 3: 9:00 a.m. – 9:45 a.m.

301 Financial Accountability Training

This training will cover shared fiduciary responsibility, officer responsibilities, basic financial management, insurance requirements and missing money. This training will help board members develop a basic understanding of the procedures and processes which should be in place to help assure the proper, prudent, and diligent management of the PTA's financial resources. The entire board of directors, not just the treasurer, is responsible for the financial well-being of the PTA.

302 Advocacy 101

Want to become a more active advocate but aren't sure where to start? Come and explore some of the paths to advocacy, discover areas where your voice can make a difference, and learn about steps you can take to help effect positive changes in your community.

303 The Road to State: Leading Your Region to Reflections Success

As Unit participation concludes, the focus shifts to the important work happening at the Region level. Designed for Region Reflections Chairs and Region Directors, this session will explore best practices for coordinating Region judging, supporting local leaders, recognizing and celebrating Region winners, and navigating the new Region-to-State submission process using the National PTA portal. Gain practical guidance, helpful resources, and the opportunity to ask questions while preparing for a successful conclusion to this year's Reflections program.

304 Be the Leader You Want to Be

Strong leadership strengthens an organization. The strongest leaders set an example that others want to follow. Strong leaders create a strong PTA. An interactive workshop to learn and practice strategies to motivate your team adding to the success of your PTA.

305 Unwrapping the Gift: Advocating for Advanced Learning & Gifted Education

Take a closer look at gifted education in our state and learn about recent developments affecting gifted and advanced learners. Acquire practical resources and strategies to advance quality, inclusive gifted education in your school, district, and across the state. Every child deserves an education that meets their needs, so let's advocate for equitable access to gifted education.

306 Queerness & Queries: Understanding and Supporting Gender-Affirming Journeys

This workshop presented by NYS Pride PTSA provides an opportunity for open discussion and reflection on the experiences of transgender and gender-expansive youth and their families. Presenters will share insights and perspectives drawn from their own lived experiences, touching on topics such as coming out to family and peers, names and pronouns, family and peer relationships, and creating supportive and inclusive school environments. Through shared experiences and conversation, participants will have an opportunity to consider how PTA members can help foster understanding, respect, belonging, and inclusion within their school communities, while supporting environments where every child and family feels seen, valued, and respected.

307 Beyond the Agenda: Designing PTA Meetings People Want to Attend

People don't stop coming to meetings because they're busy, they stop coming because meetings don't feel worthwhile. Learn how to transform routine PTA meetings into engaging experiences that inspire participation, build leadership, and strengthen your association. This workshop explores strategies for balancing business with meaningful learning, relationship-building, and fun while ensuring meetings remain productive and compliant with bylaws and parliamentary procedure. Participants will leave with practical tools for incorporating a brief educational segment into every meeting and a template for planning meetings members will actually look forward to attending.

Workshops: Sunday, November 15, 2026

Session 4: 10:00 a.m. – 10:45 a.m.

401 Financial Accountability Training

This training will cover shared fiduciary responsibility, officer responsibilities, basic financial management, insurance requirements and missing money. This training will help board members develop a basic understanding of the procedures and processes which should be in place to help assure the proper, prudent, and diligent management of the PTA's financial resources. The entire board of directors, not just the treasurer, is responsible for the financial well-being of the PTA.

402 Closing the Gap Starts Deeper: Executive Function, Math, and Literacy (CTLE eligible)

National Assessment of Educational Progress data has pointed to increasing achievement gaps in math and literacy, despite their existing many interventions aimed at promoting achievement. Executive Functions (EF), a set of cognitive skills related to attention, memory, impulse control, and efficient task-switching, form the foundation for learning and academic success (strong EF enables math and literacy interventions to work). This workshop will discuss the significance of EF on academic and intervention success along with the ways in which EF can be improved upon.

403 Beyond the Booster Club: Tips to Improve Your High School PTA

Make PTA matter beyond the elementary years! Discover practical ways to engage teens, connect with families, amplify student voice, and support students from freshman year through graduation. Walk away with fresh ideas to make your high school PTA more relevant, inclusive, and impactful.

404 Pass the Torch: Building a Stronger PTA Through Nominations & Elections

A successful PTA begins with strong leadership. This interactive workshop will help leaders understand the nominations and election process, identify qualified candidates, encourage members to step into leadership, and conduct elections in a fair, transparent, and respectful manner. Participants will leave with practical strategies for building a leadership pipeline and ensuring a smooth transition from one board to the next.

405 Givebacks: Fundraising & Store

Learn how to maximize your profits while keeping the workload to a minimum! That's right, Givebacks is your one stop shop to raise more, while doing less. This workshop will be broken into two, first focusing on the online store and Givebacks POS, and then a fundraising platform. For the store portion we will go as basic as how to add items to your store, run efficient reports of orders, and utilize the Givebacks POS - now with Tap to Pay. During the fundraising part of the workshop you will learn all about a-thons, crowdfunding, donation drives, auctions, ticketed events, and more! Your dream fundraiser starts here.

406 Creating an Inclusive PTA

Create a culture where every family feels welcomed, valued, and empowered to participate. This interactive workshop equips your PTA with practical strategies to foster inclusive leadership, recruit and mentor diverse volunteers, and build trust through meaningful family engagement. Participants will leave with actionable tools to create a welcoming, representative, and sustainable PTA that ensures every voice is heard and every family feels connected.

New York State PTA is an approved provider of Continuing Teacher and Leader Education (CTLE) for education professionals!

Workshops meeting CTLE criteria are indicated in the workshop description. Educators attending CTLE workshops will be sent necessary documentation from NYS PTA after Convention.