



## **Deer Path Middle School APT Meeting Minutes for 10/15/2013**

Meeting Commenced at 9:03 a.m.  
Meeting Adjourned at 10:36 a.m.

### **Attendees**

Tiffany Notz, Sandy steiner, Molly Sarver, Sarah Marshall, Anna McEvoy, Susan Lewin, Micaiah Robinson, Eileen Swartout, Marra Lochiatto, Martha Avery, LeaAnne LaVanway, Lynne Kennedy, Natalie Torcolese, Amy Kelly, Kristin Fitzgerald, Jorie Alutto, Maria Allen, Sushama Krishnaswamy, Carolann Stickler, Jennifer Karras, Cassie, Zarek, Mary Manzer, Tiffany Wiesner, Christie Theis, Lauren Fagel, Lori Wilcox, Tom Cardamone, Lindsay Seaman, Melanie Thornberry, Kristin O'Neil

### **President, Christie Theis – Call to Order**

Thank you for being here. Everyone has many important things to attend to and we appreciate your willingness to say “no” to other things so that you could be here this morning. APT is an important way to stay connected to our schools, kids, and the administration.

### **Guest Speakers**

#### **Lauren Fagel, Assistant Superintendent of Curriculum, Instruction, Technology & Assessment**

Lauren told the group that the APT has made an incredible impression on both herself and Lori, especially compared to other Districts they have worked in. Both Lauren and Lori are happy to be here and will come back anytime if this is a good forum in which to share information.

Lauren shared her background with the group:

- Grew up in Northbrook and attended Glenbrook North HS. Loved her high school experience, which influenced her decision to become high school teacher.
- Attended college on the east coast, which allowed her to experience an urban environment, study abroad, and become more committed to the idea



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of becoming an educator.

- She quickly returned to midwest after earning her degree and then attended Northwestern for graduate school.
- Lauren began her career at Highland Park HS, teaching social studies.
- Lauren is passionate about teaching and about how to reach different types of learning needs in the classroom.
- Lauren is interested in the school system - why is it resistant to change?
- Lauren has three children, all in Vernon Hills schools - a high school sophomore, a 7th grader, and a 5th grader. After her children were born, Lauren stayed home and worked part time for five years.
- Lauren returned to Highland Park to coordinate a program for students coming into the high school below reading and math levels.
- Lauren served as Assistant Principal at Deerfield High School for one year.
- She served as Principal at Mundelein High School until this opportunity in Lake Forest came along. This position in the Lake Forest Districts is a unique opportunity to work with a team that has a shared "vision" and is already on not only the same page, but the same chapter. Lauren likes the the k-12 District, which is unusual in IL but more common in the USA.
- Lauren's role in District 67 is to work closely with Lori Wilcox, Anne Dunn, Judy Epcke, Colleen Brueggeman, Rebecca Leafman, Carol Lynne Krumes, and building Principals.

The "vision" that the team has: All kids have the opportunity to grow, be challenged, and be exposed to rigorous learning opportunities with peers. They are very passionate about giving kids the opportunity to grow in an as inclusive setting as possible. The team wants to equip teachers with a tool "kit" (e.g. Bridges, Agile Minds), but also recognizes that these are not the only tools available. Not all tools work for every kid.

### **Lori Wilcox, Executive Director of Growth and Talent Development**

Lori shared her background with the group:

- Lori also grew up here and attended Mundelein High School, then UCLA.
- Lori always loved young children and knew she wanted to work with them.
- In California, a student cannot major in education. Rather, the student must major in something else and then take a rigorous exam to enter grad school



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for education.

- After college, Lori came back and taught in Highland Park.
- Lori moved into administration quicker than she expected when an opportunity came up in Oak Grove. She worked to implement a gifted program, worked under four different superintendents, and got a lot of good experience as a result.
- Lori then worked in Barrington as a Principal and also had a role in a self-contained gifted program.
- Lori shares Mike Simeck's vision and is excited to join this team.
- Lori's role in District 67 is to lead professional development, work with the k-8 math programs, work with the k-8 gifted programs, and encourage student growth for all types of learners.

### **Molly Sarver, Spirit of 67 Foundation**

Molly discussed the Spirit of 67 Grants Program:

- Applications are ready and will be due 1/23/2014.
- Anybody can apply for a grant, including parents, students and teachers. A grant application from a parent must be signed by the building principal or other administrator.
- Molly is meeting with staff at the schools to explain the grant application process.
- Last year over \$250k was awarded back to schools through grants.

Spirit membership is up to 38%

The Spirit grant committee is an exciting place to be - time consuming, but lots of great conversation and debate. The committee meets through March. Grants will be on display at the Spirit Luncheon on Friday, October 18.

*Question - Are the Chromebooks from a Spirit grant?*

*Answer - No.*

### **Administrator Reports**

#### **Tom Cardamone, Principal 5/6**

Tom thanked the APT for a terrific Fine Arts presentation. Mojo and the Bayou Gypsies was a big hit with the kids.



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Tom announced some important dates for upcoming events:

- 6-8 grade Chorus concert tomorrow night at 7 in the auditorium
- 6-8 grade Orchestra concert next Thursday at LFHS
- 6-8 grade Band concert 11/5
- 5th grade field trip to Field Museum on 11/6

Tom discussed the first Principal Coffee, which took place last Tuesday:

- Tom and Michael heard a lot about balance (homework, after school activities) and communication (Edmodo).
- Tom will be meeting with the teachers at team leader meetings and building level meetings to discuss what purpose/role homework serves.

This year, Spirit Week is linked with the Spirit of 67 Foundation's Spirit Week. There will be a pajama day, a sports day (hats ok), a "flip flop" day (teachers dress as kids and kids dress as teachers), and on Friday everyone is asked to wear blue or green (District colors).

EFFORT will put on the annual Fall Festival 10/31.

The first late start day is 10/23:

- School day for students starts at 10:35 and the schedule is modified (not dropping periods, but abbreviated periods without homeroom).
- From 8:30-10:30 teachers and admin will be doing some intentional work on Capturing Kids Hearts training.
- Buses will run normal routes, just 2 hours later.
- CROYA partnership - they will provide supervised time for students who need to be dropped off earlier (35 students so far). If you or someone needs this service, contact Paul Suminski.

Parent-Teacher Conference information is coming out soon. Tom discussed changes to the conference plans:

- 5th grade - Teachers are having "flexible" conferences and will meet with parents on days other than the Monday and Tuesday reserved for conferences. 5th grade conferences will be with the LA teachers, but parents are welcome to set up conferences with other teachers too. It was decided to meet with LA teachers because in most cases, students have their LA teacher as their homeroom teacher and also for another subject.



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- 6th grade conferences are being changed in response to survey results from the past few years, which indicate that parents left conferences wanting more information and that teachers were unable to answer specific questions about subjects they did not teach. Changes have been made so that the conferences will be intentional sharing of information. 6th grade conferences will be held on the Mon (4-8pm) and Tues (8am-3pm) prior to Thanksgiving. If you will be out of town, you can make other arrangements. Parents will be asked to go online and sign up for 5 minutes conference with their child's teachers.
- Conferences at DPM will now look like this: 6th grade - parent/teacher only, 7th grade - parent/teacher and student is invited, 8th grade - student leads conference.

*Question - How can we use the Edmodo app? The mobile version looks different.*

*Answer - The mobile version is for students only. If a parent wants to use it, they must sign in as their student.*

*Question - Some teachers are posting assignments to Powerschool. Can all teachers do this?*

*Answer - Teachers are asked only to post assignments to Edmodo. The mobile Powerschool app might be different.*

On a personal note, Tom announced that his daughter will turn 10 on the 16th and that his son will act in the Citadel production of "A Christmas Carol."

### **Renee DeVore, Principal 7/8**

No report this month.

### **Teacher Liaison - Laura Montgomery**

No report this month.

## **Officer Reports**

### **President - Christie**



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Touched base with each committee and reviewed activities. Details reported in committee report below.

### **Vice President / Communications – Susan Lewin**

Current Month - Activities:

Just a reminder especially for anyone who was not at our September meeting, please refer to the Communications Procedures I emailed to the Board on September 11<sup>th</sup>.

This communication procedure allows for greater accuracy in our APT messages and streamlines the process for our principals and the office staff.

Information regarding use of the Sandwich Boards is also included with that email and can be found on our [DPM APT website](#) as well. I would like to stress that posters placed in the boards should be legible and neat in appearance. We want to publicize our events in an attractive manner and one that reflects the APT well.

There are sample sign templates you can use on our website. Prior to the scheduled dates I will ask the contact person to send me a picture of the poster for approval. If you are unsure if you have the boards reserved, please check the website where the current calendar of events resides.

Once again, we are always looking for pictures of our APT in action! Please send me a shot or two of any DPM APT event you are sponsoring or attending and I will put them on our DPM APT website as well as distribute to the District office for possible publication.

Finally, rather than waiting until the following month's meeting to post the minutes to the website, we will post as soon as they are completed in order to make them available to the community in a more timely manner.

Coming Month - Plans:

Ongoing website updates

### **Secretary – Tiffany Wiesner**

Approval of September Minutes - motion by Tiffany Notz, seconded by Lindsay Seaman

### **Treasurer – Lindsay Seaman**

Budget approved - motion by Susan Lewin, seconded by Christie Theis



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### Committee Reports

#### Art Fair - Heather Milligan, Lisa Lekberg, Lexie Knox, Cecily Lynch

No report this month.

#### Board of Education Liaison - Jennifer Karras, Maria Allen

First quarterly meeting will be on 10/28 with Mike Simeck and Anne Whipple. If you have questions, please submit them to to Maria and Jennifer.

#### Class of 2014 Activities - Anne Skinner, Martha Avery, Megan Morris, Penelope Boardman

Current Month - Activities:

Megan Morris has finalized details for the 12 sites the 8<sup>th</sup> graders will visit on 25<sup>th</sup> October. She has assigned parent site captains for each location, ordered the busses (underwritten by Rotary Club), designated routes and assigned parent volunteers for the day.

Anne Skinner has secured underwriting from LF Bank for the T-shirts the 8<sup>th</sup> graders will wear on Service Day, Friday 25<sup>th</sup> October. This was a non-budgeted line item, so extra kudos to Anne for her initiative. Anne has also secured underwriting for printing of the graduation program, but more on that later.

Martha Avery is actively recruiting student performers for the Talent Show fundraiser on November 20<sup>th</sup> and 21<sup>st</sup>. Several 8<sup>th</sup> graders volunteered to perform and act behind the scenes at our Class of 2014 Pep rally on Friday 11 October. Penelope Boardman looks after the budget anxiously and writes sketch outlines to embarrass certain audience members at pep rallies.

Coming Month - Plans: Immediately after Service day, our group will focus our attention on the Talent Show.

Issues:

Approximately 80% of the 8th graders (rather parents) have paid the \$35 graduation fee when paying school fees. The 20% deficit is an issue.

#### Culture Fair Grade 6 - Mari Simeck, Tiffany Notz

No report this month.



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### **Culture Fair Grade 5 – Kristin O’Neill, Sarah Marshall**

Current Month - Activities:

The first Culture Fair of the year is scheduled for November 14<sup>th</sup> and will be covering Egypt. We are collecting volunteers to assist with the project and in the process of communicating with them. There will be a total of three Culture Fairs throughout the school year: Egypt, Rome and Greece.

Coming Month - Plans:

Finalize details related to the event.

### **Community Liaison – Beth Laufenberg**

No report this month.

### **Directory / Membership – Kate Bryant, Michelle Curry**

All the information is complete and at the printer. There was a problem with the printer so there was a slight delay. The committee hopes to get the directories shipped on Thursday, October 17<sup>th</sup>. This Thursday. If everything goes according to plan the directories will be delivered, sorted and labeled on Thursday. Then they will be delivered to schools on Monday October 21<sup>st</sup>. The hope is to get them home with the kids on Friday in their backpacks.

*Eileen attended the meeting and announced the following - Directories should go home Monday. DPM takes a little longer sometimes. Additional 16 pages to include emails. Working on accuracy and streamlining process. Any comments or mistakes (very manual process) please let me know. Membership up to almost 90%! If you are a members and do not get a directory, contact Kristin DeNoble.*

### **Emotional Wellness – Cindy Anderson, Micaiah Robinson**

Below are 3 main Emotional Wellness events that have recently occurred at DPM

- More staff participated in the September Capturing Kids’ Hearts Professional Development. Capturing Kids' Hearts is a 3-day off-site learning experience that provides tools for administrators, faculty and staff to build positive, productive, trusting relationships — among themselves





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and with their students. These processes can transform the classroom and campus environment, paving the way for high performance. CKH is a dynamic, skill-driven, participatory experience. It is not a theoretical or motivational lecture, but the beginning of an important transformational process. Teachers, staff, and administrators learn and practice skills they will use and model in their schools.

- Advisory classes this year are all focused on different themes: 5th grade, WATER, 6th grade HUNGER, 7th grade RIGHTS, 8th grade, GIVE BACK. Classes have started researching different causes and will engage in project-based learning where they will be coached in practicing social emotional learning skills such as social awareness, responsible decision-making, and relationship skills.
- This past September 40, 8th graders from Deer Path Middle School participated in a Youth Summit with other 8th graders from our community. One topic they wanted to focus on was **bullying prevention**. We invited Micaiah Robinson, the APT-Emotional Wellness Parent Representative for DPM and Sheridan to share more about an organization called PACER. Founded in 2006, PACER's National Bullying Prevention Center unites, engages and educates communities nationwide to address bullying through creative, relevant and interactive resources. PACER is the founder of **National Bullying Prevention Month** <[http://en.wikipedia.org/wiki/National\\_Bullying\\_Prevention\\_Month](http://en.wikipedia.org/wiki/National_Bullying_Prevention_Month)>, and **Unity Day** held annually in October. The Youth Summit students believed Unity Day was a great way for us to show our support for bullying prevention.
- **This is their message that was shared in the days leading up to Unity Day:**
- What are your true colors when it comes to bullying? If you care about students who are bullied and want bullying to end, make your color **ORANGE** on **Unity Day, Wednesday, Oct. 9**. That's the day everyone can link together—in schools, communities and online—and send one large, **ORANGE** message of support to students who have experienced bullying. Now its up to you, students of DPM, by wearing **orange on October 9th**.
- On Tuesday, Oct. 8th, Youth Summit students stopped by homeroom classes to inform their peers about Unity Day (Oct 9th).
- On Wednesday, Oct. 9th students were encouraged to wear orange to support students who have been bullied and to unite on the belief of bullying-free communities. Before school, Unity Day stickers were handed



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out and during lunch orange friendship bracelets were distributed.

### Youth Summit Students spearheading this project:

Izzie Andress  
Cristina Greg  
Morgan Kamholz  
Aiden Kinsella  
Kate Lekburg  
Holly Malnati  
Andrew Walther  
Rachel Wasserman  
Su Yardimci

Other EW side notes:

Spirit Week is this week and we are excited to partner with the Spirit of 67 this year on our spirit weeks. On Friday **Celebrate Spirit of 67 Pride (Wear Green Day)**

Fall Fest is October 31

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Rebecca Leafman  
Director of Emotional Wellness/Director of Wellness  
847.604.7406

The District 67 Family celebrates the character traits of **teamwork, caring, honesty/integrity, respect and responsibility!**

### **Fifth Grade Welcome – Mary Brennan, Theresa Speed**

No report this month.

### **Fine Arts – Amy Kelly, Kristin Fitzgerald**

Current Month - Activities:

On Tuesday, October 1<sup>st</sup>, **Mojo and the Bayou Gypsies** performed at DPM for all grades. It was an AMAZING performance! Each grade level had a different experience with the music, information and the performers. 5/6 grade danced around the auditorium in conga lines, as well as in front of the stage and on the stage. 7/8 danced in their seats, but some teachers did the jitterbug on stage and



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several students were invited to dance with Mojo on stage.

The presentation was VERY different than anything that we have had at DPM before. The kids were absolutely encouraged to get out of their seats and “shake their pants” in the words of Mojo. It was loud. They yelled and shouted and danced and had a great time!

We handed out teacher surveys and rec’d 15 surveys back. 90% of all the surveys were positive and the teachers really like the enthusiasm, student participation, moving around and having fun, the music style and explanation of the history of the region of Louisiana.

Here are some of the things teachers said we could have improved upon:

- Location: several teachers would have like to have this presentation in the Peck center so that the kids would have more space to move around. A gym would have been a little safer for dancing as well.
- Afternoon Performance instead of the morning: A few teachers commented that they would have rather had this enthusiastic performance at the end of the day instead of first thing in the morning.
- More Info about the performance and what to expect: Many teachers would have liked to know that the kids were going to be able to move around. Then they could have had a discussion before hand about the kids’ behavior during the performance. Some teachers felt overwhelmed and that the students were a little out of control at times. Teachers felt a little uncomfortable not knowing this performance was going to be so interactive and loud. More guidelines about how many kids can come up on stage, etc.

- Positive Comments to pass along:

“More authentic world language presentations like this!” “The students enjoyed themselves and were entertained.” “Good cultural experience” “Teach a few more dance steps so there is less dancing in the aisles.” “Movement and activity and fun!” “The students could really get involved.” “Excellent music style and quality.” “Entertaining and engaging.” “They were allowed to move around to shout and enjoy themselves.” “Interaction between students and performers is always a plus!” “It was engaging, interesting and got the kids off their feet.” □

- Negative Comments:

“Send out a reminder for everyone to arrive on time.” “Challenging to have first thing in the morning.” “More info about the performer and the instruments.” “Choose a better location.” “More control of the students and some guidelines for going on stage.” “More ties to the curriculum.”



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- And the biggest negative comment of all – “It inappropriately encouraged 8<sup>th</sup> graders with behavior problems to ‘participate’ in ways that were unsafe and set a chaotic tone for the school day. The intention was good, but the performers did not end up teaching anything because of the chaotic behavior they caused.”

Coming Month - Plans:

This is the one and only Fine Arts presentation at DPM. So we will not need to be on the Agenda for the rest of the year.

### **Food Service – Melinda Hill**

### **LFHS Liaison – Melanie Thornberry**

Current Month - Activities:

#### **Liaison Meeting LFHS Monday, October 7, 2013 - 9:30 am Room 113 East Campus**

Michael Simeck, Barry Rogers, LFHS Principal and Lauren Fagel, Assistant Superintendent, spoke about the new vision for 67 and 115:

1) Re-envision the school day and develop a new school schedule.

Support state of the art best practices

Facilitate collaboration

Provide for ongoing professional learning

Open the door for unique opportunities to move beyond the traditional classroom

\*They want our children to get excited about school...they want our kids to "**own the dinner conversation**" talking about what they are learning at school. They want our kids not to "just take all of the required classes" like robots...they want our kids to find their passion...then find the right college to educate them on their passion resulting in higher college graduation rates...it doesn't have to be Stanford, Harvard or Princeton.

\*A parent brought up the topic that "is not discussed in LF" which is many LF kids worked hard in high school and delivered "perfect" resumes for college...and end up coming home after the first semester of first year to go to CLC. Barry and Mike plan to start tracking this data, but truly feel that these children were not allowed to find their passion and ended up going to the college that their parents wanted



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them to attend.

- 2). Develop and institute 21 century classroom model of 1:1 computing
  - Research models and best practices
  - Professional learning
  - Technology and infrastructure
  - Develop an implementation model and timeline
- 3). Build upon our emotional wellness efforts
  - Emotional wellness becomes a more integral part of our culture
  - Care for one another as we care for ourselves
- 4). Facilitate high levels of engagement for all students
  - Incorporate more authentic "real world" learning experiences
  - Inspire a passion to learn
  - Build upon a culture of innovation
  - Facilitate great professional conversations

\*They want our children to "develop themselves". Develop their brand.

Coming soon...Town Hall Meetings...clear communication sessions between administrators and parents.

### **LFHS APT Meeting Wednesday, October 9, 2013 – 9:00 am Room 113 East Campus**

Barry Rogers, LFHS Principal spoke about the Proposals:

Creative and Flexible Scheduling

Block Scheduling – proven to lower stress levels

Real World Application

Professional learning/job shadowing

Increased Technology Use

Teachers can no longer simply deliver information, due to the fact that it's already easily available on the Internet.

Consistent Curriculums and Grading Scales



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Coming Month - Plans:

Ann Whipple Announcements:

New Website Fall 2013

Tuesday, October 17<sup>th</sup> 7:00 pm Common Core Discussion with Laura Fagel, Assistant Superintendent

Thursday, October 19<sup>th</sup> Instant Alert Testing

LFHS Open Doors Program – Mentoring/Shadowing at businesses

April 23<sup>rd</sup> and 24<sup>th</sup> 2014 – If anyone would be available to volunteer their company, please contact Lauren Jacobs.

LFHS Turnabout Dance Scheduled for Saturday, January 25, 2014

LFHS Talent Show “You Ain’t Seen Nothin Yet” March 7<sup>th</sup> & 8<sup>th</sup> 2014

Auditions February 8<sup>th</sup> & 9<sup>th</sup> 2014

*Question - When will the block schedule take effect?*

*Answer - The plan is to finalize plans by 2nd semester and implement it next year.*

*Comment - But still need to consider Encore classes, which need smaller time slots.*

*Question - New ACT test...will there be classes to help students prepare?*

*Answer - Ask Lauren Fagel.*

### **New Families – LeaAnne LaVanway, Janita Reehl**

No report this month.

### **Parent Awareness – Jorie Alutto, Theresa Speed**

Current Month - Activities:

As your Parent Awareness Representatives, we’d like to help provide the resources you need to do your job as parents. Therefore each month at the building APT meetings we will ask for ‘Hot Parenting Topics’ that parents would like help with. Your input will be used by us and the administration to identify new content for the Parent Resource Corner on the District 67 website. Examples of Hot Parenting Topics could include homework help, balancing it all, media use, etc.



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Are there any 'Hot Parenting Topics' that you would like us to bring forward today?

(Solicit ideas now)

If you think of other ideas, please email Jorie Alutto or Theresa Speed at any time.

Thanks!

Coming Month - Plans:

### **What's Next for Me? Changing Times, Changing Bodies**

October 26 or November 16 from 9 a.m. - noon

Northwestern Lake Forest Hospital

Taught by a nurse for Northwestern Lake Forest Hospital, this class will provide accurate and concise information and assist parents in guiding their daughter through puberty and beyond. It will explore the physical, emotional, physiological and social aspects of what's normal and how to adjust to these variances in their lives.

This class is for pre-adolescent girls (9 to 12 years of age) and their mother or adult support person. Registration is required. Register at [lfh.org](http://lfh.org). The fee is \$30 per couple and includes breakfast.

### **Red Ribbon Week**

October 21-25

*Alcohol remains the most commonly abused substance in LF/LB. Red Ribbon Week encourages us to create an environment that will support the health and safety of our youth.*

*Parents' discussions with kids about alcohol and drugs are an ongoing conversation that begin early and continues throughout the teenage years.*

*LEAD has created talking points for parents to start these conversations. The tips are broken up by age group: k-3, 4-6<sup>th</sup> and 7-8<sup>th</sup> grade. Look in our minutes or on the LEAD website for these tips to guide your conversations at home about the red ribbons in our community.*

K-3 Grade

- **Start Talking Now:** Many drugs are illegal because they are very dangerous and can hurt people. Even legal substances like alcohol, tobacco, and medicines can be dangerous when used improperly. It is important that your child knows that adults may drink in moderation but children may not, even in small amounts, because it is harmful to their developing brains and bodies.



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- **Communicate Your Values and Expectations:** Your expectations are driven by your morals and values. Social, family, and religious values give children reasons to refuse alcohol, tobacco, and other drugs and help them stick to their decisions. In clearly communicating these values with your children, consider the following:
  - o Teach values of respect, honesty, responsibility, kindness, and caring through examples your child can understand and recognize what values look like in everyday situations. For example, when your child hugs another child who is upset, you can say, "When you hugged your friend because they were sad. That showed you care."
- **Substance Related Messages in the Media:** Television can be extremely influential on your child and you want to counteract any negative messages s/he may receive. First, it is important to begin teaching your child to be consumer conscious by discussing how TV advertisers try to persuade children to buy their products even if they aren't good for them (e.g., candy cereals, etc. named after cartoon characters that children find appealing).

Secondly, a disadvantage of your child viewing TV is the exposure to images of people smoking, drinking, and using illegal drugs. Even children's cartoons sometimes show drug use (e.g. Alice in Wonderland- Alice consumes a drink/cake/mushroom that makes her grow or shrink; the giant caterpillar smoking a water pipe). Some TV shows or movies may even glamorize drug use. Remember to ask your kids how they feel about the things they've heard - you'll learn a great deal about what they're thinking.

It is recommended that parents limit television to 1-2 hours daily and watch programs alongside their children, so that you are there to address any objectionable material viewed by your child.

- **Ways to Say "No":** Give your kids the power to escape from situations that make them feel uncomfortable.

Teach your child to trust their instincts or intuition (e.g., if something feels bad, it probably is). Make sure your child knows that they shouldn't stay in a place that makes them feel uncomfortable or bad about themselves. Also, let them know that they don't need to stick with friends who don't support them. Practice ways to say "no" with your child and help them come up with ways to avoid uncomfortable





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situations. Go over scenarios or possible situations ahead of time (e.g., asked to ride bike where they know they shouldn't or being offered unfamiliar substances, or "dared" to do something embarrassing or dangerous) and give your child some responses to use in these situations so they will be prepared to handle those situations with confidence.

### 4-6 Grade

- Finding Their Passion: I'd rather \_\_\_\_\_ than do drugs! Help your child fill in the blank:

Research shows that when youth are engaged in healthy activities, they are less likely to abuse alcohol and other drugs. Being involved in and having a passion for something fosters skills such as communication, relationship-building, self-control, and problem solving (among others).

When youth have something they enjoy, look forward to, and are proud of, they are less likely to turn to drugs and alcohol. Encourage your child to find their passion and to "live drug free." Ask them what their interests are and do what you can to encourage and support these interests.

- Avoiding Peer Pressure: Act out scenes with your child where people offer them drugs.

It is not uncommon for middle schoolers to be offered alcohol or cigarettes or know other children who have tried them. Make sure your child is well-versed in the reasons to avoid alcohol, tobacco, and other drugs. Continue to practice ways to say "no" with your child because kids who don't know what to say or how to get away are more likely to give in to peer pressure.

Here are some ways your child can say "no":

- "How about we go to my place and watch a movie?"
- "No, I have a basketball game tomorrow"
- "I'm not feeling good and should go home"
- "No thanks, I would be grounded for weeks"
- Praise Your Child: Tell your child what makes him or her so special.

Puberty can be a very confusing time for boys and girls. Girls may lose self-confidence and self-worth and be more vulnerable to negative outside influences and mixed messages about risky behaviors. Boys tend to experience mood swings, have feelings of anxiety, and explore things associated with being grown up. Puberty can upend a child's self-esteem and produce feelings of insecurity, doubt and pressure.



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Therefore, it is important that you offset those feelings with a lot of positive comments and self-esteem boosts about their life and who s/he is as an individual.

- **Teach Decision-Making:** Give your children the power and confidence to make decisions that go against their peers.

Wanting to fit in is a natural part of growing up. Therefore, the opinions of friends are rapidly becoming very important (perhaps more important than their parent's opinions). Children at this age should not only be taught to respect the feelings of their peers but to be responsible for their actions and to expect responsible behavior from their friends and peers. It is important to discuss with your child how to make good choices in the company of friends, say "no" to peer pressure, and discuss the importance of thinking and acting as an individual.

- **Start Talking Now:**

Many drugs are illegal because they are very dangerous and can hurt people even legal substances like alcohol, tobacco, and medicines can be dangerous when used improperly. It is important that your child knows that adults may drink in moderation but children may not, even in small amounts, because it is harmful to their developing brains and bodies. Continue discussions with your child about the differences between drugs, medicine, and poison. Also, begin conversations about the legal consequences (for both youth and adults) for consuming, possessing, or selling alcohol and other drugs.

- **Substance-Related Messages in the Media:** Talk to your kids about substance-related messages received through the media.

Our culture bombards us with positive messages about alcohol and other drugs. Teach your child to be aware of how drugs and alcohol are promoted by explaining that these companies are trying to convince consumers to buy their products in order to make a profit.

Alcohol and tobacco industries are increasingly directing these ads at young people. Discuss with your child how messages- from TV, song lyrics, billboards, and advertisements – glamorize the use of alcohol, tobacco and other drugs and may not tell the whole story.

7-8 Grade

- **Set Clear Rules and Role Model Good Behavior:** Make sure your teen knows your rules and the consequences for breaking those rules - - and, most importantly, that you plan to enforce those consequences if the rules are broken.

Research shows that kids are less likely to use alcohol, tobacco and other drugs if their parents have established a pattern of setting clear rules and consequences for breaking those rules; kids who are not regularly monitored by their parents



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are four times more likely to use drugs.

- **Avoiding Peer Pressure:** Brainstorm ways to say “no” in the event peers offer them alcohol or drugs.

Continue to practice ways to say “no” with your teen so they are armed with prepared answers when presented with peer pressure to use alcohol, tobacco, or other drugs. Practice short, direct ways for your teen to respond. For example, “No thanks...I have wrestling tryouts and I want to make the team” or “No thanks...we’re going to a movie.” You want your teen to avoid lengthy, weak-sounding excuses like, “I don’t think that is a very good idea...” because such responses may invite a debate. Subsequently, your teen’s peers may try to convince them to “go with the flow.” Reassure your teen that the more times s/he says “no” the less likely they will be pressured; friends will know that they cannot influence them and alcohol and drugs aren’t something your teen does.

In addition to practicing ways to say “no” with your teen, teach your teen to recognize and avoid social situations that increase the likelihood they will be offered or pressured to use alcohol or drugs. For example, walking into a house where youth are smoking cigarettes and drinking beer or hearing friends talk about sneaking alcohol from their parents to take to the bowling alley Friday night. Brainstorm possible scenarios and ways your teen can prepare for or avoid these situations without feeling like they will be ostracized for doing so.

Make it easy for your teen to leave a place where substances are being used by discussing in advance how to contact you or another trusted adult in order to get a ride home. Be available to talk about the situation when he or she arrives home.

- **Discussions about alcohol and other drugs with your teen**

Tell your teen about the negative effect alcohol, tobacco, and other drugs have on physical appearance.

Teens are extremely concerned with their physical appearance so will likely avoid anything that detracts from their attractiveness. Therefore, this is an ideal time to talk about how specific drugs can affect appearance in addition to information about major dangers and health problems and social consequences. During discussions, keep in mind that warnings of dire future health problems do not resonate as much as the more immediate consequences of using alcohol and drugs so be sure to mention the more immediate, observable effects caused by various substances. For example, nicotine causes bad breath, stained teeth, brown fingers, smelly hair and clothes, and ruins your skin. Alcohol causes bad breath, vomiting, and slurred speech, impaired judgment, and possibly poisoning. Methamphetamine changes one’s appearance drastically (e.g., ruins hair, skin sores and scabs) and



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permanently damages your brain and body (rots teeth). You can also use real-life stories from your own negative experience or local news. Tell them about a time you saw a friend or acquaintance get sick or do something they regretted as a result of using alcohol (e.g., “Uncle Joe lost his job as a truck driver because he got a DUI” or “He is lucky he didn’t hurt someone driving drunk...could have been very tragic”).

- Self-esteem, self-image, and your teen

Let your teen in on all the things you find wonderful about them. Your teen needs to hear a lot of positive comments about their life and who they are as an individual — and not just when s/he makes the basketball team. Let them know that you are proud of them and praise often. Positive reinforcement can go a long way in preventing alcohol and drug use among teens.

### **Red Ribbon Race**

Saturday, November 2nd

8:30 a.m. at Elawa Farms

Register at [www.leadingefforts.org](http://www.leadingefforts.org)

### **LEAD’s Parent University Keynote Speaker**

Noted author Bruce Feiler will share “The Keys to a Happy Family”

November 6th at 7 pm

Gorton Community Center

Worry About Family Dinner, Ditch Date Night and Let Your Kids Pick their Punishments? Are These the Keys to a Happy Family? Bruce Feiler is the author of five consecutive New York Times bestsellers. His latest book, *The Secrets of Happy Families* (Feb. 2013), is a bold playbook for families today. It collects best practices for modern-day parents from some of the world’s most creative minds. Parents will walk away from this personal, highly practical talk with a fresh outlook on life and a host of techniques to make their families closer, stronger, and happier.

\$20 registration at [www.leadingefforts.org](http://www.leadingefforts.org)

*Comment by Micaiah Robinson - There is a website called Ask.fm. Members can post and receive anonymous messages and Micaiah is aware of one instance in which a student received a message reading “Why don’t you go kill yourself.” This is a very dangerous website because it makes cyber bullying easy. Students and parents need to be aware.*



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### **Room Parent Coordinators – Michelle Curry (5), Jan MacDougal (6), Maria Allen (7), Catherine Yehle (8)**

No report this month.

### **School Supplies – Kathy Ivinjack 7/8, Tiffany Wiesner 5/6**

No report this month.

### **Social – Sushama Krishnaswamy, Marra Lochiatto, Germaine Arnson, Rebecca Oline, Lynne Kennedy, Julie Slobodnik**

Current Month - Activities:

Coffees were held on Sept 20th for 5/6 staff and Sep 27<sup>th</sup> 7/8 staff, the morning after each Curriculum Night. Bagels and fruit were served.

Coming Month - Plans:

The next Social event will be an Italian dinner to be held on Conference day, November 25<sup>th</sup>. Food will be catered by Lou Malnatis and baked goods will be donated by parents

### **Spiritwear – Liz Olsen**

No report this month.

### **Spirit of 67 Specialist – Lynne Kennedy, Natalie Torcolese**

Current Month - Activities:

- Our membership donations are way up versus this time last year – \$86,500 versus \$61,000 in 2012.
- The Spirit's Annual Fall Luncheon which will be held at Exmoor Country Club this Friday, October 18<sup>th</sup> from 10:30-2:30 p.m. Mail in registration is closed but online registration has been extended to Wednesday, October 16<sup>th</sup>. This event has sold out in the past so don't delay. You can purchase tickets online on the Spirit website at [www.spiritof67foundation.org](http://www.spiritof67foundation.org). Discounted tickets are available to Spirit donors so another good reason to join today. Spirit member price is \$67.00 and non-member price is \$97.00. There will also be 136 items/ packages that will be available for purchase at the luncheon.
- Spirit week is this week Oct15-18 for the students of D67. Friday will be Spirit of 67 day with the children dressing in blue and green, and sporting Spirit tattoos. Teachers will also be showcasing some of the wonderful items the Spirit has purchased for the schools.



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- The Spirit of 67 Foundation has partnered with local businesses to offer a supporter benefit card for everyone who joins the Spirit at the "Honor Roll" level or above (a donation of \$200 or more). Shop local and enjoy discounts or specials at your favorite restaurants, shops, salons, etc. Spirit Specialists will be in the parking lot this week with flyers highlighting some of the specials with the retailers and you can also find the discounts listed on the Spirit website.
- Grant applications will be available online soon.

### **STEM – Jenny Zinser**

No report this month.

### **Student Council 5/6 – Camille Prindle, Natalie Torcolese**

Current Month - Activities:

There was a great turnout of 75 students at the first meeting. Sixth grade student council members are invited to run for the executive positions of President, Vice President, Secretary and Treasurer. There will be an informational meeting for candidates on October 24<sup>th</sup> in DC310. The elections will be held at the student council meeting on October 31<sup>st</sup>.

Coming Month - Plans:

Members will be talking to their homerooms to discuss input on the fall fundraiser and based on interest they will determine if they will continue with the same fundraiser as last year, Caps for Kids. Full StuCo meetings this year are planned for 10/17, 10/31, 11/14, 12/5, and 12/19. The meetings are run by Mr. Weber and Mr. Smith from 7:45-8:25 am in Mr. Weber's homeroom dc208. Students are still welcome to join Student Council and be a part of great leadership, service and social opportunities.

Issues:

None at this time.

### **Student Council 7/8 – Sandy Steiner**

Current Month - Activities:

Homeroom Representation - The kids are encouraged to recruit friends to join StuCo.



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Edmodo - StuCo is leading a trend in using the Class of 2014 Edmodo page as a way to communicate and get involved...including posting about events, posting pictures and starting conversations about what's going on.

Red Ribbon Week - StuCo is working with EFFORT in supporting awareness for making good/drug-free choices and ways to use time. Promotional efforts include Ribbon Tying around DPM grounds on 10/18, Post on Edmodo, Morning announcements, Lunch Games (hand out red ribbons to games participants/guessers) the week of 10/20

October 'StuCo Fun Fall' Event - Students are voting on what the event will be. Ideas include decorating pumpkins and doors (EFFORT judge pumpkins? StuCo judge doors?), classroom pranks, BBQ/Bratfest, Fall Festival, etc.

### **Coming Month - Plans:**

Full StuCo meetings - 9/19, 10/3, 10/17, 10/31, 11/14, 12/12, 12/19.

### **Issues:**

None at this time.

### **Effort – Jolene Watkins, Micaiah Robinson**

Spirit week is next week

Pumpkins will be carved in homerooms during the week of Halloween.

Red ribbons will be hung for Red Ribbon Week.

Fall festival will be held 10/31.

### **Teacher Appreciation – Cecily Lynch**

No report this month.

### **Volunteer Coordinator – Dawn Wheldon**

We have a total of 43 Volunteers.

By category:

Art Fair: 14

Baking: 16

Chaperone: 21

Community Svc: 10

Culture Fairs: 8



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Field/Beach Days: 15

Picture Day: 5

Photography: 2

Misc: 22

### Visiting Author - Anna McEvoy, Carolann Stickler

No report this month.

### **Old/New Business**

Christie announced that future guest speakers will be Mike Simeck and, perhaps, LFHS Principal Barry Rodgers. Next month we hope to hear from Anne Whipple, concerning the new District website.

Does your committee need volunteers? If so, let Christie know and she will communicate your request to Dawn.

Respectfully submitted,  
Tiffany Wiesner