

A Health Word E-Style



April is:

- Alcohol Awareness Month
- Earth Day
- Humor Month
- Sexual Assault Awareness Month
- STD Awareness Month
- World Health Day (April 7th)
- Youth Sports Safety Month
- Cancer Control Month

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Earth Day – April 22nd



April is Alcohol Awareness Month

For Educators and Parents: Signs of Underage Alcohol Use

Most of those working in America's educational systems already know the facts about underage drinking. Underage drinking is harmful:



- * It can result in death and disability, poor academic performance, high-risk behaviors, and more.
- * It adversely affects the adolescent developing brain.
- * It increases the likelihood of chronic alcohol problems.

Warning signs can help educators spot an alcohol problem, especially if the behavior occurs suddenly or seems extreme. Concern should be even greater if several warning signs occur at the same time.

Behavioral Changes



- * School problems, poor attendance, low grades, and/or recent disciplinary action
- * Rebelling against family rules
- * Switching friends, along with a reluctance to let you get to know the new friends
- * Sloppy appearance
- * A lack of involvement in former interests

Emotional Changes



- * Mood changes, flare-ups, irritability, and defensiveness
- * A "nothing matters" attitude

Mental Changes

- * Memory lapses
- * Poor concentration

Physical Changes



- * Low energy
- * Bloodshot eyes
- * Lack of coordination
- * Slurred speech

What to Do if You Observe Signs of Underage Alcohol Use

As with all sensitive issues involving students, educators need to follow appropriate policies and procedures. Your school or school district may have substance abuse prevention and treatment programs. Your school nurse may be the person responsible for referrals. Be sure to check with the proper authority.

<http://www.toosmartostart.samhsa.gov>

Warning Signs of Alcohol Abuse

If you answer "yes" to any of the following questions, you may have a problem with alcohol:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?



Source: *How to Cut Down on Your Drinking*: <http://ncadi.samhsa.gov/govpubs/ph372/>

Wellness Team Meeting
April 13
3:00
Central Office
NEW MEMBERS
Welcomed!!

What Your Teen May *Think* About Alcohol and How You Might Respond:

Underage Drinking Myths vs. Facts

Myth: Alcohol isn't as harmful as other drugs

Fact: Alcohol increases your risk for many deadly diseases, such as cancer. Drinking too much alcohol too quickly can lead to alcohol poisoning, which can kill you.

Myth: Drinking is a good way to loosen up at parties.

Fact: Drinking is a senseless way to loosen up. It can make you act silly, say things you shouldn't say, and do things you wouldn't normally do (like getting into fights or having sex)

Myth: Drinking alcohol will make me cool.

Fact: There's nothing cool about stumbling around, passing out, or puking on yourself. Drinking alcohol also can cause bad breath and weight gain.



Myth: All of the other kids drink alcohol. I need to drink to fit in.

Fact: If you really want to fit in, stay sober. Most young people don't drink alcohol. Research shows that more than 70% of youth aged 12 to 20 haven't had a drink in the past month.

Myth: I can sober up quickly by taking a cold shower or drinking coffee

Fact: On average, it takes 2 to 3 hours for a single drink to leave the body. Nothing can speed up the process, including drinking coffee, taking a cold shower, or "walking it off".

Myth: Adults drink, so kids should be able to drink too.

Fact: A young person's brain and body are still growing. Drinking alcohol can cause learning problems or lead to adult alcoholism. People who begin drinking by age 15 are 5 times more likely to abuse or become dependent on alcohol than those who begin drinking after age 20.

Myth: Beer and wine are safer than liquor.

Fact: Alcohol is alcohol...it can cause you problems no matter how you consume it. One 12-oz. bottle of beer or a 5-oz. glass of wine (about a half-cup) has as much alcohol as a 1.5 oz. shot of liquor. Alcopops – sweet drinks laced with malt liquor – often contain more alcohol than beer!

Myth: I can drink alcohol and not have any problems.

Fact: If you're under 21, drinking alcohol is a big problem: It's illegal. If caught, you may have to pay a fine, perform community service, or take alcohol awareness classes. Kids who drink also are more likely to get poor grades in school, and are at higher risk for being a crime victim.



U.S. Department of Health and Human Services: Substance Abuse and Mental Health Services Administration Center for Substance Abuse Prevention



OSA Tips to Prevent Underage Drinking

Tip #5

Good: Wait up, or set the alarm for curfew time – talk with your teen about their night.

Better: Start with above and then...When your teen arrives home, look for signs of use. Teens who believe their parents will catch them are less likely to drink.

Best: Start with above and then...Be prepared in advance for what you would do the FIRST time you discover that your teen has been drinking. Think ahead of time about how you want to react, who you would talk to, and how you would enforce consequences.



1 in 4 Americans has an STD.



Contact your doctor to see about getting tested.

Consider This

According to scientific research, most youth who drink obtain alcohol primarily through non-commercial sources, such as parents, family, friends and other adults over 21. They are sneaking alcohol from their parents' homes, having older friends buy it, or are obtaining it at parties.

Healthy Waldo County Coalition would like you to get involved.

By Nancy Tkachuk, Waldo County Substance Abuse Coordinator

“It is Everyone’s Business. Underage drinking is not a teen problem, but a community problem. Adults, youth, law enforcement, retail stores and the greater community all need to be part of the solution.”

Underage alcohol consumption has received a significant amount of attention as a major public health concern. High risk drinking in adolescence is associated with many undesirable consequences, including motor vehicle injury and death, suicide, sexual assault, high-risk sexual activity, and developmental impairment. Although the Maine Youth Drug and Alcohol Use Survey reports that there has been 19% decline in underage use of alcohol from 2004 to 2008, there is still work to do. Over one in four students in the 11th and 12th grades reports that they have reported binge drinking in the previous two weeks.

What can you do to help? Begin by taking notice of your attitude toward alcohol and the message that you are sending to youth. Being a good role model to teens helps them to make healthy decisions.

Familiarize yourself with the risk factors and talk to your family physician about any concerns you have. On its [website for underage drinking prevention](#), the [Substance & Mental Health Services Administration \(SAMHSA\)](#) advises parents that while all teens can be harmed by alcohol use, the following risk factors put some teens at exceptional risk of alcohol-related problems:

Close friends who use alcohol and/or other drugs.

Aggressive, antisocial, or hard-to-control behavior from an early age.

Childhood abuse and/or other major traumas.

Current behavioral problems and/or problems with school work.

Parents who do not support them, talk to them, or keep track of where they are, who they are with and what they are doing.

Ongoing anger or rejection from parents and/or harsh, inconsistent discipline " .

Alcohol or other drug use before the age of 15.

A parent who is a problem drinker or an alcoholic.

As parents PLEASE:

- **Be a role model for your child:** *Your child is very influenced by how you use or abuse alcohol and the respect you have for yourself*
- **Discuss the dangers of drinking with your child:** *Find teachable moments to speak with your child about how drinking can affect you both physically and mentally compromising your health and well being*
- **Make your child accountable if they break your rules:** *Be consistent and let them know you are serious and if they violate your rules they will held accountable for violating them*
- **Know your child’s friends and their families:** *Don’t be afraid to let their friends’ ‘parents know your rules and how you feel about underage drinking*
- **NEVER EVER allow your child or their friends to consume alcohol in your home:** *Furnishing alcohol to a minor is against the law and can result in a fine of not less then \$500 or for furnishing a place a fine of not less then \$1000*

Parents, we are asking you to do your part not just during the month of April but throughout the year. PLEASE encourage others as well to be part of the solution in reducing underage drinking in our communities.

For more information and helpful resources for parents please contact Healthy Waldo County’s Substance Abuse Prevention. Contact either Nancy Tkachuk 338-2200 ext 105 email: ntkachuk@brmaine.org or Patrick Walsh 338 -2200 ext 109 email: pwalsh@brmaine.org.

National Youth Sports Safety Foundation Emotional Injuries

Desirable Outcomes of Participation: Ideally, well organized youth sports programs provide a safe, wholesome environment where children can enjoy their spare time and sports experience.

Desirable outcomes of this experience include: having fun; the development of sound character, self esteem, confidence, friendships, trust; and the accomplishment of goals.

Unfortunately, not all children have a positive experience in youth sports programs. Certain behaviors and philosophies have been found to create a destructive environment causing some children to be scarred for life.



Walk It On

Nickerson School and East Belfast School are quickly reaching their final destination. Both schools are involved in a walking program. At least twice a week students and staff clock their miles by walking for 10 minutes or more.

By May 20th, the Nickerson School will have walked over 6,000 miles to reach Japan. Along the way they have learned about the Japanese culture, sung Japanese songs, written their name in Kanju and eaten with chop sticks.

East Belfast School is quickly reaching the end of the Oregon Trail. Covering over 2,000 miles, students have learned about pioneer life on the trail. A colorful map with little feet hangs in the hallway documenting their progress along the trail.

These jokes below are copyrighted by Resources for Educators, a division of Aspen Publishers, Inc.

Family Nutrition Corner

The next time your teen wants a soda, tell her this: a typical can has 10 tsp. of sugar – more than in a chocolate bar! Try to steer her to these healthy choices instead:

Milk: provides calcium, vitamins, and nutrients that kids need. Encourage your tween/teen to drink 3 cups a day. Keep the milk fat-free, but it's okay to add chocolate as the benefits of milk outweigh the added sugar.



Water: is the best all-day drink. It has no sugar or calories and is low-cost. You can add flavor with a lemon slice.



H u m o r M o n t h

Emotional Abuse: Emotions, defined by Richard Lazarous, Professor Emeritus at Cal-Berkeley are as follows: "Negative emotions include: anger, anxiety, fright, sadness, guilt, shame, envy, jealousy, and disgust. Positive emotions we would like developed include: relief, hope, happiness/joy, pride, love, gratitude, and compassion."

Emotional abuse occurs when an individual treats a child in a negative manner which impairs the child's concept of self. This may include a parent/guardian/caregiver, coach, teacher, brother, sister or a friend. Emotional abuse is, perhaps, the most difficult abuse to identify and the most common form of maltreatment in youth sports.

Examples include: rejecting; ignoring; isolating; terrorizing; name calling; making fun of someone; putting someone down, saying things that hurt feelings; and/or yelling.

Additional examples of emotional abuse:

- Forcing a child to participate in sports
- Not speaking to a child after he/she plays poorly in a youth sports game or practice
- Asking your child why he/she played poorly when it meant so much to you
- Hitting a child when his/her play disappoints you
- Yelling at a child for not playing well or for losing
- Punishing a child for not playing well or for losing
- Criticizing and/or ridiculing a child for his/her sports performance

Statements such as: "You're stupid, you're an embarrassment, you're not worth the uniform you play in," are damaging and hurt a young athletes self esteem and their value as a human being. If said long enough or strong enough these statements or other negative statements may become beliefs of the athlete and may carry forth into their adult life.

<http://www.nyssf.org/emotionalabuse.pdf>



Q: What happens when you tell an egg a joke?

A: It cracks up!



Q: Why don't grapes snore?

A: They don't want to wake up the rest of the bunch.

Q: Why did the farmer drive a steamroller over his potato fields?

A: He wanted to grow mashed potatoes!



Q: Why is a tomato round and red?

A: Because if it was long and green it would be a cucumber!

Q: What's the hardest thing about learning to rollerblade?

A: The ground



Q: What do computers eat for lunch?

A: Chips.

Q: What do you get when you cross a cow with a trampoline?

A: A milkshake!





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*“When you’re learning
to face the path at your
pace, every choice is
worth your while.”
-Indigo Girls*



Vegan Banana Blueberry Muffins

Originally submitted by Astrophe and modified by Kaboose.com

Ingredients

- 2 very ripe bananas, mashed
- 3/4 cup all-purpose flour
- 1/2 cup whole wheat pastry flour
- 1/2 cup sugar
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 2 tablespoons water
- 1-1/2 teaspoons egg replacer (dry)
- 1/2 cup blueberries

Cooking Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Grease muffin cups or line with paper muffin liners.
2. In a large bowl combine mashed bananas, all-purpose flour, whole wheat pastry flour, sugar, baking powder and salt; mix until smooth. In a small bowl or cup combine water and egg replacer; stir into banana mixture. Fold in blueberries.
3. Spoon batter evenly, about 1/4 cup each, into muffin cups.
4. Bake in preheated oven for 20 to 25 minutes, or until golden brown.



Nutrition Facts

Servings per Recipe: 6
Amount Per Serving

- **calories:** 192cal
- **total fat:** 0.5g
- **cholesterol:** 0mg
- **sodium:** 217mg
- **carbohydrates:** 45.8g
- **fiber:** 2.4g
- **protein:** 3.1g

Preparation Time: 5 min.
Cooking Time: 20 min.
Ready In: 25 min.

Servings: 6

Prom Time Tips For Parents



The High School Prom is a special event in your child’s life. Your teen will be planning for months. Decisions will be made about their dating choice, the prom theme and decorations, prom gowns and tuxes, prom hairdos and corsages. While prom night is a special occasion and a few family rules may be bent, (like giving a later curfew); setting clear rules and consequences will still be important for your teen.

One way to ensure that your child’s prom night’s dreams are realized is to have a pre-prom planning meeting with your teen and his/her circle of friends. Together you can establish ground rules, expectations and consequences. You will also be able to gather contact information and communicate with the other parents before the prom to let them know the agreed upon prom ground rules.

Many decisions will be made; who will take the pictures, curfew, after prom parties, who will be driving and respectful behavior at the prom. One decision often forgotten in the excitement of planning is to plan what to do if something goes wrong. Let you teen know that it is ok to call you for any reason at any time. By discussing predicaments and solutions in advance, you will help your teen and their friends to really make their prom “ A Night to Remember”.

For more information and parent tips on limiting access, networking, reinforcing and enforcing, parental monitoring, and being up and ready, go to www.maineparents.net and Find Out More. *Do More!*