

East Valley High School



Newsletter

Home of the Red Devils

APRIL 2010

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ARE YOU AWARE?

Do you know where your prescription medications are? Chances are your teen does. The abuse of prescription medicines is on the rise among teens across the nation. There seems to be fewer stigmas about taking pills because teens see them as medicine. And, these prescription medications are also worth serious money. Students are selling their own medications and those belonging to their parents.

In the past few months, it has come to the forefront here at EVHS in a variety of ways. The Healthy Youth Survey taken by our students in 2008 showed that approximately 4% of 10th graders had abused the prescription medicines including Ritalin and Adderall (used most often to treat attention-deficit disorder) to get high (4.7% in Yakima County); and 10% of 10th graders had abused the prescription medicines Vicodin, OxyContin (sometimes called Oxy or OC) and Percocet (sometimes called Percs) (pain medications) to get high (7.5% in Yakima County). Those 10th graders that were surveyed are part of the Class of 2010.

On the Drug Rehab Treatment website (www.drugrehabtreatment.com), they recommend important things that parents can do to prevent their children from abusing prescription medications:

- EDUCATE yourself about medications that kids are abusing.
- COMMUNICATE with your kids. Talk to your teens and find out whether your kids are aware of their peers using medications without Dr.'s orders. Make sure they understand the dangers of taking any medication that has not been prescribed specifically for them.
- SAFEGUARD medications at home and other places. Take an inventory of prescription and even over-the-counter medications such as cough syrup or allergy medications with epinephrine. Pay attention to quantities. Keep medications out of reach and out of easily accessible places like the medicine cabinet.

It is important for teens to realize that prescription medications can be just as addictive and dangerous as street drugs. Not only do they risk overdosing, but if they mix medications or combine them with alcohol, they can be just as deadly. Most important, they need to know it is illegal to use or provide someone else with a prescription medication that is not prescribed specifically for them.

EVSD PRESCRIPTION MED POLICY 3416

Under normal circumstances, prescribed oral medication and oral over-the-counter medication should be dispensed before and/or after school hours under the supervision of the parent or guardian.

If a student must receive prescribed or non-prescribed oral medication from an authorized

staff member, the parent must submit a written authorization accompanied by written instructions from a licensed physician or dentist. Select staff members have been trained to administer oral prescribed or non-prescribed medications to students. Medications will be stored in a secure place in the main office.

Therefore, it is important that any medications sent to school for your child to take, be accompanied by the attached form and be checked in at the main office. Thank you!



MARK YOUR CALENDAR

Date & Time Event & Location

4/9, 10 a.m.	Parent Coffee
4/10, 6 p.m.	Military Ball, Clarion Hotel
4/20-23, (all day)	Breaking Down the Walls
4/26-27	Forecasting for 2010-11
4/29, 12:00 - 7:30	Student-Led Parent Conf.
5/1, 8 - 11:30 p.m.	Prom - Harman Center
5/4, 7 p.m.	Parent Meeting (see info in newsletter)
5/7, 10 a.m.	Parent Coffee
5/7, Jazz Band Dinner	TBD

SENIOR PROJECT PRESENTATIONS

April and May are filled with opportunities for Seniors from the Class of 2010 to present their Senior Project to a panel of judges. Each student brings their own personality and style to their presentation and it is a very special time. Presentations will be occurring on April 29, May 3, 4, 5, 10, 11, 13, and 17 at 5 p.m.

BREAKING DOWN THE WALLS

April 20, 21, 22, 23

Can you imagine a campus...Where it is okay to say, "Hello,," to everyone you pass in the halls...Where all students take pride in their school campus...Where students strive to help other students succeed...Where the "skateboarders" could hang with the "jocks"?

Breaking Down the Walls (BDTW) is a multifaceted program which addresses more than just one of the needs on campuses today. BDTW could easily stand alone as a *violence prevention* program as it teaches students how to turn to others in times of questions or conflict. BDTW empowers positive leaders in a variety of peer groups to help teach the do's and don'ts of a school campus community. BDTW serves as a model for *teaching school culture* by uniting a campus through student led activities that promote success and pride. BDTW teaches students how *making the right choices* can lead to a healthy, productive life, void of drugs and/or alcohol.

The impact of this program can be realized in just one sentence: **Breaking Down the Walls gives all students, regardless of their peer group, permission to talk to each other.** A simple idea but perhaps the most overlooked necessity on a school campus today.

BDTW teaches students to understand they are not alone by bringing to light the notion that other students share the same concerns and questions they do. However, what makes BDTW truly unique is that it also empowers students to safely and comfortably reach out and communicate with each other, finding support, regardless if they have known each other ten minutes or ten years.

BDTW begins with a morning all school assembly on Tuesday, April 20. This assembly focuses on school climate and creating a community of care, setting the tone for the week ahead. That afternoon, selected student leaders are trained to help facilitate the Workshop days that will occur on Wednesday through Friday, April 21-23. These students will receive training in leadership, listening skills, motivation, student support and what is required to be a positive role model. Workshop days are facilitated by Learning for Living staff member, Stu Cabe, and the student leaders. A Workshop day is an intense six hour day of activities and inspirational interactions with up to 150 students each day. Students who attend a workshop will forever change the way they view their campus, their fellow students, and most importantly, themselves.

My own experience with BDTW at two previous high schools is that this program has a profound impact on the students. The brilliant thing about BDTW is that the students who attend will plant the seeds of its meaning in their friends, their family, and their community. I have seen firsthand respect, support, and encouragement grow and flourish!

STUDENT-LED PARENT CONFERENCES

On Thursday, April 29, there will not be school at EVHS, but that does not mean that the sharing of knowledge will not be happening. On that day from 12:30 - 7:30 p.m., we will be hosting Student-Led Parent Conferences. These conferences will be presentations from your student about their educational experience this year and their plans for their future. Their presentations will culminate with them sharing their course selections for the 2010-2011 school year.

This year we are hoping for 100% attendance at conferences. Please show your student how you support them in their educational endeavors! Thank you!

STUDENT OF THE MONTH

We would like to recognize the following students, nominated by their teachers, for their excellent representation of the EVHS motto: *Spirit, Pride, Excellence*. The students with the * by their name are the school-wide recipients of the EVHS Student of the Month Award.

JANUARY

Madison Lenseigne	JROTC
Conner Black	English
Savannah Wammock	Math
Emma Jo Scherschlight*	Foreign Language
Chantell Nowlin*	Foreign Language
Yamilet Araujo	Fine Arts
James Himes	Health & Fitness
Jonathon Davis	Career, Tech. Ed.

FEBRUARY

Taylor Woods	Student Services
Stephanie George	JROTC
Omar Manzo*	English
Kaela Collazo	Math
Kaytlyn Mortensen	Foreign Languages
Enely Rodriguez	Fine Arts
Collyn Stafford	Health & Fitness
Heather Pepper	Science
Hailey Dorais	Career, Tech. Ed.
Lindsey Remmerden	Social Studies

THANK YOU! THANK YOU! THANK YOU!

Every two months we hold a student of the month breakfast to recognize students who have been nominated by their teachers. The food for the event has graciously been cooked and donated by **Jean's Cottage Inn**. Since 1946 Jean's Cottage Inn has been serving quality food to Yakima Valley residents. Some people know them for their great tasting steaks, others know them for their filling burgers or piles of piping hot fries, and some know them for their amazing seasonings and ranch dip, yet they all have one thing in common, they know the best deals in town for mouth watering food are at Jean's Cottage Inn, located at 3211 Main Street, Union Gap. Thanks for the support!

FOOTBALL UPDATE

EVHS would like to welcome our new head football coach, Mark Mochel. Coach Mochel was our top pick to fill the shoes of Coach Reifel. He brings to our program a true respect for what Coach Reifel has built and the desire to take the program to the next level. Since he heard he has the position, he has been hard at work preparing for his first year leading the Red Devils onto the field. Here is a message from Coach Mochel:

The coaching staff is working hard to get ready for spring football, summer activities and the upcoming fall season. A few new coach's faces will merge with some "old stand-bys" this year. Spring football will run from Tuesday June 1st through Saturday June 12th. On the 12th, East Valley will be hosting Highland, Wapato, Toppenish, LaSalle and Zillah in a jamboree! This jamboree will help us see where we are with skill and talent and where we need to go. It will start at 10 AM and run until 12:30 or so. It should be a fun day, full of football, BBQ, and meeting the new staff. Also, throughout the summer, on Wednesday nights at IKE we will be doing 7 on 7 with area schools. The annual summer camp, the last week of July, is moving to Ellensburg due to construction at East Valley High School. Coach Morrison has a camp info sheet, please see him for details. Updated physical and concussion forms will need to be filled out before any type of participation, so if you have questions please see Coach Morrison or contact Coach Mochel at Mochdawg77@hotmail.com. Have a great spring and we look forward to seeing all of you in June!