

Thrive update



Enhance Inspire
Inform healthy kids make smarter students

Volume 3 | Issue 2

OCTOBER 2010

insideTHRIVE

2 Fostering Social Success

Tips for parents of high school students

3 Parenting Today with Dr. J

Community Connections: A Student Resource Guide

4 YMCA of Boulder Valley Free BreakThrough Arts Program for Teens

5 Calendar of Classes & Events

Also attached:

BVSD Day at the Boulder County Farmers' Market Sat., Oct. 9

In Memoriam

The Thrive Update Editorial Board is deeply saddened to have lost our Publication Manager Marsha Moritz, who passed away last week after a long and valiant struggle with cancer. Marsha was a longtime advocate of educating parents about how to support healthy youth development and, without her, the Thrive Update newsletter would not have been created. Also among her numerous contributions to BVSD, she co-founded the Parent Engagement Network and was chair of the Thrive Handbook committee. She will be missed by all of us.

>> BVSD Adult/Student Relationships

"One looks back with appreciation to the brilliant teachers, but with gratitude to those who touched our human feelings. The curriculum is so much necessary raw material, but warmth is the vital element for the growing plant and for the soul of the child."

~Carl Jung

Dr. Carl Jung's words reflect the essential nature of positive adult/student relationships at school. When these are healthy and strong, children are stretched and challenged -- they thrive in immeasurable ways.

Here in BVSD, these adult/student relationships are highly regarded and, as such, are a part of our district goals to "create and sustain a safe and positive learning environment that protects and respects the rights of all individuals as measured by specific results from the annual BVSD School Climate Survey." The results of the climate survey administered this past spring showed many significant, positive changes at the elementary and middle school levels. Students acknowledged feeling liked and respected by their teachers and reported that adults at school are available for them to talk to and to listen to their needs. At the high school level, students continue to indicate that they have an adult at school that they trust and that they feel safe to ask questions. Survey results held steady in that most students feel respected and listened to by teachers.

Building and maintaining healthy relationships between adults and students is that vital element of warmth that Dr. Carl Jung describes. With trust, respect, safety, and caring in a relationship, there is no limit to what can be achieved.

Here's to a wonderful year of growing and learning!

by Sennen Knauer, M.Ed.
BVSD School Counselor and
Counselor Coordinator

>> Fostering Social Success

A new school year presents an opportunity for students to “tune-up” relationships with self and others. If your child is shy or lonely, help them to identify what healthy aspects they enjoy about themselves and encourage them to pursue activities that nurture them. If they make friends when pursuing an interest, that is icing on the cake.

What do your children appreciate about themselves? Are they musical, athletic, kind, smart, insightful, or energetic? Are they concerned about animals, the environment, interested in sports or the arts? Is there an opportunity to utilize their skills and interests through school, employment or volunteer work? While reaching out to others can be intimidating, it can also boost self esteem and the academic experience. Whether they are meeting a new person or joining a club, reassure your child that feeling uncomfortable about introducing themselves is normal. They can minimize their reluctance with some simple steps. You can model these behaviors and, if they are willing, role play these social skills with your child.

When approaching new people, take a deep breath and relax. Look directly at others and state your name. Show interest and concern, ask relevant questions and stay positive. Listen closely and don't interrupt. Give verbal or visual acknowledgment that you are following the conversation such as saying “okay,” or nodding your head.

If a connection is made, great! Encourage your child to invite a new friend for lunch or a study date. If they join an organization, help them stay true to their commitments. Remind your child that not everyone will appreciate them. If an introduction was not satisfying, acknowledge their courage and try to stay positive. The world needs all kinds of talent and energy. Rejection is common, but it doesn't define who we are.

Encourage your child to say, “No thanks,” “not into that” or “I have to go” if asked to do something that makes them uncomfortable. Compromising oneself for companionship can be tempting, but the fun is short-lived and the consequences can be dire.

Most importantly, by acknowledging your child's prosocial behaviors, you will increase the likelihood of their reoccurrence.

by Elizabeth Matthews, LPC
Boulder Psychological Services Member

>> Tips for parents of high school students

The start of high school is an exciting time in your teen's life. As a parent, it's important to continue helping them to make positive choices that keep them healthy and safe. To help you support your teen, the teens in the Gateway Drugs Peer Education program compiled their top pieces of advice for high school parents [1].

- **Be aware.** Watch for changes in behavior. Alone they may seem small, but together could be a sign of something bigger. Don't let yourself be surprised.
- **Talk to your teen.** Make sure they know it's not a forbidden subject. Share your own experiences and how you feel about your own choices and theirs. Share information about your family. Kids who knew there were substance issues in their family knew they had to be extra careful. If you find your student is doing drugs or alcohol, or if you suspect that they are, don't just let it go. Connect with resources that can help you and your teen.
- **Help your teen be safe.** Let your student know that if they make a poor choice and need help, they can call you. Talk about it the next day when everyone is in a better frame of mind. Tell them about the safe haven law and signs of alcohol poisoning. Make sure you have worked out a plan with them for different situations and how to stay safe.
- **SET A GOOD EXAMPLE.** If you expect your child to make good choices, lead by example. They are watching.

[1]The Gateway Drugs Peer Education program trains high school volunteers to teach middle and high school students about the consequences and impacts of drug use and abuse.

>> Parenting Today with Dr. J

As we approach Red Ribbon week* (October 23-31), we are reminded of the challenges that our youth face regarding experimentation with drugs and alcohol. The most recent data indicates that after Marijuana, prescription medications are the second most abused illicit drugs by children 12-18 years of age in the United States. The most common abused prescription drugs are Opioids (Oxycontin, Vicodin, Demerol), central nervous system depressants (Mebutal, Xanax, Valium), and stimulants (Ritalin, Adderall). Between 1998 and 2008, treatment admissions for prescription painkillers increased 460 percent, according to the Substance Abuse and Mental Health Services Administration (SAMHSA). Many children and adolescents assume that prescription drugs are safe because a doctor prescribes them. Misused, these drugs can be highly dangerous and even deadly. The most common source for many of our youth is not a drug dealer but the family's medicine cabinet. This is not just an issue among older teens. According to the National Survey on Drug Use and Health (NSDUH, 2007), prescription drugs are the drug of choice among 12- to 13-year-olds.

We know that when parents let their children know that they strongly disapprove of drug and alcohol use, their children are less likely to engage in these behaviors. Most parents, however, don't discuss prescription drug abuse, typically focusing more on Marijuana, alcohol and street drugs. We need to add this to the conversation.

As parents, here's what we can do now to protect our children:

- Discuss the dangers of prescription drug abuse with your children.
- Make sure that prescribed medications in your home are not accessible to your children and their friends.
- If you have old medications at home, dispose of them properly.

For more information, visit the National Family Partnership website: www.nfp.org.

Dr. Jan Hittelman, a licensed psychologist, is Director of Boulder Psychological Services and Founder of the Boulder Counseling Cooperative. Questions or comments for this monthly column can be sent via email to: jan.hittelman@gmail.com, or by phone: 720-217-3270.

*Red Ribbon Week is a national celebration sponsored by the National Family Partnership (NFP). Its purpose is to bring people and communities together to make a visible stand against substance abuse. The Red Ribbon Campaign was started when drug traffickers in Mexico City murdered DEA agent Kiki Camarena in 1985. This began the continuing tradition of displaying Red Ribbons as a symbol of intolerance towards the use of drugs.

>> Community Connections: A Student Resource Guide

BVSD's Community Opportunities for Youth Directory now has a new name: Community Connections: A Student Resource Guide. The guide can be found at www.bvsd.org/guide. This annual BVSD publication is filled with enriching activities and services that support the health and wellbeing of children and youth. Categories include athletics, health & support services, tutoring and the arts. Paper copies can be found at schools beginning in mid-September. You can also request a copy in English or Spanish from Marla Riley at 720-561-5250, marla.riley@bvsd.org.

>> YMCA of Boulder Valley Free BreakThrough Arts Program for Teens

The YMCA of Boulder Valley and September High School have joined together to bring Boulder Valley teens the most comprehensive offering of free after-school art classes available. "YMCA BreakThrough Arts" and "September High School After Hour Arts" provide a safe, drug-free place for teens to spend their afternoons exploring their creativity, connecting with caring adults and creating lasting relationships with their peers. With classes that are designed by teens, all youth have the opportunity to find their passion, build developmental assets and re-awaken their love of learning.

All classes are free of charge. We prefer that students register in advance for classes, though we do accept drop-ins.

Fall Schedule of Classes:

Y = YMCA BreakThrough Arts class

S = A September High School After Hour Arts class



Comic Book Illustration and Graphic Storytelling

Mondays - 9/13 to 11/15 from 3:30 to 5:30 p.m. (Y)
Art Studio - Boulder High School

Hip Hop Music Production

Mondays - 9/13 to 11/15 from 3:30 to 5:30 p.m. (S)
Music Building - September High School

Hip Hop Dance

Tuesdays - 9/14 to 11/16 from 3:45 to 5:00 p.m. (Y)
Group X Studio - Mapleton Center YMCA

Natural Highs:

Healthy Alternatives to Drugs and Alcohol

Tuesdays - 9/14 to 11/2 from 3:30 to 5:30 p.m. (S)
Community Arts Building - September High School

Open Music Lab

Tuesdays - 9/14 to 11/16 from 4:00 to 6:00 p.m. (Y)
Music Studio - September High School

Art of Billiards

Wednesdays - 9/15 to 11/17 from 4:00 to 6:00 p.m. (Y)
Odd Fellows Lodge

Contemporary Dance

Wednesdays - 9/15 to 11/1 from 4:00 to 5:15 p.m. (Y)
Spirit Mind Body Studio - Mapleton Center YMCA

Screen Printing and Tye Dying

Wednesdays - 9/15 to 11/17 from 3:30 to 5:30 p.m. (S)
Community Arts Building - September High School

Yoga

Wednesdays - 9/15 to 11/17 from 4:00 to 5:00 p.m. (Y)
Spirit, Mind, Body Studio/Arapahoe Center YMCA

Culinary Arts

Thursdays - 9/16 to 11/18 from 4:00 to 6:00 p.m. (Y)
Catering Room/Centaurus High School

Hemp and Henna Designs

Thursdays - 9/16 to 11/4 from 3:30 to 5:30 p.m. (S)
Community Arts Building - September High School

SoulCollage®

Fridays - 9/24 to 11/12 from 3:30 to 5:30 p.m. (S)
Community Arts Building / September High School

For more information on programs at the YMCA, please contact one of our two locations in Boulder County.

Arapahoe Center: 95th & Arapahoe, Lafayette 303-664-5455

Mapleton Center: 28th & Mapleton, Boulder 303-442-2778

www.ymcabv.org

>>Calendar of Classes & Events

OCTOBER 2010

Wednesday, Oct. 20, 6:30 – 8:30 p.m.

PEN Presents - Secrets to Success in Parenting Your Teen

Louisville Middle School, 1341 Main St., Louisville

Presenter Sue Blaney, author of *Please Stop the Rollercoaster: How Parents of Teens Can Smooth Out the Ride*.

Donations accepted. For more information go to www.pleasestoptherollercoaster.com

Wednesday, Oct. 20, 6:30 p.m.

BVSD District Parent Council meeting

Aspen Room in Education Center, 6500 East Arapahoe Road, Boulder

The Boulder Valley District Parent Council (DPC) provides a monthly forum and a lively exchange of ideas for all the schools in the Boulder Valley School District. This October meeting will focus on fundraising best practices and a review of the district's master safety plan with special discussion on the REMS grant recently awarded and what will be done with that money.

Thursday, Oct. 21, 9:00 a.m. – noon

PEN Presents - One on One Workshop with Sue Blaney

BVSD Ed Center, 6500 E Arapahoe, Boulder

Join presenter Sue Blaney, author of *Please Stop the Rollercoaster: How Parents of Teens Can Smooth Out the Ride* for a one-on-one workshop. Learn how to parent your child with conviction, communication and love. There is a fee for this workshop. For more information contact Kathy Valentine at valstone2@hotmail.com or 303-810-6456.

Sunday, Oct. 24, 4:00 – 6:00 p.m.

Rotary Youth Exchange presentation

Fairview High School Cafeteria. RSVP for further details

Contact: Joe Prizio zprizio@comcast.net or 303.517.5289

High school students and parents, please mark your calendars for a lively and informative presentation about opportunities to Study Abroad for an Academic Year. Open to teenagers 15½ to 18½ years old at the time of exchange. Apply for the 2011/2012 academic year by mid-November 2010. Apply in your sophomore, junior or even senior year. *Rotary Youth Exchange (RYE) has been sending students around the globe since 1929. Each year Rotary clubs worldwide arrange for thousands of high school exchanges. Rotarians involved in this not-for-profit undertaking are volunteers, helping to keep costs to the families of exchange students low.* RSVP Required.

THRIVEupdate
for BVSD Parents

Published by BVSD
Written by local Boulder
experts and parents

THRIVEupdate
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Look for us on the web!
www.bvsd.com

>>Calendar of Classes and Events

OCTOBER 2010

Monday, Oct. 25, 7:00 – 8:30 p.m.

How to Parent When Your Child is Using Drugs

A Pathways to Parenting Success Series Workshop, Meadows Branch Library, 4800 Baseline Road, Boulder
Learn about the most effective parenting strategies and treatments for a child experimenting with drugs.

Facilitated by: **Linda Cain, MSED Kat Hunt, CACIII, Jen Sutton, LPC, LAC.**

This is free and open to the public. For more information: www.BoulderPsychologicalServices.com.

Wednesday, Oct. 27, 6:30 – 8:00 p.m.

PEN Parent Book Group Kick-off

Louisville Middle School Library, 1341 Main St., Louisville

Sign up for a book group at this informational meeting. For more information contact Fawnda Hathaway, PEN Book Group Coordinator; at fawnda@comcast.net or Kathy Valentine, valstone2@hotmail.com or 303-810-6456.

NOVEMBER 2010

Monday, Nov. 1

ADHD: Diagnosis, Challenges and Treatment

Learn how ADHD is properly diagnosed, impacts those who are challenged by it, and effective ways to treat this challenging disorder. Moderator: **Leisha Conners Bauer**; Panelists: **Dr. Wyatt Fisher, Dr. Jan Hittelman, Elizabeth Matthews, LPC, Dr. Leland Johnston.** BVSD Board Room (6500 East Arapahoe, Boulder) and simulcast on Comcast Cable Channel 22. For more information: www.BoulderPsychologicalServices.com.

Saturday, Nov. 6, 8:30 a.m. – 4:00 p.m.

Late, Lost and Unprepared: A Conference on Attention Issues

BVSD Ed Center, 6500 E Arapahoe, Boulder

Are you worried about your child? Have you heard the dreaded words, “Your child is just not paying attention?” Does your child have trouble in school with focusing, finishing or finding things?

This conference is for you if you are concerned, trying to get a diagnosis, have a diagnosis, or want to know more about how to work with your child's school. Attention issues include AD/HD along with autism, mental health issues and more. **Spanish translation available.** For more information, contact Anna Stewart through the BVSD Parent Support Center at 720-561-5918 or ann.stewart@bvsd.org.

Foothills Parenting Classes

Classes offered include “Becoming a Love & Logic Parent®,” “REAL Parenting®” (a parent and teen workshop, taught simultaneously), “Siblings Without Rivalry™,” and “Love and Logic Early Childhood Parenting Made Fun!®” Get more information and the current class schedule at <http://www.foothillsparentingclasses.com/>