

Thrive update



Enhance Inspire
Inform healthy kids make smarter students

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NOVEMBER 2012

insideTHRIVE

2 Looking for Thanksgiving Break activities for your child?

Leaders Made at the Y

3 Why Talk About Marijuana?

Have the Conversation!

4 Calendar of Classes & Events

Look for us on the web!
www.bvbsd.org

>> Maintaining Emotional Wellness in Challenging Times

It's easy to get caught up in the minutia of our lives and lose sight of what is important, particularly in our current times of fiscal challenge, world unrest, and disturbing environmental changes. For many of us, these can be scary times. As our collective stress level rises, so too does our ability to effectively manage our emotions and maintain healthy relationships with others. Whether it's arguing about the upcoming presidential election, dueling bicyclist versus pedestrian letters to the editor, or reduced parental frustration tolerance, higher levels of stress often result in increases in negative emotions like anger, anxiety, and depression. While we might feel helpless in terms of the challenges of the modern world, we can make changes in our own lives that can positively impact our emotional health and family well-being.

Here are some suggestions to reclaim our emotional sanity during these challenging times:

- **Make time to relax.** For some of us, if we don't schedule down time it doesn't happen. Even a half hour stroll in a peaceful place can do wonders.
- **Try to focus on the positive.** We naturally focus on the negative, whether it's our child's behavior or our own imperfections. Take stock in the many positives in your life.
- **Schedule quality family time.** Even if it's just playing a board game together or going to a movie, we must balance "normal" chaotic family interaction with some positive bonding time.
- **The magic of exercise.** In addition to improving our physical health, regular exercise has consistently been shown to reduce negative emotions like anxiety and depression.
- **Fun is underrated!** Parents as well as children work too much these days. Life is short; try to focus on safe healthy fun activities by yourself, with friends, and with family.
- **Remember your mortality.** Imagine how different our existence would be if we lived everyday like it was our last. Make good use of the precious time you have and enjoy it!
- **Remind yourself of what is important and give thanks.** As Thanksgiving approaches, take some time to remember your many blessings and let those around you know how much you appreciate them.

And for taking the time to read the Thrive Update, thanks from all of us for trying to be the best parent you can be!

by Dr. Jan Hittelman
Boulder Psychological Services

>> Looking for Thanksgiving Break activities for your child?

BVSD Lifelong Learning is offering three high-quality Thanksgiving Break camps that kids will love. Register now – our popular camps fill up quickly. Here's what we're offering:

Bricks 4 Kidz: Gadgets, Gizmos, and the Laws of Motion (Ages 7-11)

Build cool gadgets and gizmos out of LEGO® bricks, from a spinning top to a spin art model. There will be lots of learning, too, as we explore probability, friction, symmetry, gear ratio, and more. *Presented by Bricks 4 Kidz.*

Half-Day:

Nov. 19-21, Mon, Tue, Wed
9:00 a.m. - 12:00 p.m.
\$89 - Broomfield Heights Middle

Full-Day:

Nov. 19-21, Mon, Tue, Wed
9:00 a.m. - 4:00 p.m.
\$189 - Broomfield Heights Middle



Science Matters: Amusement Park Science (Ages 6-10)

Have you ever wanted to design your own amusement park? Master the mechanics of circuits and motors as you create the rides of your dreams. *Presented by Science Matters.*

Half-Day:

Nov. 19-21, Mon, Tue, Wed
9:00 a.m. - 12:00 p.m.
\$95 - Platt Middle (Boulder)

Full-Day:

Nov. 19-21, Mon, Tue, Wed
9:00 a.m. - 4:00 p.m.
\$195 - Platt Middle (Boulder)

Thanksgiving Break Art Camp (Ages 7-11)

Learn an array of new art skills and experiment with mixed media using pencil, watercolor, collage, assemblage, and modeling compound.

Session A: Taught by Shere Holleman

Nov. 19-21, Mon, Tue, Wed
8:00 a.m. - 12:00 p.m.
\$95 - Broomfield Heights Middle

Session B: Taught by Marcos Serra

Nov. 19-21, Mon, Tue, Wed
8:00 a.m. - 12:00 p.m.
\$95 - Broomfield Heights Middle

BVSD Lifelong Learning is also offering an **ACT Prep** class for teens November 19-21. Thanksgiving Break is a good time for teens to focus on and prepare for this important test. For more information, see www.bvsvd.org/LLL or call 720-561-5968.

>> Leaders Made at the Y

So much of what we learn has to do with the opportunities we're given. At the Y, we want young people to explore their possibilities and think big!

All kids have great potential. At the Y, a leading nonprofit strengthening community through youth development, we work every day to help them set and achieve their personal and educational goals. As a result, millions of children and teens nationwide gain confidence as they recognize the Y as a place where they belong and can feel comfortable exploring new interests and passions. Additionally, through our leadership programs the Y makes sure that every child has an opportunity to envision and pursue a positive future, and to take an active role in strengthening his or her community.

It can be hard to figure out your place in the world. As a young person with your whole life ahead of you, having the right guidance and support can make a real difference in figuring out who you are and what you can achieve. Whether kids come to the Y looking to explore their interests, or for support in navigating challenges, the Y is committed to nurturing children and teens and roots for their success.

Leadership Programs help develop youth ages 12 to 18 as leaders while fostering a culture of service. With adult advisors, teens have role models and mentors who can have a positive impact on their lives as they grow in their desire and ability to be a positive force in the community.

For more information on Middle and High School leadership opportunities at the YMCA of Boulder Valley, contact us at either location. **YMCA of Boulder Valley** - www.ymcabv.org

Mapleton Center Y • 2850 Mapleton Ave., Boulder • 303.442.2778

Arapahoe Center Y • 2800 Dagny Way, Lafayette • 303.664.5455



>> Why Talk About Marijuana?

In 2005, according to the Boulder County Youth Risk Behavior Survey, 60.4 percent of Boulder Valley high school students believed that smoking marijuana regularly was a moderate or great risk. By 2011 that had changed to 47.2 percent. Clearly, the perception has shifted so what do we really know about marijuana?

The information below is summarized from the white paper "Marijuana and Your Health: Just the Fact Part I," authored by Kevin Sabet, PhD, policy consultant and assistant professor, University of Florida:

- Marijuana use directly affects the brain – especially the areas of the brain responsible for memory, learning, attention, and reaction time – and the effects can last up to 28 days following abstinence.
- Marijuana contains 500 components, the most prominent being THC. THC concentrations have increased significantly. (According the University of Mississippi Potency Monitoring Project, in 1983 the average reported amount of THC was less than 4 percent. In 2008, the average reported amount of THC was 10.1 percent, with 40 percent of all samples from 2008 containing THC levels of 9 percent or higher.)
- Marijuana smoke contains 50-70 percent more carcinogenic hydrocarbons than tobacco smoke.
- Scientists have found that 1 in 10 marijuana users will become addicted. If someone starts using marijuana in adolescence, that number rises to 1 in 6.
- One of the most well-designed studies on marijuana and intelligence, released in 2012, found that marijuana use reduces IQ by as much as eight points by age 38 among people who started using marijuana regularly before age 18.
- The science is still emerging on the effects of marijuana but there is research linking marijuana use to addiction, heart and lung complications, mental illness, car crashes, IQ loss, poor school outcomes, poor quality of life outcomes, and poor job performance.

"Science has learned more about marijuana in the past 20 years than in the preceding 200," writes Dr. Sabet. "Ironically, however, there has been a major incongruence between the scientific knowledge gained and the public's understanding of the drug. People often refer to their own experiences with marijuana rather than what scientific data has taught us. It is important to be aware of the growing scientific literature about a drug that is widely misunderstood."

Have the Conversation!

About marijuana use with your kids

Why? The Boulder County Youth Risk Behavior Survey shows that only 47.2 percent of our adolescents believe that marijuana use poses a moderate or great risk.

What do I say? Focus on the facts. Scientific research is emerging showing many risks of adolescent use of marijuana.

- 1 in 6 adolescents who use marijuana regularly will become addicted.
- Marijuana smoke contains 50-70 percent more carcinogens than tobacco smoke.
- Marijuana can cause permanent damage to the brain, lowering a heavy adolescent user's IQ up to 8 points!
- Though it is okay to be honest about your own experiences (if you have them), always bring the conversation back to today and your concern for your child.

When do I have this conversation? As soon as you can. It is never too early. Try to find a comfortable opportunity. Don't wait until your child experiments.

Where? Take a walk with your child. Over a cup of coffee. At the ice cream parlor. In the car on the way to school.

For more information about how to *Have the Conversation*, please go to www.timetotalk.org.

by Andrew Tucker
BVSD Coordinator of Counseling, Student Engagement
and Post-Secondary Readiness

>>Calendar of Classes & Events

NOVEMBER 2012

Thursday, Nov. 8, 6:30-8:30 p.m.

PEN Presents - The Secret Life of the Teenage Brain

Manhattan Middle School, 290 Manhattan Drive, Boulder

Presenter: Mark Twarogowski of the Denver Academy

Cost: \$10. Interpretation and childcare available. www.parentengagementnetwork.org

Wednesday, Nov. 14, 6-7:30 p.m.

BVSD/CU STEM Lecture Series -

Biorefining - Engineering Green Methods for Chemical and Fuel

Boulder High School, 1604 Arapahoe Ave., Boulder

Presenter: Ryan Gill

Presented by the Bioscience Discovery and Evaluation Grant (BDEG) Educational Outreach program. Community members welcome. Questions: Kristin.donley@bvsd.org.

Wednesday, Nov. 14, 6-8 p.m.

SEAC (Special Education Advisory Council)

Board Room, BVSD Education Center, 6500 East Arapahoe, Boulder

SEAC is a district wide group open to all. Monthly meetings include forums with special education leadership team, parent education of BVSD services, and presentations from community organizations. We are looking for parent representatives from every BVSD school. Contact Anna Stewart, SEAC Coordinator at 720-561-5918 or anna.stewart@bvsd.org.

Thursday, Nov. 16, 6:30-8 p.m.

Learning Difficulties in Children and Adolescents

City of Louisville Library, 951 Spruce Street, Louisville

A Pathways to Parenting Success Workshop – Free and open to the public.

Learn how to identify learning problems and how to support students who struggle in school.

Presenters: Linda Cain, MSED, and Dr. Jan Hittelman

Monday, Nov. 26, 6:30-8 p.m.

Family Communication

Meadows Branch Library, 4800 Baseline Road, Boulder

A Pathways to Parenting Success Workshop – Free and open to the public.

Learn effective communication strategies that will reduce conflict and enhance the parent-child relationship. www.BoulderPsychologicalServices.com

Presenters: Harmony Barrett Isaacs, LPC, and Susan Denison, LCSW

THRIVEupdate
for BVSD Parents

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and parents

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

>>Calendar of Classes & Events

NOVEMBER 2012

Monday, Nov. 26, 7-8 p.m.

The Bully and the Bullied

BVSD Ed Center Board Room, 6500 E. Arapahoe, Boulder

A Pathways to Parenting Presentation - Live! Join us live or watch on Comcast Ch22 or streamed on www.BVSD.org.

Increase your understanding of this challenging phenomenon and learn what you can do to keep your child safe.

Moderator: Leisha Conners Bauer, MPA. www.BoulderPsychologicalServices.com

Friday, Nov. 30 and Saturday, Dec. 1

2012-2013 BVSD Craft Fair

BVSD ED Center, 6500 E. Arapahoe Road, Boulder

Friday, Nov. 30, 11:00 a.m. to 6:00 p.m.

Saturday, Dec. 1, 11:00 a.m. to 5:00 p.m.

More than 40 vendors with handmade arts and crafts. Fair benefits the McKinney Vento Program (Homeless). For more information or to reserve a table, email Lola Campos-Herzfeld at dolores.campos-herzfeld@bvsd.org no later than Nov. 16.

DECEMBER 2012

Monday, Dec. 3, 6:30-8 p.m.

Preparing for Adolescence: From Tween to Teen

Meadows Branch Library, 4800 Baseline Road, Boulder

A Pathways to Parenting Success Workshop – Free and open to the public.

Increase your understanding about adolescent development and its impact on child behavior and family interaction.

Presenters: Dan Fox, LPC, and Harmony Barrett Isaacs, LPC - www.BoulderPsychologicalServices.com

Tuesday, Dec. 4, 4-6 p.m.

PEN Open House

95a Bistro, 1381 Forest Park Circle, Lafayette (95th & Arapahoe)

Welcome by Rosalind Wiseman, Author of Queen Bees and Wannabees. www.parentengagementnetwork.org

>>BVSD Craft Fair 2012-2013

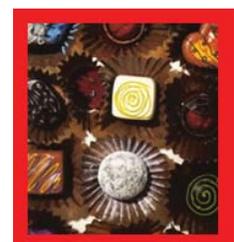


Please join us ...

**Friday, November 30, from 11 a.m. to 6 p.m., and
Saturday, December 1, from 11 a.m. to 5 p.m.
BVSD Education Center, 6500 E. Arapahoe, Boulder**

...to benefit McKinney Vento

There will be more than 40 artists with handmade jewelry, soap, candles, quilts, pillows, greeting cards, t-shirts, fabric bags, baby gifts, book marks, key chains, baked goods, and much more!



If you would like to be a vendor, please contact Lola Campos-Herzfeld at 720-561-5942 or by email to dolores.campos-herzfeld@bvsd.org before November 16, 2012.