

Parent Connection

September 2014

Back to School Tips



Getting a new school year off to a good start can influence children's academic success. Here are some tips to help get a good start:

- Review all material sent home. Some may need you to sign and return back to teacher.
- Mark your calendar for important dates and events.
- Buy school supplies early and help your student get organized.
- Designate an area for homework
- Make sure your student gets plenty of sleep.
- Start off with healthy eating habits.
- Pack light. Be sure backpack does not weigh more than 10 to 20 percent of the student's body weight.
- Discuss school bus and general safety.
- Support positive study habits.
- Discuss with your child social situations and possible ways to handle them.
- Familiarize yourself with who the school professionals are and how they can be reached.
- If time permits, volunteer or get involved in an activity or PTO. This will help you to know more about the school and what is happening there.
- Relax and enjoy the school year!

Prescription Drug Take Back Day September 27th



Ellington will participate in the **National Prescription Drug Take Back Day on Saturday, September 27th from 10 am to 2:00 pm** at the Ellington Resident State Troopers'

Office on 33 Arbor Way in Ellington.

Residents are asked to bring in any old and unused prescription drugs so they can be disposed of in the proper manner. Only prescription drugs in their original containers will be accepted. *Over the counter medications will not be accepted. Items*

also not accepted are prescription ointments, inhalers or syringes.

Please keep all prescriptions out of sight or locked up. When done with medications, do not flush the remaining down the toilet. This contaminates rivers and waterways. Please keep our environment and youth safe and drop off your medications on the 27th.

Youth Services is on Facebook!



Connect with us on
Facebook!





Fall Youth Services Programs

Journey Adventure Program-

For students in 6th grade. A two day (Tuesdays and Thursdays) a week program that teaches youth responsibility and respect for self, others and surroundings. Begins September 30th and goes through October. Outdoor Adventure Day (high ropes)-October 4th.

Girl Power Camp-For 5th and 6th grade girls to help in building self-confidence and help in expressing themselves. Wednesdays, October 1, 8 & 15. 6 pm to 7 pm.

Think Good. Feel Good. Be Good.

An eight week program for 3rd, 4th, 5th and 6th grade boys and girls that teaches effective healthy ways to help manage anxiety. Children are separated into groups by age. Also a free Parent Informational Session offered on September 30th from 6-8 pm. Program dates are Tuesdays, October 7, 14, 21, 28, November 4, 18, 25.

Please visit our website at <http://youth.ellington-ct.gov> for more info and a complete listing of

programs for all ages. Most programs are held at Youth Services at 31 Arbor Way.

Youth Services runs several homework clubs in the elementary schools beginning in October. Watch for information.

Side by Side Trooper and Teen program works with 6th, 7th and 8th grade students. Students and police meet monthly for adventure and team building activities. Check website for updates.

Teens for Safer Driving

Nicole Vasseur, Ellington High School Senior, Rise Above member, and proud holder of the title Miss Greater Rockville's Outstanding Teen of 2014 is on a mission this fall to spread the word of the dangers of distracted driving. Nicole's campaign, called "**Teens For Safer Driving**" is funded by the DPYC and it is her hope that through it will

bring about more awareness, especially to teens about texting and driving.

Part of being Miss Greater Rockville's Outstanding Teen is community service and Nicole decided to focus on something that hits home. She has had some friends involved in accidents where distracted driving was involved. She plans to have messages throughout the local community and at Ellington High School in addition to spreading the word at events with several giveaways. Nicole hopes with the help of her team, consisting of peers in her grade, and her awareness efforts she can lower distracted driving throughout our community. Watch for Nicole's messages in the

coming months and remember... *It Can Wait!*



Council for Developing Positive Youth Culture—DPYC—is a subgroup of Ellington Youth Services

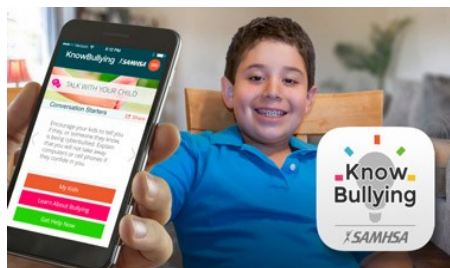
Diane Lasher-Penti, Director, Ellington Youth Services—dpenti@ellington-ct.gov

Deborah Stauffer, Prevention Coordinator—dstauffer@ellington-ct.gov

Kathy Larew, Advisor—Rise Above Student Leadership Group—klarew@comcast.net

Phone: 860-870-3130/Fax: 860-870-3198 Website: youth.ellington-ct.gov

KnowBullying App-Now available for download



Parents and caregivers who spend at least 15 minutes a day talking with their child can build the foundation for a strong relationship, and help prevent bullying. KnowBullying, a new mobile app by SAMHSA, encourages dialogue between you and your children and helps you start a conversation.

KnowBullying by SAMHSA includes:

- **Conversation Starters:** Start a meaningful discussion with your child.
- **Tips:** Learn ways to prevent bullying.
- **Warning Signs:** Know if your child is affected by bullying.
- **Reminders:** Find the right time to connect with your child.
- **Social Media:** Share tactics and useful advice.

- **Section for Educators:** Prevent bullying in the classroom.

The KnowBullying app is available for Android™ and iPhone®. It is a free resource for mobile devices provided by SAMHSA, in conjunction with the StopBullying.gov Federal partnership.

Put the power to prevent bullying in your hand.

Visit their website to download it.

<http://store.samhsa.gov/apps/bullying/>

Just Girls

This is a program designed and led by high school girls. Just Girls gives middle school girls an opportunity to hear from guest speakers and

share ideas on a variety of topics with a goal of cultivating self-confidence, self-respect and self-worth. There will be four events,



each on a Friday evening, addressing a unique theme: Nutrition, Beauty, Style and Image. **Watch for announcements at the middle school in the fall.**

Rise Above Student Leadership Group



Rise Above, Ellington's Student Leadership Group welcomes high school students who live in Ellington who are interested in participating in and leading community activities. **The first meeting of the school year will be Wednesday, September 10th at 7 pm in the Ellington Senior Center Great Room on 40 Maple Street.** Applications will be available at the meeting or can be downloaded

from our website at <http://youth.ellington-ct.gov>. A medical form is required as well and can be found on the website. Rise Above's first event of the year is the Ellington Fall Festival on Saturday, November 1st from noon to 2 pm. The family event is hosted with the Ellington Recreation Dept and is geared toward the younger members and events include pumpkin decorating, arts & crafts, face painting,



sack races and tractor drawn hay rides. Pre-registration is required at the Ellington Recreation Office or on the website. The cost is \$10 per family or walk-in fee \$5/person.

Other events sponsored by Rise Above are dodge ball tournaments for middle school and high school students, game night, Community Variety show, Kid's Fair and various other community service activities. For more information, visit the Rise Above page on our website.