

guidance notes

Important Information for Students & Parents
April 5, 2019



GET
GLAM
IT'S
PROM
SEASON

Don't have a Prom dress?
We'll help you go to the
dance in style! The
Clothes Closet has
received some generous
donations of prom dresses
that are available for you
to borrow. Please see Ms.
Meisner or Mrs. Herald in
the Guidance Office if
you would like to take a
look.



ATTENTION Current Sophomores

If you are interested in taking the PSAT's (Preliminary Scholastic Aptitude Test) in the Fall, please let Ms. Meisner know by **Friday, April 12th**. The cost to take the PSAT's is approximately \$16, and is scheduled for **Wednesday, October 16th**, from 8-11:00 a.m.

Upcoming Events

Thursday, April 11

A representative from **Bellin College of Nursing**, will be here during intervention, to meet with **Juniors & Seniors**, who are interested in finding out more about the programs they offer and the best career path for you. Please sign up in Mrs. Herald's office if you will be attending. If there are no students signed up by the end of the day on Wed. April 10th, the rep visit will be cancelled.

Wednesday, April 17

Attention 8th graders & parents/guardians!!

Now is the time to start planning for your future!!

Freshman Orientation is scheduled for **Tuesday, April 9th** from **5-6 pm** in the **HS Library**. Parents/Guardians are required to attend this important meeting. Topics discussed will include: class credit requirements, graduation credit requirements, Xello and ACT Prep, scholarship information, and post-secondary education requirements.

On **Thursday, April 18th** during **intervention**, students in grades **9th-12th** will be watching the **"Every 15 Minutes"** video that was filmed/presented last year at this time. With the end of the school year, our students will be attending Prom, graduation parties, and other fun activities, so it is a good time to remind them of the dangers of drinking and driving, or riding with someone who is under the influence of drugs or alcohol. We highly encourage parents/guardians to talk openly with your kids about the life-long effects that can come from drinking & driving. Having a close and open relationship with your child is a powerful way to reduce risky behaviors. Make it easy for your teen to talk honestly with you, by asking open-ended questions, encouraging conversation, and respecting their viewpoint.

Parents Who Host, Lose The Most!

Don't be a party to teenage drinking.

The Department of Health Services has partnered with Prevention Action Alliance to sponsor Parents Who Host, Lose The Most, a campaign to educate communities and parents about the health and safety risks of serving alcohol at teen parties.

Adults can be criminally prosecuted for hosting teen alcohol parties and be liable for injuries and property damage that may result from providing alcohol to teens.

Adults play a big role in shaping young people's attitudes toward drinking

Prevention Action Alliance developed the Parents Who Host, Lose The Most campaign to encourage everyone, especially parents, to send a unified message that teen alcohol consumption is unhealthy, unsafe, and unacceptable.

According to the [Wisconsin Epidemiological Profile on Alcohol and Other Drug Use, 2016](#), Wisconsin's rate of drinking among high school students has decreased since 2003, but there is further work to be done.

Underage drinking is hazardous to health and safety

Children who drink alcohol are more likely to:

- **Use drugs:** Frequent binge drinkers are more likely to engage in risky behaviors, including using other drugs such as marijuana and cocaine. (SAMHSA)
- **Get bad grades:** Children who use alcohol have higher rates of academic problems and poor school performance compared with nondrinkers. (SAMHSA)
- **Suffer death:** Excessive drinking is responsible for more than 4,300 deaths among underage youth each year, including 1,580 deaths from motor vehicle crashes and 1,269 deaths from homicides. (CDC, NIAAA)
- **Make bad decisions:** Drinking lowers inhibitions and increases the chances that children will engage in risky behaviors or do something they will regret when they are sober. (SAMHSA)
- **Have health problems:** Young people who drink are more likely to have health issues such as depression and anxiety disorders. (SAMHSA)

[Learn more about the risks of underage drinking and ways to protect the health and safety of youth and young adults.](#)

Tips to avoid being a party to underage drinking

- Don't be afraid to be the bad guy. Taking a tough stand on alcohol use can help youth say no when they are pressured to drink by their friends.
- Talk with other adults about hosting alcohol-free youth events. Unity creates a tough, enforceable message.
- Set a positive example. If you host a party, always serve alternative non-alcoholic beverages and do not let anyone drink and drive.
- Stay home if a teen is hosting a party in your home. Observe the activities and confiscate any alcohol that may be brought by party goers.
- Report underage drinking to the police promptly.



School of Pharmacy
UNIVERSITY OF WISCONSIN-MADISON

Last Chance to Attend Pharmacy Preview Day!

Registration closes on 3/31.

Who: High school students interested in a healthcare/pharmacy career. (plus one guest)

What: A free, day-long event to show you what pharmacists do and what pharmacy school is all about. Free breakfast, lunch and parking are provided.

When: Saturday, April 6, 8:15 a.m. - 2:30 p.m.

Where: UW-Madison School of Pharmacy at Rennebohm Hall

There is no cost for this program but registration is required by 3/31.

For questions please contact:

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IT IS OUR
choices
THAT SHOW WHAT
WE TRULY ARE,
FAR MORE THAN OUR
abilities.
DUMBLEDORE