



CHARGER NEWS

MARYSVILLE GETCHELL HIGH SCHOOL NEWSLETTER

FROM THE PRINCIPAL

The old adage “Time flies when you’re having fun” is the first thing that comes to mind when I look back on the first half of the 2019-20 school year. From that first day we welcomed students back from their summer break straight through assemblies, sporting events, holidays, dark mornings, wind, rain, and snow, the first semester has really flown by. Since the first day of school, I continue to be impressed by the helpful, positive interactions I have with students, staff, and the community. With the first semester coming to a close, we are already making plans for next school year. One of the first steps we need to take is looking at the schedule. Knowing that the 2020-21 school year will look much like this year’s with two semesters comprised of six periods-per day makes the early scheduling work that much easier.

Second semester brings a slew of activity: state assessments, AP testing, scheduling, dances, and, of course, graduation. Now is the time for our seniors to keep their eyes on the prize and finish the school year strong. For those who have already been accepted to a post-secondary school, please remember that acceptance is not a guarantee. Because all 12th grade students are susceptible to senioritis, the best way to keep clear of it is to remain or become involved in school and community clubs, sports, or activities. June will be here before we know it, the semester will come to an end, and life will go on. Keeping busy will keep that age old nemesis, senioritis, at bay and empower our seniors to walk across the stage and on to the rest of their lives!

Before we know it, the school bell will ring that final time, our seniors will venture onto the next phase of their lives, and we will be looking forward to greeting a new freshmen class. Before that happens, I encourage you to make the time to celebrate something each day. Spend time with your student. Enjoy the little moments because, as that old adage states, “Time flies when you’re having fun!”

Sincerely,
Richard Zimmerman



**Building
Community**
CAPITAL LEVY 2020

The Marysville School District has a
Capital Levy measure on the
February 11th special election ballot.

{See page 4 for more information}

Don't forget to vote!

INSIDE THIS ISSUE:

IMPORTANT DATES & TESTING	2
ANNOUNCEMENTS	3
DISTRICT ANNOUNCEMENTS & INFO	4
AVID & COLLEGE BOUND	5
ATTENDANCE & TRUANCY	6
ATHLETICS, PTSA,	7
ADMIN & TEAM	8
BELL SCHEDULE	9
EVENTS & FLYERS	10
PREVENTION, DRUG & ALCOHOL NEWSLETTER	11-12

19/20 TESTING SCHEDULE

During this school year, your student will take a number of State-mandated tests and additional tests. To help your student plan ahead here is this year's testing calendar dates.

February

- * February 12th ELPA 21 day 1 (English Language Proficiency Assessment) 9th, 10th, 11th and 12th grade
- * February 13th ELPA 21 day (English Language Proficiency Assessment) 9th, 10th, 11th and 12th grade

March

- * March 3rd PSAT (All Sophomores)
- * March 4th SAT with Essay (All Juniors)

April

- * April 21st SBA day 1 ELA (English) Online (10th, 11th, and 12th grade)
- * April 22nd SBA day 2 ELA (English) Online (10th, 11th, and 12th grade)
- * April 23rd SBA ELA (English) Make-up
- * April 24th SBA ELA (English) Online for Running Start Students

May

- * May 12th SBA Math Online (10th, 11th, and 12th grade)
- * May 13th SBA Math Make-up
- * May 14th SBA Math Make-up
- * May 15th SBA Math Online for Running Start Students
- * May 27th WCAS (Science) required by all 11th graders
- * May 28th WCAS (Science) Make-up
- * May 29th WCAS (Science) Online for 11th grade Running Start

Students

- * May 4th-15th AP (Advanced Placement) Testing

**Tips for helping your child prepare for standardized tests.

Markdown test dates on your calendar so you and your child are both Make sure your child gets enough rest and sleep, especially on the night before the test.

Make sure that your child gets up early enough so that he/she will be on time for school.

Ensure that your child eats a healthy breakfast on test day.

Remind your child the test is important. Encourage him/her to do his/her best.

UPCOMING EVENTS

January 24th-February 7th ~ FBLA Winter Drive (pg. 10)

February 5th ~ Charger Period

February 5th ~ NHS Campus Clean-up Event

February 6th ~ Knowledge Bowl @ Kamiak

February 6th ~ SST Family Night (pg. 10)

February 7th ~ Leah's Dream

Foundation Valentine's Day Party (pg. 10)

February 10th ~ Home HiQ Match!

February 12th ~ Charger Period

February 12th-13th ~ ELPA Testing

February 14th-17th ~ No School President's Day

February 19th ~ Charger Period

February 20th ~ Macho Volleyball

February 26th ~ Charger Period

February 27th ~ 6:00pm Hoops for Hope @ MG

February 29th ~ 8:00-11:00pm Tolo Dance

March 3rd ~ PSAT for all 10th Grade

March 4th ~ SAT for all 11th Grade

March 11th ~ Charger Period

March 13th ~ Inclement Weather Make-up Day (TBD)

March 17th ~ Blood Drive

March 18th ~ Charger Period

HELP STOP

HARASSMENT, INTIMIDATION & BULLYING!

REPORT IT!

Text your message to
360.799.5414

Report online at
msvl-wa.safeschoolsalert.com

Email your message to
1248@alert1.us

Or report via phone call at
360.799.5414



ALERT

ANNOUNCEMENTS

Writing for Publication Club is teaming with the Marysville Public Library for the annual Poetry Slam. The event takes place on Friday, March 13th, from 7-9 at the library. Come share your writing with an audience of poetry lovers(including students from other high schools in the area). Contact Ms. Hill, Kendall Leonard, or Mickey King for more information.

Kerry_hill@msd25.org (360)965-2300

Scholastic Art Award

The Snohomish County Scholastic Art competition announced the recognition of the artistic achievement from the art students of Cathleen Pettelle-Price-MG. Celebration of their portfolio selected works will be on exhibit. The Schack Art Center recognizes their incredible work and the effort that goes into putting together and submitting an Art Portfolio. Please join in celebrating the following Getchell art students!

Angel Segura “Inktober 2019” **Honorable Mention recipient**

Vina Basco “Women Empowerment”

Carlie Burns “Organic”

The exhibit runs from January 29-February 23 in the Emerging Young Artist Gallery at the Schack Art Center in Everett.

CAREER & COLLEGE READINESS

Upcoming Rep Visits:

January 28th - University of Providence, Montana Rep Visit

February 25th - EHL Rep Visit

EvCC Outreach Visits & Admissions Workshops:

Outreach Visits will be available to students to speak with an EvCC representative and have any questions they may have answered. Representatives will also be available to assist students in completing the FAFSA or WASFA if they have not already done so. It is encouraged that students attend at least one of these sessions.

Scheduled Outreach Visits:

Tuesday, February 4th from 12:00-1:00 pm in C217

Tuesday, March 17th from 1:00-1:55 pm in C217

Admissions Workshops will walk students through the state application, complete and collect student placement forms, transcripts, and test scores, as well as complete the New Student Orientation. These workshops will help prepare students for entry advising and registration. It is encouraged that students attend one of these sessions.

Scheduled Admissions Workshops:

Wednesday, April 1st from 8:45-10:15 am in C110

Thursday, May 21st from 12:25-1:55 pm in C110

Scholarships

Please make sure you are staying up to date on all emails, frequently checking Naviance, and staying in contact with Ms. Coragiulo about any and all scholarship opportunities.

If you have any questions or are in need of additional help, please see Ms. Coragiulo, Career & College Readiness Counselor, in C202 or email her at alicia_coragiulo@msd25.org

DISTRICT ANNOUNCEMENTS CONT'D...

Parent Advisory Council: The Marysville School District recognizes that family engagement in education has a positive effect on student achievement and is an important strategy to close achievement gaps. In creating a Parent Advisory Council, the District wishes to:

Promote respectful partnerships between educators, administrators, and families in order to support student learning and positive child/youth development at home, in school, and in the community.

The Parent Advisory Council meets approximately every four to six weeks during the school year between October and June. Meetings will be planned and facilitated by the District's Director of Engagement and Outreach in collaboration with the Superintendent and other district-level staff. The Superintendent, school administrators, and other district and school leaders and staff will participate as needed.

The District is seeking parent representatives that reflect the diversity of our schools and community. Openings are still available at the Early Learning Center, Cascade, Liberty, Quil Ceda Tulalip, Shoultes, Sunnyside, Totem, and Heritage schools. If you are interested in serving as a representative for your school or would like more information, please contact Jodi Runyon, Director of Engagement and Outreach: jodi_runyon@msd25.org, (360) 965-0005.

The District Boundary Committee: made a recommendation for middle and high school boundary changes to the Marysville School District Board of Directors at their regularly scheduled meeting on December 9th. The Board of Directors is now working through a process to gather community input on the recommendation, with the potential to make a decision to implement service area boundaries for the middle and high schools for next school year. As a result, the high school selection process used in the past is currently on hold while the board works through that process. Should the board elect to implement the boundary proposal as it stands currently or with modifications for the 20-21 school year, current 8th graders would likely not select a high school to attend, at least not between MGHS and MPHS. Rather, students would be assigned a high school of attendance based on the boundaries set by the Board of Directors. Students and families could choose to submit an in-district choice transfer, which would be processed on a space-available basis along with criteria established in policy and procedure 3131, which is currently also being revised. Please help communicate with families that at present, we are on hold for high school selection as the board works through the process. As we get closer to a decision by the Board of Directors, we will communicate more on the process and next steps for the 20-21 school year.

More information on the process as well as the committee recommendation can be found here: <http://www.msd25.org/o/District/page/boundary-change-process>

Capital Levy: The Marysville School District has a Capital Levy measure on the February 11 special election ballot. The measure would fund the replacement of Liberty Elementary and Cascade Elementary schools and provide health, safety and security upgrades for schools district-wide. Please remember to vote by turning in your postage-paid ballot by February 11 or dropping it in one of the local drop boxes located at Marysville City Hall or the Tulalip Tribes Youth Center. Voter registration is easy - go to <https://voter.votewa.gov/WhereToVote.aspx>. The deadline to register to be able to vote (or update registration information due to a move or other reasons) to be included in the February 11 special election is February 3 online and February 11 in person at the Snohomish County Elections office. More information about voter registration deadlines can be found here: <https://snohomishcountywa.gov/224/Elections-VoterRegistration>.

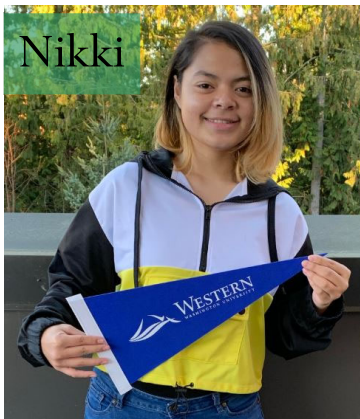
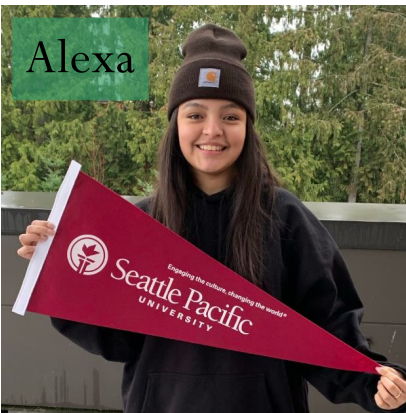
For more information about the Capital Levy 2020 measure, go to <http://www.msd25.org/o/district/page/capital-levy2020>

COLLEGE BOUND NEWS & CELEBRATIONS

College Bound was a commitment your student may have signed at the end of 8th grade if your family met the state wide criteria. Being College Bound gives your student significant financial aid toward **any** post secondary institution of their choice as long as they graduate high school with a minimum of a 2.0 cumulative grade point average. They can use it toward any public or private university, community or technical school, or trade specific classes! Some universities, such as PLU, SPU, and UW, are even waiving tuition costs for all 4 years if upon high school graduation your student's cumulative GPA is a 3.0 or higher!

Accessing the College Bound your student has been promised is a simple process! After completing the FAFSA form between October 1 and Feb 15th of their senior year, notify the financial aid office at the institution that your student has the College Bound scholarship.

If you have any questions about College Bound, please email Mrs. France at Andrea_France@mssl.k12.wa.us or Ms Coragiulo at Alicia_Coragiulo@mssl.k12.wa.us.



ATTENDANCE UPDATES 2019-20 SCHOOL YEAR

Excused absences

Absences due to the following reasons can be excused:

- ◆ Illness, health condition or medical appointment
- ◆ Family emergency
- ◆ Religious or cultural
- ◆ Court, judicial proceeding, court-ordered activity, or jury service
- ◆ Post-secondary, technical school or apprenticeship program visitation, or scholarship interview
- ◆ State-recognized search and rescue activities consistent with RCW [28A.225.055](#);
- ◆ Absence directly related to the student's homeless or foster care/dependency status;
- ◆ Absences related to deployment activities of a parent or legal guardian who is an active duty member consistent with RCW [28A.705.010](#);
- ◆ Absences due to suspensions, expulsions or emergency expulsions imposed pursuant to chapter [392-400](#) WAC if the student is not receiving educational services and is not enrolled in qualifying "course of study" activities as defined in WAC [392-121-107](#);
- ◆ Absences due to student safety concerns, including absences related to threats, assaults, or bullying;
- ◆ Absences due to a student's migrant status



A school principal or designee **has the authority to determine if an absence meets the above criteria for an excused absence.** Districts may define additional categories or criteria for excused absences.

Unexcused absences

Any absence from school is unexcused unless it meets one of the criteria provided above WAC [392-401-020](#).

When you are absent a parent/guardian has three days to report the absence or it will remain as "Unexcused".



HOW TO REPORT AN ABSENCE

Call the School Main office (360)965-2300 & attendance line at (360)965-2301

Send a Note Send a note with your student to school

Email the Main Office mg-office@msd25.org

Skyward Parent Access Log-in through your parent account to excuse absences online!

PARENT VOLUNTEER OPPORTUNITIES

MGHS PTSA

Marysville Getchell PTSA (Parent-Teacher-Student Association) represents all MGHS. How exciting that all parents and students are united, involved, and engaged in the high school! Sign up for PTSA by check, drop off in the PTSA box in the main office! PTSA's General Meeting schedule will be posted soon. Hope to see you there!

MG Booster Club

Come join the MG Booster Club! The purpose of MGBC is to provide support to MGHS student athletes, athletic teams, band, cheer, and coaching staff. We also promote community involvement, sportsmanship, school spirit, and pride. Our members are made up of parents and coaches. Our mission is to encourage attendance to all MG athletic, band, and cheer events, provide supplementary financial support, and aid in the organizing and staging of special events and projects related to MG athletic, band, and cheer. We also put on a Golf Tournament Fundraiser in the spring to help support our efforts.

Membership is free! If you have a student involved in athletics, band or cheer, come join us and help shape the future of MG!

MG Athletic Boosters Visit our Facebook page "MGHS Athletic and Band Boosters" for more information.

MG Band Boosters: Visit us on our Marysville Getchell Chargers Band Boosters Facebook page.

You may email our band director, Tracy Seiber at

Tracy_seiber@msd25.org

CHARGERS ATHLETICS

MGHS students have the opportunity to participate in high school athletics at the Marysville-Getchell High School campus.

Forms: All athletes must complete and turn in a 2019-20 athletic packet prior to their first practice. Packets are available on the Marysville Getchell athletic website (follow athletic links from the MSD website). Parents/Guardians must log in with the parent/guardian user name, not the student. Please contact the MG Office at 360-965-2300 for more information.

Athletic Code: A reminder that our athletic code covers the entire school year (first day of fall practice to the last day of school) whether you are in season or not. If a violation occurs late in a sport season, the discipline will be served the subsequent season as long as the subsequent season is completed. Attending a function where illegal substances are being consumed is a violation of the code, if the athlete does not immediately vacate the situation.

Academics: Need to be passing all classes to compete in a contest. A tutorial period will be available after school and required for any student receiving a "D" or worse. Athletes failing to log 60 minutes during the week will forfeit participation the following week.

ASB Card: Cards must be purchased before the first contest.

Punch Pass: Purchase a 10 game punch pass for \$45. You get 10 adult home admissions at a savings of \$15 and two dollars off for up to 1 adult ticket at away games.

Need information or directions: For specific sport info go to the MSD website www.msd25.org and click "Departments", then "Athletics".

Team Schedules: www.westcoathletics.com



CRISIS TEXT LINE |

Text HELLO to 741-741

A free, 24/7 text line for people in crisis.

Background text includes: "do", "panic attack", "I think I might be pregnant", "My friend died n I don't know what to do a", "I'm i mig m sad ll the me k out or my house", "panic attack", "I'm so angry", "I just had a huge fight R u there?"

ADMINISTRATORS & IMPORTANT CONTACTS

ADMINISTRATORS

Richard Zimmerman, Principal (360)965-2302

Nick Allen, Assistant Principal serving Sophomores & Seniors (360)965-2603

Tarek Al-Rashid, Assistant Principal serving Freshmen & Juniors (360)965-2503

Craig Brewster, Dean of Students (360)965-2300

COUNSELING TEAM

Brian Edenhalm, Freshmen (360)965-2418

Shannon Millar, Registrar (360)965-2602

Shauna Kopischka, Sophomores (360)965-2322

Karen Coragiulo, Registrar Assistant (360)965-2311

Adolfo Hinojosa, Juniors (360)965-2431

Carlyn Odegard, Student Support Advocate (360)965-2606

Shanna Pyzer, Seniors (360)965-2507

OTHER CAMPUS CONTACTS

Athletics (360)965-2702

ASB/Activities (360)965-2707

Kitchen (360)965-2713

Athletics Fax (360)965-2703

Career Center (360)965-2529

Security (360)965-2715

ASB/Cashier (360)965-2706

Health Room (360)965-2710

CELL PHONE POLICY

MGHS and Marysville School District have adopted a policy addressing the usage of telecommunication devices while attending school, school-sponsored or school-related activities. Cell phones and other devices shall not be out or in use during class time.

Devices shall not be used in a manner that disrupts the educational process. Students are responsible for devices they bring to school.

Please see the complete student handbook for our cell phone policy.

SKYWARD ACCESS

Marysville School District students and families are encouraged to check family and student information online frequently. Information such as attendance, grades, school calendars, academic history, discipline, and food service is available to view through the student and family Skyward portals.

Parents and guardians may excuse student absences through their Skyward Family Access portal.

www.msd25.org

At the bottom of our district and school websites is a link to “Skyward Family Access”

If you need your log-on information, please contact MG’s main office at (360)965-2300.

Non-Discrimination Marysville School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to address questions and complaints of alleged discrimination: Civil Rights Coordinator - Gregg Kuehn, Risk Management Supervisor, gregg_kuehn@msd25.org, 360-965-0110; Title IX Officer – Tracy Souza, Human Resources Director, tracy_souza@msd25.org, 360-965-0071; Section 504 Coordinator, Nancy Smith, Director of Categorical Programs, nancy_smith@msd25.org, 360-965-0051; ADA Coordinator – Ginger Merkel, Executive Director of Special Education, ginger_merkel@msd25.org, 360-965-0174. Address: 4220 80th Street NE, Marysville, WA 98270. Website: www.msd25.org Marysville School District is a drug- and tobacco-free workplace. You can report discrimination and discriminatory harassment to any school staff member or to the district’s Civil Rights Coordinator, listed above. You also have the right to file a complaint. Please Note: Policies that address this issue are Policy 3210 “Non Discrimination” & 5010 – “Non Discrimination and Affirmative Action.” These Policies are available online at www.md25.org, at your school, or at the District Office: 4220 80th Street NE, Marysville, WA, 360-965-0000.

GETCHELL CAMPUS BELL SCHEDULES

B & C Buildings Regular Bell Schedule

Period 1	7:10 AM	8:08 AM	58 min
Period 2	8:13 AM	9:13 AM	60 min
Period 3	9:18 AM	10:16 AM	58 min
Lunch*	10:16 AM	10:46 AM	30 min
Period 4	10:51 AM	11:49 AM	58 min
Period 5	11:54 AM	12:52 PM	58 min
Period 6	12:57 PM	1:55 PM	58 min

B & C Charger Wednesday Schedule

Period 1	7:10 AM	8:00 AM	50 min
Charger	8:05 AM	8:50 AM	45 min
Period 2	8:55 AM	9:45 AM	50 min
Period 3	9:50 AM	10:40 AM	50 min
Lunch*	10:40 AM	11:10 AM	30 min
Period 4	11:15 AM	12:05 PM	50 min
Period 5	12:10 PM	1:00 PM	50 min
Period 6	1:05 PM	1:55 PM	50 min

B & C PGF Bell Schedule

Period 1	7:10 AM	7:53 AM	43 min
Period 2	7:58 AM	8:43 AM	45 min
Period 3	8:48 AM	9:31 AM	43 min
Period 4	9:36 AM	10:19 AM	43 min
Lunch*	10:19 AM	10:49 AM	30 min
Period 5	10:54 AM	11:37 AM	43 min
Period 6	11:42 AM	12:25 PM	43 min

B & C PGF Assembly

Period 1	7:10 AM	7:45 AM	35 min
Period 2	7:50 AM	8:25 AM	35 min
Assembly	8:30 AM	9:15 AM	45 min
Period 3	9:20 AM	9:55 AM	35 min
Period 4	10:00 AM	10:35 AM	35 min
Lunch*	10:35 AM	11:05 AM	30 min
Period 5	11:10 AM	11:45 AM	35 min
Period 6	11:50 AM	12:25 PM	35 min

A & D Buildings Regular Bell Schedule

Period 1	7:10 AM	8:08 AM	58 min
Period 2	8:13 AM	9:13 AM	60 min
Period 3	9:18 AM	10:16 AM	58 min
Period 4	10:21 AM	11:19 AM	58 min
Lunch*	11:19 AM	11:49 AM	30 min
Period 5	11:54 AM	12:52 PM	58 min
Period 6	12:57 PM	1:55 PM	58 min

A & D Charger Wednesday Schedule

Period 1	7:10 AM	8:00 AM	50 min
Charger	8:05 AM	8:50 AM	45 min
Period 2	8:55 AM	9:45 AM	50 min
Period 3	9:50 AM	10:40 AM	50 min
Period 4	10:45 AM	11:35 AM	50 min
Lunch*	11:35 AM	12:05 PM	30 min
Period 5	12:10 PM	1:00 PM	50 min
Period 6	1:05 PM	1:55 PM	50 min

A & D PGF Bell Schedule

Period 1	7:10 AM	7:53 AM	43 min
Period 2	7:58 AM	8:43 AM	45 min
Period 3	8:48 AM	9:31 AM	43 min
Period 4	9:36 AM	10:19 AM	43 min
Period 5	10:24 AM	11:07 AM	43 min
Lunch*	11:07 AM	11:37 AM	30 min
Period 6	11:42 AM	12:25 PM	43 min

A & D PGF Assembly

Period 1	7:10 AM	7:45 AM	35 min
Period 2	7:50 AM	8:25 AM	35 min
Assembly	8:30 AM	9:15 AM	45 min
Period 3	9:20 AM	9:55 AM	35 min
Period 4	10:00 AM	10:35 AM	35 min
Period 5	10:40 AM	11:15 AM	35 min
Lunch*	11:15 AM	11:45 AM	30 min
Period 6	11:50 AM	12:25 PM	35 min

*Daily: Student lunch is based on their 4th period teacher

*PGF Friday: student lunch is based on their 5th period teacher

*C Building is open during 1st lunch, A building is open during 2nd lunch
(B & D closed both lunches)

*Charger period occurs most Wednesdays throughout the school year



Parents and Guardians of MGHS students
are invited to

Family Night

February 6th, 6:00-7:30 pm

Building C ~ Lower Level Commons

Teen Mental Health

and

Dual Credit Opportunities

Trends in Teen Mental Health

~Running Start ~ College in the High School ~

~Sno-Isle Skill Center~ CTE Dual Credit~

Representatives will be available to provide information and
answer questions.

Dinner is Provided!

Spanish and Russian interpreters will be on site.

Children are welcome.

Brought to you by the MGHS Student Support Team

8301 84th Street NE Marysville, WA 98270 Phone: 360-965-2300



MGHS FBLA Winter Blanket Drive!

January 24th - February 7th

MGHS FBLA is holding a winter blanket
drive for there community service
project!

Please bring any new socks or new or
lightly used blankets to Mrs. Mikesells in
C116 or the stage in the E/F.



WITH HAPPY HEARTS, WE INVITE YOU TO

**LEAH'S DREAM
FOUNDATION**

Valentine's Party

Friday, February 7, 2020

5 pm to 7 pm

MPHS Commons

Prevention *for parents*



Setting Goals Around Substance Use

It's the time of year when we are setting our intentions and making goals for ourselves.

If you know a teen who uses substances and wants to make a change, it's important to set realistic and manageable goals so they don't become discouraged.

Goals should be

specific, measurable, attainable, relevant, and have a time limit or date to complete.



Quitting or reducing substance use is a tricky business. By encouraging teens

to share their goals with you, you can help keep them accountable.

They need support to make a lasting change.

Giving encouragement when they slip up or need to restart is a valuable effort.

When they're not in it alone, they have a better chance of achieving their goal.

Points of Interest

- *Help your teen achieve their goals around reducing substance use*
- *How to keep teen safe if they choose to use*
- *What works in prevention science*
- *What DOESN'T work in prevention (and actually causes harm)*



Keeping Teens Safe If They DO Use

Teens make better decisions around substance use when they know their parent have their back if they get into an unsafe situation.

Let your teen know your expectations, but make sure they also know you will help them

if they do slip up.

When teens don't know how their parents will react, they make poor decisions like getting into a car under the influence.

Let them know you won't be happy, but that you would rather

them be safe.

One strategy is to have a pre-planned code word, so that if they are in a social situation but want to get out they can get your help and save face with peers.

Take a moment to have a conversation with

your teen and let them know your expectations and consequences they can expect, but also that you have their back.

When they're not worried about unknown consequences and know what to expect, they make better decisions.

What Works in Prevention

It's important to know which strategies are effective in preventing substance use, as our time and resources are often scarce. Here are a few tried and true principles to implement in your family:



- Build communication skills
- Teach refusal skills
- Reinforce anti-drug attitudes
- Increase study skills and academic support
- Increase social and emotional skills
- Promote healthy alternatives to drug use
- Enhance bonding with positive adults

What DOESN'T Work in Prevention

Perhaps even more importantly, knowing what *doesn't* work is necessary so that we don't do more harm than good. Sometimes,

what we think is effective actually makes the problem worse. Here are some of the *don'ts* in prevention:



- Scare tactics (scary images, mock car crashes, etc.)
- One-time events
- Personal testimony from people in recovery
- Sensationalizing information about use rates (reporting how many people DO use)
- Appealing to young people's morals
- Giving detailed information about substances (how to use it, potential benefits of use, street names, etc.)
- Role play where youth are asked to play the part of drug users or dealers

What Would You Like To See In The Next Issue?

Contact Mrs. Alex with any suggestions, comments, or questions.

Mrs. Alex ~~Merk~~ Merkt-Moriarty

Student Assistance Professional
(SAP) Marysville Getchell School
Northwest ESD 189

Phone: 360.965.2414

Email: Alexandra_Merk@MSVL.k12.wa.us



**Northwest Educational
Service District 189**

Together We Can

Parent Resources

Prevention Tips For Every Age

<https://drugfree.org/article/prevention-tips-for-every-age/>

What Works and What Doesn't in Prevention

<https://www.dshs.wa.gov/sites/default/files/SESA/publications/documents/22-1662.pdf>

What Works in Prevention Video

<https://www.youtube.com/watch?v=PtNClqr-hMA>