

Parent Connection

January 2014

Prescription Drug Take Back Day January 25th

Ellington Youth Services and Ellington Resident State Troopers are sponsoring a Prescription Drug Take Back Day on Saturday, January 25th from 9 am to noon 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.*

Ellington was awarded \$29,000 in grant money to address misuse of prescription drugs. This money will help fund



the Take Back Day in addition to another Take Back Day on June 7th and the National Take Back Day that will be at the end of April.

In 2010, almost 3,000 young adults in the nation died from prescription drug overdoses. Young adults (age 18 to 25) are the biggest abusers of prescription opioid pain relievers, ADHD stimulants and anti anxiety drugs. They do it for all kinds of reasons, including to get high or because they think prescription stimulants will help them study better. The most commonly abused prescription drugs are pain relievers such as Oxy-

contin or Vicodin, stimulants for treating ADHD such as Aderall, Concerta, or Ritalin and central nervous system depressants for relieving anxiety such as Valium or Xanax. Prescription and over the counter drug medications are fast becoming the new "party" drugs for many teenagers. Kids who continue to learn about the risks of drugs at home are up to 50 % less likely to use drugs than those who are not taught about the dangers.

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 25th.

Source: National Institute on Drug Abuse

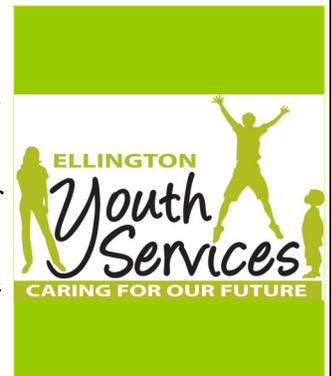
Community Variety Show Auditions

Rise Above, Ellington's Student Leadership Group and OKP (Opening Knight Players), Ellington High's Drama Club will host the 2nd Annual Small Town Big



Talent Community Variety Show

on Saturday, March 1st at 7 pm in the Ellington High School Auditorium. **Open auditions will be held on Tuesday, January 28th and Wednesday, January 29th from 6 to 8 pm in the EHS Auditorium.** Community members of any age with any kind of talent are encouraged to attend the auditions. Please contact Megan at BigTalent2014@gmail.com for more information or questions.



“Just Girls” Series for Middle School Girls



The “Just Girls” series for middle school girls and created by high school students

Kelly Gorman and Sarah Riley kicked off a successful first night on Friday November 1st with a guest speaker on nutrition.

The series continues on **Friday, January 24th** from 6:30 pm to 8:00 pm at Deer Valley Apts. Clubhouse on 155 Windermere Avenue. The theme for the second

evening will be beauty. A skin and hair care expert will be on hand to demonstrate proper care of skin and hair with some beautiful creations to add to the evening. There is a \$5 fee for each evening payable at the door.

Please let Sarah and Kelly know if your daughter is interested by emailing JustGirlsEllington@gmail.com. The program is sponsored by Ellington Youth Services and led by Kelly and Sarah with an advisor present. Future nights will be Friday, Feb-



EHS students Kelly Gorman and Sarah Riley

ruary 7th on Style with a fashion expert and Friday, March 14th on Image and social media. Any questions contact Kelly and Sarah or call Youth Services at 860-870-3130.

Parenting Workshop Series Offered

Ruth Ettenberg Freeman, LCSW will present a six week workshop series on Positive Parenting for parents with children ages 2 to 12. She will cover parenting styles and behaviors as well as discipline and communication methods that will help decrease conflict and increase cooperation in families. Ruth has been teaching parenting skills to parents for over 28 years. The dates will be February 6, 13, 20, 27,

March 6, 13 and March 20th reserved for a snow date. All workshops are from 6 pm to 7:45 pm at Hall Memorial Library at 93 Main Street in Ellington.

For more information on Ruth Freeman, visit her website address www.positiveparentingct.com. The workshops are free and include free childcare. Please contact Ellington Youth Services at 860-870-3130 or email [dstauf-](mailto:dstauffer@ellington-ct.gov)

fer@ellington-ct.gov to register for the workshop and childcare. Attendance is not required for all the workshops but is recommended.



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

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Tips for Helping Kids with School Stress

A 2007 American Academy of Pediatrics (AAP) report suggests that for children and teens, too much work and too little play could backfire down the road. The report says colleges are seeing a generation of students who appear to have increased signs of depression, anxiety, perfectionism and stress. A great deal of pressure and anxiety about school stems from the college admissions race. Younger kids feel the pressure as well. Parents can help ease the burden. WebMD offers six tips with helping your child to cope.

1. Watch for signs of school-related stress. Off-hand remarks in teens should not be ignored. Younger kids show signs like headaches, stomachaches or reluctance to go to school.
2. Teach time-management skills. Organization skills are crucial weapons against stress, experts say when it comes to the heavy school

work loads.

3. Consider whether your child is over-scheduled. Over-scheduling is a big source of school stress, experts say. Many high school students enroll in more Honors or AP courses than they can handle, and then pile on extra-curricular activities on top. Some children thrive under a “driven schedule,” the AAP report says but for many the hurried lifestyle is a source of stress and anxiety. This can then lead to depression.
4. Encourage sleep, exercise—and family mealtimes. According to Denise Clark Pope, PhD of Stanford University the average adolescent needs 9 1/2 hours of sleep each night. It is not unusual for many to get only 6 hours or less. Adequate sleep alone would make a big difference in teens’ stress levels. Exercise helps to cope with stress. Family time is also crucial for cushioning

stress. Pope suggest meal-times as a way to connect with your child. She suggests a minimum of 20 minutes sitting down together at least 4 to 5 times a week.

5. Watch the parental pressure. Some parents may not realize they’re making school stress worse by pressuring kids to excel. “Really think about how you’re defining success in your family,” says Pope. “If your first question out of your mouth is, “How did you do on the history test today?” then you’re sending a message that you value grades more than anything else.”
6. Keep the fun in childhood and teen years. Kids often have too little unstructured time to relax and play, experts say. School becomes their “job” and if kids do not find ways to relieve stress from it they can let the stress consume them.

Source: www.webmd.com/parenting/

Rise Above Student Leadership Group

Rise Above members have been busy in the community so far this school year. They have hosted the Fall Festival for Ellington children in October, a dodge ball tournament for their peers in November and one in December for middle school stu-

dents. Plans are in the works for a Game Night at the high school and Community Variety Show in March. The group meets every second Wednesday at the Ellington Senior Center at 7 pm.



Rise Above members Carling Willis, Isabella Viega, Nicki Foote, Sarah Riley and Kelly Gorman volunteered as elves at the annual Children’s Holiday Party in Hartford on December 9th.