



October 2015

Dear Parents and Caregivers:

Manhasset Public Schools' 2015 Red Ribbon Week Substance Abuse Prevention Celebration is scheduled from Saturday, October 10th through Sunday, October 18th. Red Ribbon Week is a national campaign observed to help children make healthy and responsible choices in the prevention of substance abuse. This year's theme, *Box Out Bullying & Drugs*, reinforces the importance of our children being kind to each other and making healthy choices.

Please join us in celebration by tying a red ribbon around your door or tree so we can unite the Manhasset community to promote the health and safety of our children. Attached is information regarding the free mobile app, *Know Bullying*, for the iPhone and Android available through the Substance Abuse & Mental Health Service Association (SAMHSA). The app provides information to help identify if your child is being affected by bullying as well as strategies to stop it. For additional parent or youth resources regarding bullying prevention, go to www.stopbullying.gov and www.stopbullying.gov/kids.

You are also invited to our parent presentation of *Box Out Bullying!* on Thursday, October 8th at 9:30 a.m. as part of the SCA Joint MP/SR Parent Council meeting or 7:30 p.m. in the library at the Shelter Rock School. The program will provide parents with practical tools to identify and know how to respond to bullying. Parents will also gain information on how to work with faculty members when you believe your child is being bullied, guidance regarding the importance of teaching children respect and tools to help build your child's resiliency.

Also, we remind all community residents to rid their homes of unwanted or expired medications in the prevention of teen prescription drug abuse at our local take back events (*see attached Town of North Hempstead S.T.O.P. Event Flyer*) or at the Nassau County Police Community Center at 100 Community Drive, Manhasset. The disposal bin is located in the lobby and can be accessed 24/7.

We look forward to your participation and support during Red Ribbon Week and throughout the year as we promote a safe environment for all children.

Best Regards,

Miriam DiOrio and Celeste Sforza
Shelter Rock Committee Co-Chairs

Heidi Franchetti and Jennifer Johnston
Munsey Park Committee Co-Chairs



Turn over ->



2015 Red Ribbon Week

Box Out Bullying & Drugs!

Saturday, October 10th – Sunday, October 18th



Manhasset Public Schools' 2015 Red Ribbon Week celebration is scheduled from **Saturday, October 10th through Sunday, October 18th**. Below is an outline of various student and parent programs that the Manhasset SCA and CASA have coordinated to reinforce with students the importance of making healthy choices and being kind to others. This year's theme is *Box Out Bullying & Drugs!*



The SCA Committee for Red Ribbon Week will use the students' *BOX take-home* art projects to decorate the schools in honor of the campaign. ***Please return the art projects no later than Friday, October 2nd so the committee has enough time to decorate each school.***



Have your child wear Red! Remind your child to wear red any/or all days from Tuesday, October 13th through Friday, October 16th to show their support.



Each student/family will receive a parent outreach letter, educational resource and a red ribbon *to exhibit at home* in support of being kind and living healthy.



All students will be provided with a personal 2015 Red Ribbon Week armband that they may wear throughout the week as a symbol of their commitment to being kind and making healthy choices in life.



Students will enjoy red apples during lunch as a *red*, healthy snack.

2015 Red Ribbon Week Student & Teacher Activities:

Box Out Bullying will present anti-bullying programs to students on Tuesday, October 13th at the Shelter Rock School and Friday, October 16th at the Munsey Park School. *Box Out Bullying* empowers students to be upstanders in order to prevent bullying. The performances are tailored to meet the developmental stage of classes. TA/SA's will also be provided with an instructional workshop on Wednesday, October 14th during the Superintendent's Conference Day!

2015 Red Ribbon Week: Home, School & Community Program Schedule

Thursday, October 8, 2015 *Box Out Bullying* Parent Presentations (K-6)

- **9:30 a.m.** SCA MP/SR Joint Meeting at Munsey Park School
- **7:30 p.m.** Shelter Rock School Library

Tuesday, October 13, 2015 Three Student Presentations at Shelter Rock School

- **9:00 a.m.** K, 1 & 2
- **10:10 a.m.** Grades 5 & 6
- **1:40 p.m.** Grades 3 & 4

Wednesday, October 14, 2015 TA/SA (Faculty) Presentation at Shelter Rock School

- **9:00 a.m. – 11:30 a.m.**

Friday, October 16, 2015 Three Student Presentations at Munsey Park School

- **9:15 a.m.** Grades 2 & 3
- **10:15 a.m.** Grades K & 1
- **2:10 p.m.** Grades 4, 5 & 6

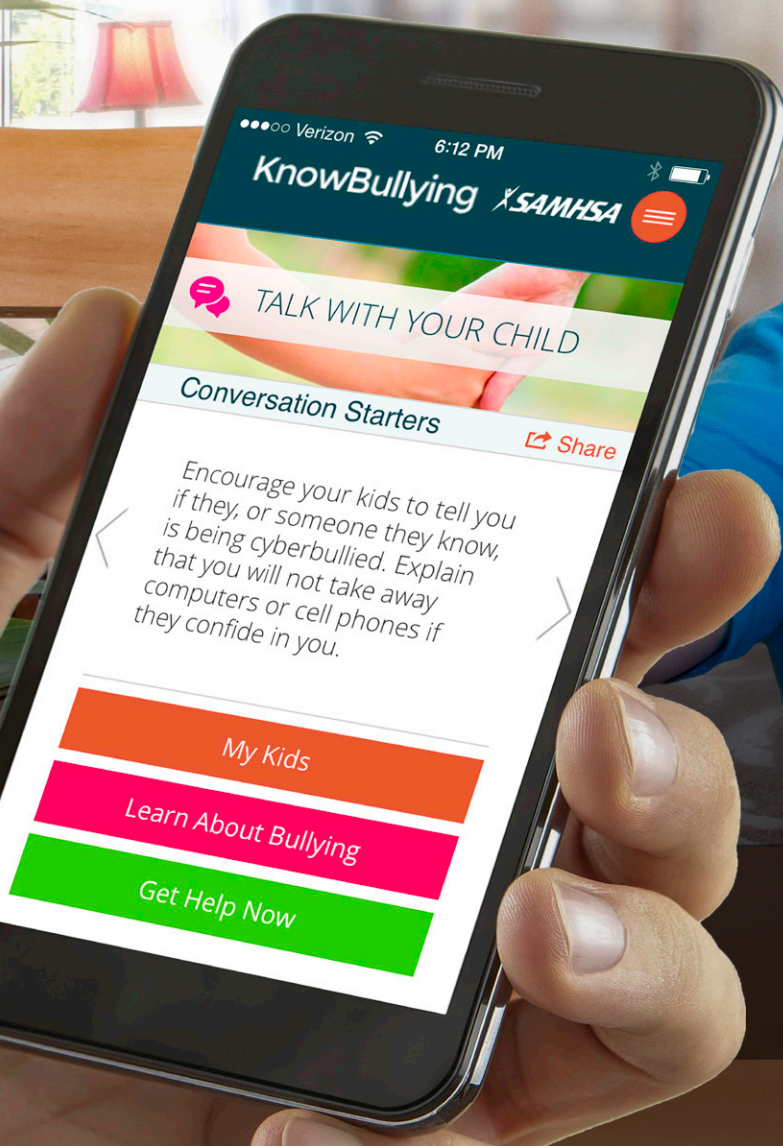
Get the free app that can prevent bullying.

How can I help a child affected by bullying?

Talking with your child every day is an easy way to stay connected. Research shows that spending at least 15 minutes a day talking with your child will increase self-esteem and encourage him/her to come to you with a problem. This will help your child face bullying—whether being bullied, engaging in bullying, or witnessing bullying.

How can the KnowBullying app help prevent bullying?

The KnowBullying app helps you make the most of each opportunity to talk by giving helpful reminders and conversation starters. It provides information on bullying including how to know if your child is being affected and how to stop it. KnowBullying by SAMHSA also provides strategies for educators and school administrators.



Put the power to prevent bullying in your hand.



Free for iPhone® and Android.™

Visit <http://bit.ly/KnowBullying>

Start a conversation your child will remember when it counts.

KnowBullying by SAMHSA includes:



- **Conversation Starters:** Start meaningful discussions with your child.



- **Tips:** Learn ways to prevent bullying for ages 3–6, 7–13, and teens.



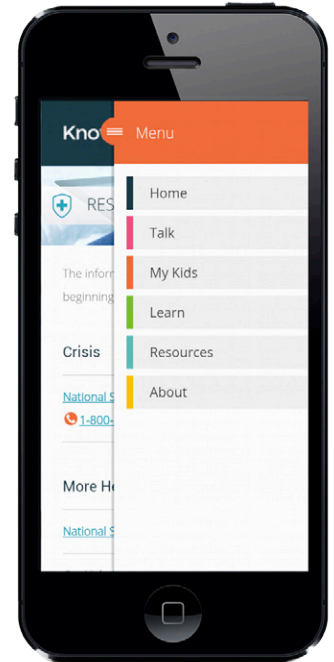
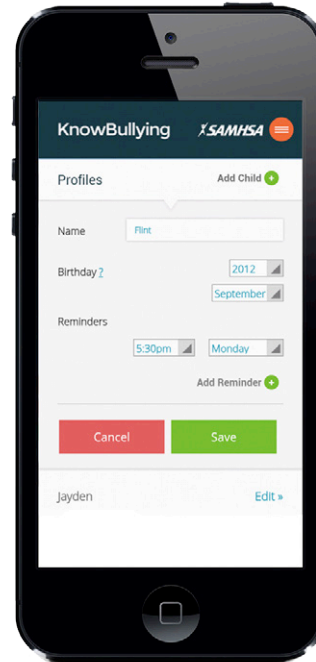
- **Warning Signs:** Recognize if your child is affected by bullying.



- **Reminders:** Find the right time to connect with your child.



- **Social Media:** Share successful strategies and useful advice.
- **Section for Educators:** Prevent bullying in the classroom and support children who are being bullied.



KnowBullying is a free resource for mobile devices provided by the Substance Abuse and Mental Health Services Administration (SAMHSA), in conjunction with the StopBullying.gov Federal partnership.



Free for iPhone® and Android.™
Visit <http://bit.ly/KnowBullying>



<http://www.samhsa.gov>
1-877-SAMHSA-7 (1-877-726-4727)

For parents (grades K-6)

Join us!

Thursday, October 8, 2015

9:30 AM Munsey Park School

Joint MP/SR SCA Meeting

OR

7:30 PM Shelter Rock School

BOX OUT BULLYING!

This workshop will provide

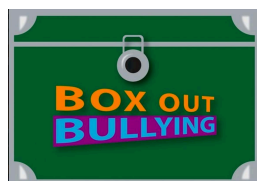
- * parents with practical tools to identify bullying and know how to respond
- * information on how to work with faculty members when you believe your child is being bullied
- * guidance regarding the importance of teaching children respect
- * tools to help build your child's resiliency!

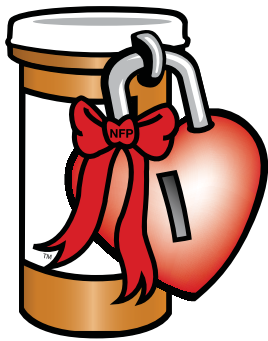


Box Out Bullying, a nationally acclaimed bullying prevention assembly program, provides programming for parents, students, and teachers to address bullying on all levels of the student experience.

Parents are considered an integral participant in the school community and benefit from knowing how to work with their children on socio-emotional skills and strategies.

For more information, contact Manhasset CASA at 516.267.7548 or go to manhassetcasa.org.





**LOCK
YOUR
MEDS**

**70 % of teens who abuse
prescription drugs get
them from friends &
family.**

Be Aware. Don't Share.

Town of North Hempstead PHARMACEUTICAL TAKE-BACK EVENT

This Service is open to Town Residents - No Doctors' Offices

Sunday, November 8, 2015

9:30 a.m. to 3:00 p.m.

**North Hempstead Beach Park North Lot
(175 West Shore Road, Port Washington, NY)**

Join your community and clean out your medicine cabinet of any prescription or over-the counter drugs that may be expired, unused or unwanted. Discard these items in an environmentally safe manner while protecting your kids!

Instructions:

- Keep all medications in their original containers
- Block out the name for anonymity --- Do not cross out medication information
- Illegal drugs may also be dropped off anonymously

ACCEPTED	NOT ACCEPTED
Prescription medications (controlled & uncontrolled)	Sharps (e.g. needles and Syringes)
All over-the-counter medications	IV bags
Medication samples	Bloody or infectious waste
Pet Medications	Pharmaceutical waste not generated by households (e.g., clinics, pharmacies, hospitals, doctors, etc.)
Vitamins & Supplements	Radioactive pharmaceuticals
Medicated ointments, lotions, creams & oils	Vaccines
Inhalers	
Liquid Medication	
Homeopathic Remedies	
Suppositories	

**Protect Your Children
Protect Our Environment**

*For more information about how to dispose of pharmaceuticals safely
call 311 or go to www.northhempsteadny.gov*

