



October 2012

Dear Parent or Caregiver,

It's hard to believe but it's true! What children learn early in their lives often forms lifelong habits and attitudes. And Red Ribbon Week's Substance Abuse Awareness and Prevention message applies to all ages even our youngest!

The Manhasset Community Coalition Against Substance Abuse (CASA), Inc. works across the community by connecting school, community and home to help establish a safe, nurturing and healthy environment for our children. Your children will be involved in activities that reinforce the importance of making healthy choices in life and focus on the theme, *"Life is a Journey Travel Drug Free."*

As part of Red Ribbon Week, Manhasset CASA is providing our families with the attached ***Building Blocks for a Healthy Future Kit***. The Building Blocks Family Kit contains ideas for fun activities and discussion starters for parents and children, as well as advice and guidance on topics such as active listening, rule-making, and being a good role model. Parents, caregivers, and teachers of children aged 3 to 6 will find great tips, materials, and ideas for spending time with their children and learning together. Here you will find ideas for conversation starters, positive discipline, and fun family activities.

Building Blocks for a Healthy Future is here to support you as you set aside time to share with your children. Talk and play with them, and learn about them. Young children can learn the difference between healthy and unhealthy activities. Be involved now and you and your children will find it easier to talk about alcohol, tobacco, and illegal drugs as they get older.

We also invite you to clean out your medicine cabinets of any prescription or over-the counter drugs that may be expired, unused or unwanted and bring them on **Saturday, October 20th from 9:30 am to 2:00 pm to the Manhasset Parks District Parking Lot**. *Your participation will help protect our youngest!* In 2008, there were an estimated 100,340 emergency department (ED) visits in the United States involving accidental ingestion of drugs, primarily pharmaceuticals; of these, 69,121 (68.9 %) were made by patients aged 5 or younger (DAWN Report 9/14/10). So join us on October 20th and discard your pharmaceuticals in an environmentally safe manner while protecting your kids!

For more information about the Pharmaceutical Take Back Event or how to dispose of pharmaceuticals safely, contact the Town of North Hempstead at 311 or go to www.northhempsteadny.gov.

Respectfully,

Leslie Fleck and Tara LaSalle
Shelter Rock Committee Co-Chairs

Sharon Messina & Rosa Stein
Munsey Park Committee Co-Chairs





Red Ribbon Week 2012

"Life is a Journey Travel Drug Free"
 Saturday, October 13th – Sunday, October 21st



The SCA Red Ribbon Week Committee will use the students' suitcase take-home art projects to decorate the schools in honor of the campaign. Please return them no later than Friday, October 5th so the committee has enough time to decorate each school;



Each student will receive a large red ribbon by Friday, October 12th to exhibit at home in support of their commitment to Red Ribbon Week. Children and families may display the ribbons to decorate their neighborhoods;



Wear Red! Ask your children to wear red Monday, October 15th through Friday, October 19th to show their support throughout Red Ribbon Week;



All students will be provided with a Red Ribbon that they may wear throughout the week as symbol of their commitment to making healthy choices in life; and



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

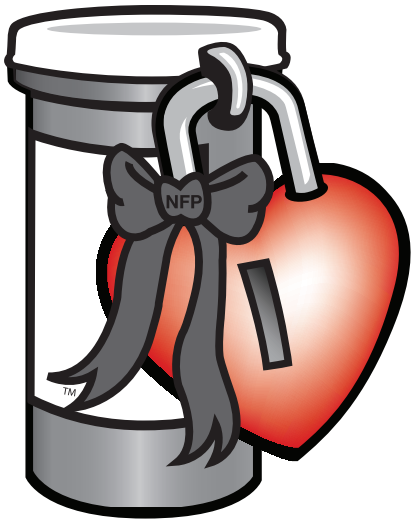
Red Ribbon Week Student Activities:

Tim Grace, The Great Body Shop, will present to students on Monday, October 15th at the Shelter Rock School and Tuesday, October 16th at the Munsey Park School. Mr. Grace will provide an interactive student dialogue that will explore the relationship between manners, civility and healthy decision making. Communication, anti-bullying skills and substance abuse prevention from The Great Body Shop will be addressed.

The Great Body Shop Health Curriculum is followed in our elementary schools and is a nationally recognized comprehensive health and substance abuse prevention program.

2012 Red Ribbon Week: Home, School & Community Programs

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| Monday, October 15, 2012 | 8:45 am, 9:45 am and 1:30 pm - Student Presentations
(3 rd , 4 th & 5 th grades) at Shelter Rock School |
| | 3:30 pm - 3rd and 4th Grade Faculty Presentation at Munsey Park School |
| Tuesday, October 16, 2012 | 1:10 pm and 2:10 pm - Student Presentations
(3 rd , 4 th , 5 th & 6 th Grades) at Munsey Park Elementary School |
| Thursday, October 18, 2012 | 7:30 pm Manhasset High School
Dr. Stephen Dewey's <i>"The Teen Brain: Still Under Construction"</i>
A Bilingual Community Presentation for parents and students (5-12) |
| Saturday, October 20, 2012 | 9:30 am - 2:00 pm Manhasset Park District Parking Lot
Town of North Hempstead Pharmaceutical Take-Back Event
<i>Clean out your medicine cabinet and protect our kids and environment!</i> |



LOCK YOUR MEDS

68% of emergency room visits involving accidental ingestion of drugs, were made by patients 5 or younger.

(Dawn Report 9/14/10)

Be Aware. Don't Share.

A PHARMACEUTICAL TAKE-BACK EVENT

Saturday, October 20, 2012

9:30 a.m. to 2:00 p.m.

**Manhasset Park District Commuter Lot
(across from Manhasset High School)**

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*





Join us at
Manhasset
High School

Thursday, October 18, 2012
7:30 pm

THE TEEN BRAIN: Still Under Construction!

Dr. Stephen Dewey of the Feinstein Institute for Medical Research of North Shore-LIJ Health System will speak on the effects of alcohol and drugs on the human brain. What you and your teen learn at this discussion could change your views on the ups and downs of adolescence.

Join us during Red Ribbon Week
& Celebrate National
ABOVE THE INFLUENCE DAY!

Parents (and teens) can discover why young adults should avoid behaviors that are unhealthy and destructive to themselves and others.

"If you consume alcohol... when your brain is developing, you arrest brain development and IT NEVER CATCHES UP!" (Dr. Stephen Dewey)

A Bilingual Program for Parents and Students (Grades 5 - 12)

For more information, contact Manhasset CASA at 516-267-7548 or go to manhassetcasa.org

