



DALBY ELEMENTARY SCHOOL HSA

HSA General Meeting Minutes April 24, 2012

Dr. Deborah Levine

- Pediatric emergency room physician
- ~2 years found an empty gel tab set by her bus stop
 - Taking it is referred to as sheeting
- Abusing pharmaceutical drugs starts young
- Over the counter
- Pharmaceutical abuse
- Both are easy to obtain
- Should review what you have in the house each month - be cognizant of what is missing
- Probably didn't happen when we were young
- Self-survey of teens
 - 1/5 Used pharmaceutical
- 1/10 used cough medicine to get high
- 8, 10, 12 grade 46%? Have used
- 15x increase in 9-17 year olds getting high
- Nationwide survey of teens
 1. Marijuana
 2. Prescription meds
 3. Cough medicine
 4. Cocaine
- Ease of access, inexpensive, legal, perceived as harmless
- Overlooked by parents and physicians
- Stepping stone to other substances
- Death, disability, addiction are potential
- What are kids taking
 - Opiates OxyContin, Percocet often in medicine cabinets - kids will crush and snort
 - Respiratory problems
 - Addiction
 - Withdrawal
 - Sedatives, Xanax etc are often
 - Stimulants Ritalin ADHD meds
 - People are often more productive and alert
 - Projects, mid-terms, finals can be very stressful
 - Heart arrhythmias potential side effect
- DXM Dextromethorphan found in cough and cold medicines along with antihistamines
 - Antihistamine 1990s became available in gel form and became more palatable
 - Robotripping getting high on Robitussum
 - Taking 8 in a sheet is called sheeting
 - Akin to taking PCP
 - Death and disability rare on its own, but impaired judgment like thinking you can fly can lead to jumping out a window or running into the street
 - Antihistamine can cause dehydration
 - Nausea and vomiting
 - Decongestants can create heart palpitations
 - No antidote for these symptoms
- Half of what children do is based on what we tell them

- Medicine doesn't have the sense of not to share and keep out of the reach of others
 - Using old antibiotics
 - Sharing pain killers
- Can tell children not to take it without parental supervision, only take it when necessary, etc...
- Watch out for signs in your children
 - Falling grades
 - Change in behavior
- Pseudoephedrine is now behind the counter, but not DXM (only California is behind the counter)
- Pure DXM available on the Internet
- Low perception of risk
- Gateway to other drugs
- Liquid form abused as much as pills
- Schreiber parent had a daughter who was involved in a pharming party - kids all bring meds, mix it up in a bowl, grab a handful and take it with alcohol

Talia - Budget

- Past month
 - Bowling \$197 profit
 - Spring Fling
 - Popcorn is doing a lot better with prizes and no free bags
 - Stop and Shop
 - Spring Gift Cards
 - Yoga Night
 - Playground Fund total:
- Expenses
 - 3rd grade to see Chimpanzees the movie
 - Jonathan Kruk - storyteller
 - Encore Performing Arts - Goowin's Balloowins

Lilie

- Playground looking to do no tie laces - Y-ties - Rose will spearhead
 - Manorhaven did \$2,200 with one round of sales
- 5/7 Jonathan Kruk - storyteller has a YouTube video
- Next month Budget meeting - HSA will need to approve
 - Mary Callahan at 11:00
 - HSA agenda at 10:30
- Science Fair - deadline extended to this Friday 4/27
 - 28 projects currently submitted
- Compact Committee - 2 positions available
- Nominating Committee - approved new slate

Mr. Graves - Testing

- State assessment begins again tomorrow
- Secretary position temporarily filled by Kathleen Ryan who knows Daly
 - Has been here as a substitute.
 - She will stay until the end of the year.
- ELA done
- Math starts tomorrow
- Each day is 90 minutes
- Make kids feel empowered and that they can do their best
- Test has changed dramatically

- Day 2 traditionally listen to a story and then read a story
 - Kids did a phenomenal job
 - Parents did a great job helping the kids get ready
 - Mr. Graves did his best to keep it calm and quiet
- character education opportunity and experience
 - Some classes earned extra recess time to make it a fun event
- Math the next 3 days - kids should be well rested, eat a good breakfast, and stay relaxed
- Survey for exam proctors is a formalized state process
- Survey for parents is a way to provide feedback to the state
- Kids doing well - no meltdowns
- Results usually come out during the summer
- District trying to get the results sooner
 - More kids with specific accommodations at Daly than any other PW school

Mr. Graves - Compact Committee

- Formulating school theme through Compact - shared decision making team of parents, staff, teachers, and administration
 - Possible theme around writing, character education, reading
- Huge success with Bobby the Bookworm
 - Maybe create a higher goal
 - PARP did a great job
- Looking for feedback, let him know
- 2 Compact positions - a great way to get involved

Mr. Graves - next week will be exciting

- 4/28-5/4 Screen Free week
- Wednesday 5/2 at 1:30 p.m. Project ACES All Children Exercising Simultaneously

**Thanks to Adrienne Saur for taking notes this month.