

Welcome again to our Parent Newsletter!

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Survival of the...

At this time of year, even under the best of circumstances, it's tempting to turn to bribes or threats to get kids to behave the way we want them to (e.g., you'd better be nice to your sister or you might not get any presents).

Add stressors like juggling work and school vacation schedules, balancing "down time" with visiting and celebrating, sharing time in divorced or separated families, and the other real-life issues that families face, and you have a recipe for holiday horribleness. With a little patience and planning, holidays can be used to nurture many positive aspects of the developmental foundation young people need to succeed in life. Click on this link to get some ideas for getting through holiday time while building assets: <http://mvparents.com/displayMailArchive.php?emailid=40>

Helping others... Operation JOY

Operation Joy is an annual event that allows people to give gifts anonymously to children and families in need. This drive benefits children ages 6 months to high school aged in the Brooklyn and Oregon communities.

This year, Operation Joy will take place in December. The collection of items has begun and PVE and NKE have a collection box for new and unwrapped toys and a box for new and gently used winter coats, snow pants, hats, mittens, and boots. For additional information, please contact: Patty at 835-8844

How do you spell relief?

As cold and flu season descend on us, we look to the medicine cabinet or the pharmacy shelf for relief. Make sure you and your tweens and teens know what and how much of over the counter drugs you're taking!

Acetaminophen (the active ingredient in Tylenol and other pain relievers) is a common pain reliever that can have harmful side effects if overused.

- ❖ A typical extra-strength tablet contains 500 mg. Taking 2 tablets every two hours can lead to an unintentional overdose in just 8 hours for an adult and in less time for kids.
- ❖ Remember to check other medicines you or your children are using, too, since many cough and cold or flu remedies also contain acetaminophen.
- ❖ If you're allowing your tween or teen to carry acetaminophen based pain relievers (Tylenol) with them, make sure they are staying within the dosing guidelines for their age and weight, especially if they're taking other over the counter medicines or experiencing acute pain.
- ❖ Overdosing can result in irreversible liver damage. To learn more about taking pain relievers responsibly, follow this link:
http://tylenol.com/liver/?s_kwcid=acetaminophen%20side%20effects|1310222513

A little more relief!

Need to do a little shopping for special presents (the kind you don't want the kids to see until that special day?). The Oregon Youth Center can help! Take advantage of their FREE babysitting day December 13 from 10 am to 3 pm. For more information, click here: http://www.oregonsd.org/site_uploads/news/newsfile2530_1.pdf

Balancing the Scales

Under the best of circumstances, teen nutrition can be pretty crazy. At holiday time, when meals might be "do-it-yourself" affairs, when

there seem to be lots more treats in the house and when families meet for big festive meals, your teen's nutritional needs might get a little lost. How can you help your teen (and yourself!) keep the nutritional scales balanced? Here are a couple of ideas:

- ❖ Keep family meals a priority. Kids and adults eat healthier meals when they sit down at the table together at least once a day. It's also a great time to reconnect and de-stress!
- ❖ Provide healthy choices. Cakes, pies and cookies are a part of the holiday season, but a big bowl of fresh fruit looks festive and encourages healthy snacking for everyone in the family.
- ❖ Take time to exercise with your teen. A brisk walk, an hour of ice skating or skiing or other vigorous activity will reduce stress and help work off that extra slice of pumpkin pie!

Want some more ideas? Follow these

links: http://www.parentingteensonline.com/article/show/title/Teen_Nutrition_Weight

<http://family.samhsa.gov/be/holidayeat.aspx>

And speaking of skating...

Can you help? OASIS, Oregon's alternative high school would love donations of ice skates for their students to use. If you have skates that you or your teens no longer use, you can drop them at the High School office and we'll put them to good use!

Youth Wrestling Sign-up NOW!

Is your child interested in learning more about wrestling? Children in Kindergarten through grade 8 are eligible to participate in the Oregon Youth Panther Wrestling Club. Registration is due DECEMBER 1. For more information and a registration form, click

here: http://www.oregonsd.org/site_uploads/news/newsfile2529_1.pdf

The gift(s) that keep on giving

Alcohol use (and abuse) seem to be part of the holiday tradition. We toast each other with "a cup of cheer" that has usually been spiked with alcohol. Even in families that don't normally drink alcohol, wine or beer may be part of the holiday table. In the spirit of the holiday season, the

American Medical Association has a list of 12 gifts for you to give your children and family this season. Among them are

1. Celebrate the holidays without alcohol, or drinking only moderately, and make sure alcohol is not provided at children's parties.
2. Ensure that alcohol in the home is not accessible to children, particularly when adults are not at home.
3. Educate children about the risks of alcohol use.
4. Help children resist influence of alcohol-consuming peers.
5. Discuss alcohol advertising with children and the reality of its messages

Want to know what the rest are? Follow this

link: <http://www.betterendings.org/FASD/Prevention/12kids.htm>

- ❖ Now is an especially good time to remember that you are your child's role model in many ways. This holiday season, brush up your image!
- ❖ Make some family gatherings alcohol-free to show your children that you don't need alcohol to have a good time.
- ❖ Protect your children from alcohol and tobacco use within your family. For example, don't allow them to get a beer or cigarette for you or another family member.
- ❖ Don't drink and drive, and don't let other family members do so. For more information about being a positive role model, click here: <http://family.samhsa.gov/be/rolemodel.aspx>

Dealing with "I NEED"

The holiday season is one of the busiest for retailers, and for advertisers. Ads are everywhere! They pop up on internet sites, slide in through your mail slot and come stuffed into your daily newspaper. No where are they more apparent than on television programming aimed at children. How do you help your child manage all of these messages and sort out what they truly need from what they're being sold?

- ❖ Try watching TV with your child, or sit with him when he's online. Ask some questions about the ad: What is the advertiser trying to make us feel? What isn't the ad saying about the product?
- ❖ Help your child become a savvy consumer. PBS has a web site "Don't Buy It" that helps them learn more about advertising. Go to <http://pbskids.org/dontbuyit/>.
- ❖ For more tips on taming the "I NEED" monster, visit <http://www.mvparents.com/displayMailArchive.php?emailid=140>

Activities for December

The Oregon Community Swim Club is now taking registrations for its winter session and for its December Tigershark swim camp. Camp is open to any student who can swim two lengths of the pool (50 yards).

Swim camp is for families who are considering joining swim team and who would like to get a better idea of what that entails. The camp runs for one week, from Dec. 1 - Dec. 5th. It will run from 4:00 - 4:45 p.m. at the Oregon Pool. If more than 10 people sign up, the club will add a second session from 4:45-5:30 p.m.

The camp costs \$25.00. There is also a USA swim fee -- \$45.00 for eight years and under or \$52.00 for nine years and older -- that is refundable if you decide not to join the swim club.

Registration materials and details are available at <http://www.oregonswimclub.org> Or you can contact Jill Klassy at 835-3570, jillklassy@hotmail.com

Concerts!

What's the holiday season without music! Our student musicians are tuning up for their winter concerts:

Thursday, December 4 OMS and OHS Choirs

Tuesday, December 9 RCI Orchestras and Choir

Thursday, December 11 OHS Orchestras

Monday December 15 BKE Orchestra and Choir (6 pm at BKE)

OMS Bands

Tuesday, December 16 NKE/PVE Orchestra and Choir (6:30 pm)

All concerts are at the high school Performing Arts Center unless otherwise noted. All Concerts start at 7 pm except elementary groups as noted above.

Quirky Link of the Month:

Need some fresh ideas for all that leftover turkey? Visit

<http://www.chow.com/stories/10302>