



## **YORKTOWN PTA MINUTES**

**Monday, October 10, 2022**

**7:30 pm**

I. **Welcome:** Katrina Brubaker, PTA President

Next meeting we will do a hybrid meeting. In person part will be in library in YHS.

II. **Approval of September 12th Minutes**

Motion to vote on approval of minutes - minutes approved.

III. **Guest Speaker: Kim Chisolm-** YHS Substance Abuse Counselor

**Topic: Teen Alcohol Abuse**

Ms. Chisolm provides education for students, families, staff, and community. Have a prevention initiative, including Red Ribbon Week at the end of Oct. Supports Teen Network Board that helps with education. "Choose Health Week" - Healthy decision making and resources. Early intervention for students one-on-one and for staff and families. Most of the information that students share with her is confidential. Exceptions to confidentiality are if student signs release, if harm to self or others, physical/sexual abuse or if safety is compromised.

Teen alcohol abuse - Alcohol is central nervous system depressant. Rapidly absorbed from small intestine and into blood stream. Lowers inhibitions/reservations. Sometimes teens will use alcohol as a crutch. Impacts memory and can lead to poor decision making and loss of coordination and control.

Alcohol is the most widely used substance among teens and adults. Teens are vulnerable to binge drinking because impulse control has not fully developed. Executive functioning doesn't fully develop until mid-20s.

Binge drinking is defined as 5 or more drinks (men), 4 or more (women). Sixteen percent of young people ages 12 - 20 report drinking alcohol. Of those, nine percent report binge drinking in past 30 days.

How can you see if your son or daughter is impaired?

Acting overly happy/vivacious; oddly passive; argumentative /aggressive; erratic, violent behavior; coordination impaired; increased risk-taking behaviors - unprotected sex, driving while intoxicated.

Signs or symptoms of alcohol use vary depending on certain things:

Individual genetic make up - Strong link between genetic predisposition and mental health issues and substance abuse; Presence of other drugs; Amount of alcohol consumed; Frequency with which teen consumes alcohol. Sometimes have to ask clarifying questions because people interpret frequency and size of alcohol consumption differently.

Psychosocial symptoms

Depression; Mood swings - sudden and intense; Anxiety; Using alcohol to numb extreme emotions - looking for more profound than what would be normally in character



#### Cognitive symptoms:

Difficulty concentrating; Short term memory deficit - few minutes to a few days; Difficulty paying attention in class.

#### Physical symptoms:

Smell of alcohol; Bloodshot eyes; flushed, red skin; Slurred speech; Appears intoxicated; Change in sleep; Deterioration of physical appearance; Coordination problems; Double vision

#### Behavioral symptoms - *this is mostly what parents and staff point out*

Academic performance; Change of friends; Loss of enjoyment in previous activities; Decreased personal hygiene; Marked behavioral changes; Sudden need for money; Increased interpersonal struggles; Unusually argumentative or passive behavior; Increased legal problems (e.g. possession, DUI); Alcohol use despite consequences - need or desire of substance outweighs heaviness and pain of consequence; Neglecting responsibilities at school, work, home

#### Alcohol poisoning - *too much alcohol in too short a period of time.*

1. confusion/slurred speech; Poor coordination; damp/clammy skin; Severe confusion; Trouble staying awake; Throwing up; Seizures; Slow breathing and lower blood pressure

What is a Standard drink - Beer - 12 oz.; Wine - 4 - 5 oz.; 80 proof liquor - 1.5 oz.

#### Risk factors of young drinkers:

- People who start drinking at a young age are more likely to develop dependence on alcohol later in life.

#### Factors that increase likelihood of abuse:

- Teens with parents or siblings that have a drinking problem are 4 times more likely to develop a problem of their own.
- External pressure - teens who have parents or siblings or friends who drink heavily are more likely to start drinking early and justify their behavior.
- Personality - young people who believe alcohol makes them more sociable are more likely to drink heavily to fit in. If most of the people in the peer group are consuming something, eventually the temptation gets stronger and they start to experiment. Ms. Chisholm tries to educate students about direct or indirect peer pressure. Usually a friend will not directly pressure. But the mere presence of being around people who are drinking begins to plant the seed. And curiosity starts. Around 3rd or 4th time of being exposed, a teen will join in.

Underage drinking affects society - teens make impulsive decisions about driving under influence or getting in fights.

Can lead to brain damage. Drinking in adolescence can impair brain function later in life. Can impact memory, coordination and motor skills.

Can lead to car crashes that affect passengers and drivers. Car crashes are leading cause of death for teens. About 25 percent of those crashes involve underage drinking.

Can lead to sexual assault, STDs. Less likely to use protection.



Differences in boys and girls - face similar struggles but have different triggers. In general, girls are less likely to binge drink or be charged with alcohol related offenses.

Females usually drink to escape from problems or cope with frustration or anger. To experience pleasure or avoid pain. Usually, reasoning will fall within one of those categories and for some it is both. Females are more likely to drink because of family problems than because of peer pressure.

What to do if you find out your child is drinking (these are some suggestions, ideas, talking points):

- Offer regular and productive communication. Might have to look at your timing/context to open up the lines of communication. Doesn't always have to feel like giving them the third degree.
- Remain calm in tone, body language, etc. - if you get excited, it can cause defensiveness and the teen to shut down.
- Try to be objective and open. Try to hear their points - your child will be more receptive this way. You may disagree but try to listen.
- Use active/reflective listening - repeat back to them what you are hearing them say and confirm that you heard correctly.
- Discuss the negative effects of alcohol – "I hear what you are saying but my research shows me this. Let's research together and talk about what we find and what this means for your mental and physical health." Look at long-term effects. Most teens are mostly concerned with how they look in the moment.
- Offer empathy and compassion - hard to do when you discover that your kid is drinking. But let them know that you understand that the teen years can be tough. Acknowledge that everyone struggles sometimes. Emphasize that alcohol is not a healthy way to cope with those struggles.
- If there is a history of addiction in family, discuss this with them and tell them that it increases their risk of developing a problem. Discuss alcohol addiction with your child as you would another disease.

Thank you, Ms. Chisholm!

#### **IV. Treasurer's Report: Michelle Cowan, PTA Treasurer**

2023 budget - have assumed revenue of around \$40,000. Much of this is driven by membership, no frills fundraiser, and spirit wear. Making a plug for doing grocery receipts program at Safeway/Harris Teeter.

Bottom line is \$65,425. Have balances from prior years. We are totally financially solvent. When you pay dues and make contributions, those help to pay forward various events.

Recommend allocating \$19,000 for teacher grants and special projects.

Have allocated around \$8000 for different student events and then more money will be headed toward senior events.



Variety of other special things for YHS community and having flexibility for speakers to inform faculty as well as PTA. Helping with collective obligation to broader APS community in terms of contributions to CCPTA and donation to Arlington Tech Advisory Council.

Teacher appreciation - this year so far have done back-to-school breakfast, custodian appreciation. Planning for future support in financially solvent way.

Motion to pass budget - budget passed.

#### **V. Principal's Update: Dr. Kevin Clark, YHS Principal**

Have passed Back To School Night hump! This week is homecoming week with spirit events all week. Activities walk on Friday afternoon. Pep rally. Homecoming football game. Dance in courtyard on Saturday.

Appreciate PTA for supporting grants. Special thank you to grants committee.

Appreciate PTA's support for custodian appreciation day

Chorus concert next week. A lot of competitions coming up (cheer, dance, band, etc.)

Safety and security: school security team has been doing well - have returning folks on the team and with additional training, have been doing a great job.

Student expectations - getting attendance protocols up and running for students that are accumulating tardies and unexcused absences. Lunch and after school detentions to make up time that they have missed. Have been sending out notices to parents and families. "Back to business" mentality and holding students and themselves accountable.

Thanks to all who will chaperone Homecoming dance. Dancing and music in courtyard and food/beverage in the cafeteria.

Important dates: Wednesday, Oct. 12 - PSAT. Transportation to school is normal. 10th and 11th take PSAT and will finish at 12:30. Grab and go lunch and can head home. Buses won't run until 3:00 but students can go if they have own transportation. But kids can stay in building until 3:00 if students need to use normal bus routes. 9th and 12th graders have asynchronous day. 20 min of work per class- adds up to about 3 hours of work. If mixed grade class, there won't be work in those classes since some of those kids will be in PSAT.

Oct. 24 - Diwali holiday. No school.

#### **VI. PTA Committee Reports -Katrina Brubaker, YHS PTA President**

Homecoming- Saturday, October 15th- still looking for chaperones

Please check out to see what slots are available for chaperoning! Will send out a reminder for what still needs to be filled.

**Safety issues and concerns during drop off and pick up:** Some drivers are letting kids get off in the middle of the street with other cars coming - causes a lot of back up. Need to figure out



a way to be more mindful about being safe while doing drop off and pick up. If parents have a student that drives, please talk to your student about safety. The four way stop is often not respected and people roll through.

Also there are two elementary school bus pick up locations near YHS and those parents are also looking into these safety concerns.

Participants agreed that this is a serious problem. Kids walk between cars and parents sometimes take off without looking. Proximity to elementary school bus stops is a major concern. Parents walking young children in street and will stand and congregate in the street. Having brand new high school drivers mixed with little kids walking to bus stop is very dangerous. Small children sitting at entrance of parking lot. Drivers may not see the young kids.

Will do more research on how we might be able to address and resolve this issue. Executive board will work with Dr. Clark and talk to transportation about this. Neighbors around YHS have also talked to transportation about this. Looking into whether APCD can help to direct traffic.

Suggestion: Could ask other high schools via CCPTA if they also have elementary bus stops near their schools and how they have navigated that.

**Next CCPTA meeting on Oct. 17 from 7 - 9 pm. Looking for someone to be a third representative for the CCPTA- Monthly County Meetings**

If have any further thoughts or comments, please email Katrina Brubaker.

VII. **Adjournment** - Thank you for attending- November's meeting will be in person in the library with online access. See you there!