DHS PTSA Newsletter • 2nd Edition • November 2014

Denton High School

In the Ultimate Pursuit of Excellence in Education

Grading and Assessment Policy Update From Dan Ford

We would like to update you on our action steps with regards to the grading and assessment policy. Previously, we've shared that we will:

- Systematically evaluate our implementation process to identify successes and areas for improvement so that concerns can be addressed quickly and effectively
- Proactively communicate with parents and students in an effort to gather information and answer questions, and
- Support and build instructional expertise for all staff around our new grading principles.

At this time we have set up parent, student and staff committees to provide a communication tool between the school and community. The link is also active for parents/guardians, students and other community members to submit questions.

You can reach the link <u>here</u> (*https://docs.google.com/a/g.dentonisd.org/* forms/d/1vaCzUDHW8A53inVUaJEXIN0ZicPxWOPIvy9ywlN357s/ viewform).

We look forward to continuing to work with our Bronco community to prepare our students to achieve academic and personal success.

Sincerely Dan Ford Principal, DHS **Keep Track of Your Volunteer Hours!!!**

Michele Martin, Volunteer Coordinator for the DHS PTSA, reminds us, "Please turn in ALL volunteer hours you have worked for this school year. Remember that if you are doing ANY thing that is not part of your normal day for a team, club, or organization - that time is VOLUNTEER time! (Shopping, baking, etc)."

Hours are turned in periodically to the District. Your time matters and it helps the District as well to report the time you spend in service to DISD. Thank you!





Denton High School An International Baccalaureate World School 1007 Fulton Street Denton, TX 76201 (940) 369-2000 Fax (940) 369-4953

> Parents! Stay up-to-date with the latest information at dentonisd.org

Contents **Grading Policy Update** Page 1 **Track Your Volunteer Hours** Page 1 **Teen Substance Abuse** Page 2-3 **Bronco Band News** Page 4 **Orchestra News** Page 4 Thank You HC Volunteers Page 4 **STAAR Info** Page 4 **Explorium Denton** Page 5 Thank You Class Sponsors Page 5 **International Car**eer Day Page 5 **IB** News Page 5-6



Things Every Parent Should Know... About Teen Substance Abuse

From the DHS Counseling Department

In an effort to prevent and reduce substance abuse among teenagers, DHS recently participated in the National Red Ribbon Week Campaign. This campaign aims to educate students about the dangers of various drugs in an effort to prevent substance abuse. In order to increase students' awareness, the DHS counseling team spent time handing out information and talking to students during Red Ribbon Week. While we can make every effort at school to educate students about the dangers of drugs, the prevention of substance abuse starts at home.

The following information discusses tips and steps that parents can take for the prevention and/or intervention of substance abuse with their child.

How do I know if my child has a problem?

The trick thing about substance abuse is that the first problem identified is often not the actual substance abuse.

Early Signs of Substance Abuse

Family problems - breaking rules, isolating, neglecting family responsibilities, decrease motivation.

School - drop in grades, truancy, discipline problems, alcohol/drug related offenses.

Social - loss of friends, changes in friends, parents uncomfortable with choice in friends, breaking curfew, secretive with friends.

Legal - MIP (minor in possession), MIC (minor in consumption), stealing, curfew violations, tobacco use.

Physical - poor hygiene, loss of weight, congestions, poor skin, dark circles around eyes.

Questions for Parents

Is your child developing friendships and hanging out with older kids that are identified as the drinking or drug crowd?

Is your liquor supply dwindling? What about your pills in the medicine cabinet?

Are you finding over the counter medications in their room?

Is your child in trouble with the law, for any reason? Have they been suspended from school for an alcohol or drug related incidence?

Are there signs of medical or emotional problems (stomach problems, sudden weight loss or gain, depression, overwhelming anxiety), suicide talk or gestures?

Is your child beginning to tell lies, cover his/her tracks, say they are going one place and go to another, asking other parents or siblings "not to tell" you things?

Do you detect physical signs such as alcohol on the breath, pupil change, redness of eyes, slurred speech or staging, uncontrollable giggling, motor mouth and unprecedented energy?

Does your child smoke cigarettes and/or eat a lot of breath mints?

Does your child have flimsy excuses for not being where she/he said they would be, coming home late or not at all, for getting into trouble at school?

Has your child experimented with alcohol and/or drugs, maybe admitting to "once or twice," but insists that at parties and other functions they stay away from the kids who are doing it and in fact, they try to get their friends to stop?

Is there a heightened secrecy about actions, possessions, and has your child made their room off limits?

Is she/he going through money (yours or theirs) and you can't figure out where it's going?

Is your child giving up family and supervised activities like sports, debate teams etc, that they used to enjoy?

Is there trouble at school – grades dropping, missing classes, unexplained truancies, especially on Monday's and Friday's?

Scoring: If YES is the answer to 4 or more of these questions, it indicates that your child may be in trouble with alcohol, marijuana, or other drugs.

Time to act upon it!

Steps Every Parent Can Take

Get as much education as you can. The drug world changes quickly. Attend school/community events that will give you more insight to what is happening in your community. Education is key to success.

Lock up ALL prescription medication, over the counter medication and alcohol.



Things Every Parent Should Know...continued

Use every opportunity to talk with your kids about the dangers of drugs. Create a "Family Drug Policy".

Make sure your child has a "safe" adult that they can always go to if needed. Someone they can talk safely with. This may or may not be a parent.

Safely dispose of all unused medications.

Get to know not only your kids friends, but their parents as well.

Drug Test.

Monitor phones, cell phones, computers and bedroom.

Put your child's cell phone away at bed time so it is not a distraction or used when they should be resting.

If you find your child has experimented with drugs, ACT immediately. Don't think that it will get better or they will outgrow it.

Most of all, Love your children and make sure that they know it!

"When in doubt- rule it out."

Get an assessment. A simple substance abuse assessment can shed light on what's really going on. If it is a problem- it may save their life. If it is not the issue- the right kind of help can be more effectively determined.

"What if my child says, it's not that bad?"

Denial is part of the problem. Ask anyone to talk about something that's considered wrong and you can expect them to deny or minimize the extent of the problem. Intervention is a process that breaks through denial and helps a client understand and accept the need for help- before it gets worse.

Effective Intervention Includes: Education: teaching the client what it means for have a problem. Identifying treatment options. Remove defense mechanisms. Help parents develop a plan.

"But he/she is not an addict"

It's an illness- not a "bad-ness." Many people have their own idea of what it means to have substance abuse problem, and are

often surprised at how a "problem" is actually defined. Chemical dependency is a diagnosable illness with identifiable symptoms, a prescribed method of treatment.

Characteristics of Chemical Dependency:

Primary- It must be treated; related problems cannot be effectively addressed until the substance abuse has been managed. Progressive- It keeps getting worse. Chronic- Tendency for relapse. Potentially fatal- Overdose, accidents, suicide, physical ailments.

"We've tried everything. Nothing seems to work."

Treatment works! The biggest reason for unsuccessful attempts to help a teen when drug or alcohol use is involved is them getting the right help in the first place. Substance abuse causes a person to change- their "not themselves" anymore. Substance abuse treatment is an intensive process that when successfully completed, restores the client back to the person they used to be.

Substance Abuse Treatment Levels

Outpatient Counseling- for an assessment, prevention, intervention, ongoing care.

Intensive Outpatient Treatment (IOP)- if substance abuse treatment is indicated, the IOP is typically the first option to consider. This is the least restrictive level of care.

Residential Treatment Center (RTC)- the client lives at the facility while in treatment. For clients who have either failed in IOP, are out of control, or have other issues that require higher level of care.

If you are concerned about your child, there is help out there. Please contact Jennifer Mize, DHS Student Assistance Counselor (940) 369-2136 if you would like further information regarding treatment services for your child.

Information for this article is provided by: Jim Savage, LCDC Lakeside Life Center (214) 789-8456 www.5thingsonline.com

Winning the Fight http://www.wtf-winningthefight.org/Home_Page.html

Additional Resources: drugabuse.gov – drug information Streetdrugs.org – drug information and more SAMHSA.org U.S. Department of Health and Human Services (SAMHSA) nida.nih.gov - drug information and more addictioncenter.com - drug and addiction information and rehab facility reviews Abovetheinfluence.com – education and support

High Honors for DHS Bronco Band

The DHS Bronco Band recently competed in the UIL Marching Competition, receiving Division 1 honors. Additionally, the DHS Bronco Drum Line competed with over 60 drum lines in the Lewisville and Lone

Star Drum Line Contest this past weekend. They finished 4th, and received nominations for Best Front Ensemble and Best Bass Line.



Fall Concert Slated November 18

The DHS Bronco Jazz Band will be performing their Fall Jazz Concert on Tuesday, November 18th. The performance begins at 7:30 p.m. in the DHS Auditorium.

Poinsettia Fundraiser

The DHS Bronco Band is kicking off their 2014 Poinsettia fundraiser, which will run until November 18th. The poinsettias, selling for \$10 each, will be delivered on December 1st. See any DHS band student for more details.

Thank You Homecoming Volunteers!

Homecoming 2014 was a big success - thanks in part to the many volunteers who took time to make a special event for the great students at DHS. Thank you for all you do!

> Kelly Dozier Cheryl Heal

Orchestra News

Denton High School Orchestras presents Home for the Holidays December 11, 2014 DHS Auditorium 7:00 p.m.

Enjoy music by the award winning DHS Orchestras celebrating the holiday season!

> Musical selections include: Still, Still, Still A Charlie Brown Christmas Festival of Lights The Holly and the Ivy I Wonder as I Wander

STARR Test Information

We will be giving the STAAR test December 1-5. This is a retest for students who haven't passed all the tests yet. STAAR tests are required for graduation. Students who need to retest need to be at DHS at 8:50.

The DHS PTSA newsletter publishes five newsletters throughout the year. Submissions for the school year may be emailed to: cjrperry@msn.com

Upcoming submission dates and publication dates:

Submit: Jan 16 Post: Jan 20

Submit: Feb 20 Post: Feb 24

Submit: April 17 Post: April 21

Explorium Denton

Are you interested in working with a group whose mission is starting a children's museum in Denton? Explorium Denton needs numerous volunteers to help with a March 7th Touch a Truck event and is looking for a high school student to attend the monthly board meetings and serve as a student liaison. Please visit the facebook page here:

www.facebook.com/exploriumdenton for more information.

THANK YOU TO OUR CLASS SPONSORS

Dedication, Honor, Success ... we are DHS.

This motto is alive and well throughout the Student Body.

The PTSA would like to give a shout out to the hard-working Faculty who sponsor the students through the years and model the dedication and honor needed to become a successful Bronco.

STUCCO: Amber Bush Class of 2015: Kristina Shelburne Class of 2016: Renee Koontz, Laurie Kinne, Rhonda Duggan Class of 2017: Jennifer Oswalt, Gina Anderson Class of 2018: (awaiting sponsor - stayed tuned!)

International Career Day: December 3rd

The World Affairs Council of Dallas is hosting its annual International Career Day at the University of Texas at Arlington. Students will have the opportunity to learn about international professions and college degrees; study abroad opportunities; the local impact of global trends; and, cultural "do's and taboos." Learn more about this event <u>here</u>

We can take 30 students and this trip is open to MYP/ future full DP 9th and 10th graders as well as current DP students.

IB DP Reunion: Dec 15

Current DP students and any DHS DP IB graduates are invited to a DHS IB Reunion on Monday, December 15th at 11:30 a.m. in the Foyer of the "Purple Pit". IB will provide a pizza lunch. We look forward to learning about the successes of our DHS IB graduates at their universities.

RSVP to Mrs. Hughes at bhughes@dentonisd.org or phone 940.369.2238.

Please check in with the front office upon arrival.



CLASS OF 2015 PARENTS

There are lots of volunteer opportunities for parents of the Class of 2015. Email *kshelburne@dentonisd.org* for more information.

DHS PTSA Newsletter • 2nd Edition • November 2014 • Page Six

Boring petitions his Congressman

DP junior Joshua Boring represented Texas on Constitution Day, September 17th, in Washington DC after winning the Bill of Rights contest judging successful civic engagement projects. While in Washington, D.C. on the all-expenses paid trip, Josh visited the Capitol; presented his project to Congressman Michael Burgess (pictured to the right) and to one of Senator Ted Cruz's health aides; participated in a reading of the Preamble to the Constitution on the Capitol steps; and attended a celebration dinner at the Newseum. Josh's project included lobbing for the importance of registered nurses in the public schools.



His Excellency Yousef Al Otaiba



Anjali Balakrishna greets His Excellency Yousef Al Otaiba, Ambassador of the UAE to the United States at the World Affairs Council event on Thursday, October 23rd at the Crescent Rosewood Hotel in Dallas. Denton High School International Baccalaureate Diploma students, along with Mrs. Hughes and Mrs. Mabry (DISD Advanced Academic Coordinator), listened to the Ambassador address the council during a luncheon and then participated in an additional question and answer session specifically for our students. Other VIPs in attendance were former Senator Kay Bailey-Hutchison, Dallas Mayor Mike Rawlings, and Ross Perot JR.

The following is the Denton ISD's policy regarding weather procedures:

The decision to close schools based on inclement weather is made when possible by 6:30 a.m. School closing decisions are reported on the Denton ISD Website, the Denton Record-Chronicle Online and on the major television networks: Channel 4 (KDFW), Channel 5 (KXAS), Channel 8 (WFAA), Channel 11 (KTVT), Channel 23 (KUVN) and Channel 39 (KXTX). The major radio stations include: FM 88.1 (KNTU), AM 820 (WBAP), AM 1080, (KRLD), and others.

It is also announced on the district's main telephone line at (940) 369-0000. This year, we will use our automated Call-out system for weather alerts. Please be sure to have your current contact information on file with each school your child(ren) attends. You can also sign-up to receive an e-Alert in your email.

Please note: Media outlets only inform viewers and listeners of those school districts that are either starting late or canceling school. If no information is given, Denton ISD will be starting at the regular time.

Any School closings will be posted at the Denton Independent School District website



Denton High School, in partnership with the home and community, is dedicated to the development of knowledgeable, compassionate individuals who actively and ethically contribute to the betterment of our world.

By providing challenging and educational experiences that encourage cooperation, creativity and intercultural understanding, DHS aims to create life-long learners who embrace the diversity of others.

Adopted 2007