

Black History Month, Parenting, Substance Use Prevention, Education Budget, and more...



February 2021 Newsletter ([Spanish Version](#))

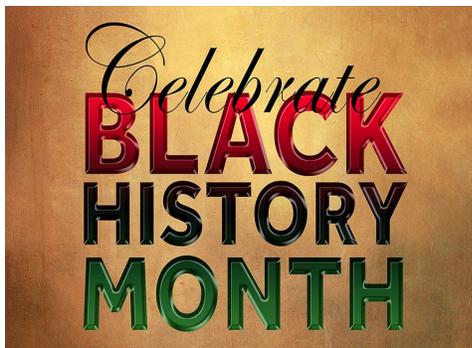
A Message from Clinton PTA's Social Media Communications Chair



Happy February!

As the mom of two Morgan students, I appreciate the opportunity to be involved with the PTA board this year. As Social Communications Chair, I've been working hard to keep [Facebook](#) and [Instagram](#) updated with school communications and other important information during the pandemic. In addition, PTA Vice President Abby Roccapriore and I have been collaborating to provide information about equity and diversity, as racial justice is one of Clinton PTA's themes this year. Our other theme is mental health, and as a clinical psychologist I've enjoyed working with fellow board members and mental health professionals Erica Clough and Christine Randi to provide you with information about that. Tune into [Facebook](#) and [Instagram](#) for Mental Health Mondays, Wellness Wednesdays, and Feel Good Fridays, when we share articles and tips covering topics such as coping during the pandemic, suicide awareness & prevention, stress management, and self-care. We welcome your feedback on our social media posts. What is helpful? Is there a particular topic you would like to hear more about? Please [email](#) me with your comments and ideas!

With best wishes for a happy and healthy 2021,
Liese Zitzkat



February is Black History Month

Please join the Clinton PTA on our [Facebook](#) or [Instagram](#) sites. We will be sharing information every Tuesday and Thursday to help educate, celebrate, and discuss.

To get us started, here is an excellent article from The Oprah Magazine entitled “26 Black Americans You Don’t Know But Should” by Michelle Darrisaw. Take a few minutes to read and get to know some of these hidden figures that should be celebrated. [Click here to access the article.](#)

Also, stay tuned for a monthly PTA discussion to explore Race, Bias, and Identity that Clinton PTA Vice President Abby Roccapriore is organizing! Information coming soon!

Free February Webinar series with one of our favorite speakers, DR. ALICIA FARRELL!

How to Raise a Well-Adjusted, Confident, Self-Reliant and Civil Adult in a Crazy Mixed-Up World

Wednesday evenings 7-8:30 PM

📅 February 3rd

**The Pressure to be Perfect and Its
Unintended Consequences**

📅 February 10th

**Weeding out Fact from Fiction:
Marijuana, Alcohol, Nicotine and More**

📅 February 17th

**The Negative Influences of Screen-Time and
Content on Our Children's Development and
What We Can Do About It**

📅 February 24th

**Boots on the Ground Parenting.
Raising Children with Grit and Resilience**

**FREE PARENTING
WEBINAR SERIES with
Dr. Alicia Farrell**

For more information
visit aliciafarrellphd.com

Registration is required. For more details and to **REGISTER** to get Zoom links, visit aliciafarrellphd.com/events/

Talking with Your Teens about Underage Drinking

Helen Witty
MADD National President

A few weeks ago, Morgan Principal Keri Hagness publicized in the Weekly Blast about two great parenting webinars presented by Operation Parent. In case you missed the webinars, Clinton PTA has listened to them and summarized them for you. In last month's newsletter, we presented [5 Strategies to Raise a Drug Free Kid](#). We hope you found it helpful! This month, we

summarize [Talking with Teens About Underage Drinking](#). Look for other great parenting webinars in the future at www.operationparent.org.

Talking With Teens About Underage Drinking

- **Problems and Consequences of Underage Drinking and Marijuana Use**
 - **Alcohol**
 - Alcohol is a drug and the #1 drug choice of youth
 - Teen alcohol use kills more than 4300 youth each year
 - The human brain is not fully developed until the mid-20s
 - Taking Away the Keys Doesn't Take Away the Risks of Teen Drinking
 - Teens that drink also die by Homicide, Suicide, Falls, Fires, Alcohol Poisoning, Drowning, etc.
 - **Marijuana**
 - There are major differences in marijuana today vs. 30 years ago
 - Marijuana combined with alcohol is a whole different animal
- **Role of Teens' Friends/Peers**
 - Middle and high schoolers tend to overestimate how many teens drink alcohol...most teens don't drink. However those that do tend to be vocal about having done it to normalize their actions.
 - 1 in 8 teenagers binge drink on weekends
 - But that also means that 7 out of 8 do not!
 - 25% of 8th graders have tried drinking
 - But that means that 75% have not!
 - They are frequently **WRONG** about how much alcohol is consumed by their friends/peers
 - These common misperceptions lead to
 - The belief that it is normal to drink
 - More pressure to "fit in"
 - More teen drinking
- **Power of Parents/Role of Parents and Adults**
 - **Misconceptions of the Adult Role:**
 - Letting teens drink at home takes away the "mystery" of alcohol and decreases teens' desire to drink.
 - You can't teach your child how to drink responsibly. Their brain is not ready for it.
 - It's OK to provide alcohol to underage teens for special occasions and holidays
 - They drank underage and/or used marijuana as a teen and turned out okay, so it's fine for their kids, too.
 - 3 in 4 teens say their parents are leading influence on their decisions about drinking alcohol

- **What you can do**
 - **Simply start where you are today**
 - **If your 1st approach doesn't work, try another way on another day**
 - **Get into the habit of asking permission to ask them questions**
 - **Talk! Talk a lot everyday!**
 - **Seek discussion. Don't lecture!**
 - **Model the behavior you want them to have**
 - **Help your teen make good choices**
 - **Give them tips for dealing with peer pressure**
 - **Create a plan on how to get home safe if a friend is drinking**
 - **Find alternative interests to drinking**
 - **Guiding them to choose friends wisely**
 - **Getting help when your teenager has a drinking problem**
 - **Set CLEAR expectations, rules and consequences so your teen knows how you expect them to handle situations**
- **FREE HANDBOOKS!!! And Resources!**
 - **Handbook on Talking to your High Schooler About Alcohol**
 - <https://online.flippingbook.com/view/320335/>
 - **Handbook on Talking to your Middle Schooler About Alcohol**
 - <https://online.flippingbook.com/view/982472/>
 - www.madd.org



It's That Time Again! Time to start thinking about the Clinton Education Budget. Our Superintendents, Board of Education, and School Administrators have been hard at work putting together the budget for the 2021-2022 school year.

The Board of Education will approve the proposed Operating Budget at their Monday, February 1st, 7pm Zoom meeting. Once approved, the budget will be presented to the Town of Clinton. The Operating Budget request was presented at \$34,198,191, an increase of \$997,800, or 3.01%.

The driving forces of this budget increase are:

- **Certified Salaries up 2.67%**
- **Non-Certified Salaries up 2.71%**

- **Employee Benefits up 7.23%**

The salary and benefit increases listed above make up 79.39% of the Operating Budget increase.



We can't let February go by without wishing you a Happy Valentine's Day! Show your love this month by being **KIND!** PTA Board member Erica Clough reminds us that...

Kindness is contagious 💜

Kindness has been shown to increase self-esteem, empathy and compassion, and improve mood. It can increase your sense of connectivity with others, which can directly impact loneliness, improve low mood and enhance relationships in general. It can also be contagious. Being kind makes someone's day as well as your own.

Here are a few suggestions of random acts of kindness.

- 💜 Pay it Backward: buy coffee for the person behind you in line.
- 💜 Compliment the first three people you talk to today.
- 💜 Send a positive text message to five different people right
- 💜 Post inspirational sticky notes or painted rocks around your neighborhood.
- 💜 Say hi to the next person you see. Tell them you hope their day is wonderful.
- 💜 Surprise a neighbor with freshly baked cookies or treats.
- 💜 Let someone go in front of you in line who only has a few items.

Kindness goes a long way and spreads easily. Start today and see if you can start the ball rolling.



FEBRUARY EVENTS - MARK YOUR CALENDARS!

Monday, 2/1: Board of Education meeting (click [here](#) for details)

Monday, 2/15: President's Day - no school

Tuesday, 2/16: February Break - no school

Wednesday, 2/17: PTA meeting at 7:00 PM (Zoom link to be posted on social media)

You're Invited!

ALL are welcome at PTA meetings!

Please come join in the conversation! Our next meeting will be held on Wednesday, February 17 from 7:00-8:30 PM. Zoom link will be posted on social media.

Join us!

PTA Board Openings

Clinton PTA still has openings for two important roles: Membership Chair and Programming Chair. Please contact [Heather](#) if you would like more information about these positions!

ENJOY THE BENEFITS OF MEMBERSHIP



Have you renewed your membership yet?

Your membership helps us provide important programming and speakers. Membership runs 7/1-6/30 and is only \$15-\$25 (\$5.50 for students and teachers). Options to join/renew can be found here: <http://www.clintonpta.org/membership/>.

Thank you to Clinton PTA's generous sponsors!



ALICIA FARRELL PHD

FREE PARENTING WEBINAR with Dr. Alicia Farrell

February 2021 | LEARN MORE



Help us reach more parents and teachers!

Please share this newsletter on Facebook or forward to your friends via email.
