



JAMESTOWN WARRIOR

<http://www.jamestownri.com/school>

Friday, June 18, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
	Rain Date for 4 th Grade Penny Carnival Grade 6 to Fort Getty – 10:30 am Registration Begins for Summer Reading Program – Jamestown Philomenian Library	Kindergarten Graduation – 9:30 am Honors Assembly – Lawn – 1:00 pm Grade 4 Talent Show – Melrose – 1:15 pm	Last Day of School Field Day at Lawn – 10:00 am 8 th Grade Graduation – 7:00 pm			

VOLUNTEER NEEDED TO PREPARE WARRIOR NEWSLETTER

Looking for a volunteer willing to help out and take over the Warrior Newsletter in the fall. This is an important job that Mrs. Almanzor would like to keep running. Please think about volunteering your time to keep our parents informed! Any interested parties, please contact Isabel Jepson at 423-7010 or jepson.isabel@jamestownschoools.org. Thank You!!

FROM THE SCHOOL NURSE



Illnesses of the Week: Melrose reporting strep throat in grade 2, and possible Lyme Disease in grade 3. Fevers and stomachaches persist.

Lawn reports not feeling well, stomachaches and headaches.

RIDE is reviewing the attendance reports for truancy. You need to call your child out absent for whatever reason they are not in school.

Reminder: If your child is entering **6, 7, or 8th** grade in the fall, you will need to submit a current physical if he/she wants to try out for fall sports. Those entering 7th grade will need to submit required entry level immunizations and physical forms. Those new transfers into 8th grade will need to follow the 7th grade entry requirements as well. Physical forms may be downloaded from the RI Department of Health at <http://www.health.ri.gov/forms/school/Physical.pdf>.

Students who will be 5 on/by September 1, should be registered for kindergarten. Please make an appointment with Ms. Maggi at the Melrose School to register your child for kindergarten. Registration forms are available online as well. Please visit <http://www.jamestownri.com/school/front/New%20Students.html>.

ALL MEDICAL information should be sent to Mrs. Sullivan, RN only.

YEARBOOKS

Yearbooks are \$35.00 - and there are a few left. Please see Mrs. Sullivan, RN if you'd like to buy one.

TEEN SUBSTANCE ABUSE PREVENTION

Please see flyer attached to this edition of the Warrior for more information.

NKHS GEAR

A great gift for your future NKHS student can be bought online through the NKSD website. You can order sweatshirts, t-shirts, hats, and other NKHS gear. This is a great way to get you student excited about high school. Please visit <http://nkathletics.org/index.cfm?action=main.otherad&contentid=125847> to check out what's available.

LINKS TO SCHOOL AND COMMUNITY INFORMATION

News and Information Links

"New Policy for School Parties":

<http://www.jamestownri.com/school/School%20Parties%20excerpt.html>

School Links

All of the school information below can be found at the school website, as well as links to information from the School Nurse and others. Please visit our website at: www.jamestownri.com/school/

Monthly School Calendar:

www.google.com/calendar/embed?src=ooiafklqj416fp0bkgvovhjaqc%40group.calendar.google.com&ctz=America/New_York

Lunch Menu - Melrose School: <http://www.jamestownri.com/school/Melrose%20Lunch.pdf>

Lunch Menu - Lawn School: www.jamestownri.com/school/Lawn%20Lunch.pdf

School Calendar for 2009-2010: www.jamestownri.com/school/front/cal/calendar%202009-2010.pdf

School Calendar for 2010-2011: <http://www.jamestownri.com/school/front/cal/calendar%202010-2011.pdf>

PTO: <http://www.jamestownri.com/school/classes/pto/ptohome.htm>.

H1N1 Update from the School Nurse: <http://www.jamestownri.com/school/front/nurse/nurse.htm>

Community Links

Jamestown Education Foundation: www.jamestowneducationfoundation.org

Jamestown Philomenian Library: <http://www.jamestownri.com/library/>

Jamestown Parks and Recreation: <http://www.jamestownri.net/rec/rec.html>

Jamestown Teen Center: <http://www.jamestownri.net/teen/teen.html>

Please scroll down to see additional flyers and information attached to this edition of the Warrior.



Rhode Island Student Assistance Services

Summer Is the High Time For New Teen Substance Use

According to recent national surveys on drug use and health, more teens first experiment with Marijuana and other substances in June and July, compared to any other part of the year. Many students make the decision as to whether they will drink or use substances the summer between 8th and 9th grade especially.

The good news is that Parents can make an important difference!

- **Talk With Your Children:** Work diligently on establishing and maintaining good communication with your children by breaking down communication barriers. Allow them to participate in the conversation and be listened to so that you can develop effective two-way communication.
- **Get Involved & Monitor Their Activities:** Kids are much less likely to have substance use problems when they have positive activities to participate in. It is important to have a caring adult help your kids find activities and places for these activities that are substance-free. Then keep track of where, with whom, and what your child is doing.
- **Set Rules:** It is essential to make rules clear and enforce them consistently. Clearly identify what actions you expect your teens to take since teens that know their parent's expectations and consequences are less likely to use substances, including alcohol.
- **Be a Role Model:** Children like to imitate adults. This is why it is important that parents be mindful of their own actions related to the use of tobacco, alcohol, and illegal drugs.
- **Help Teach Kids To Choose Friends Wisely:** We are all aware of "peer pressure." We understand that children want to be accepted and noticed by their peers. Sometimes this need for acceptance can result in making choices they may not normally make. Parents can be very helpful in empowering their kids to develop a healthy sense of self and to set positive goals early on and stick to them.
- **Limit the Access Your Children Have to Substances:** Children use substances that are available to them. They report sneaking alcohol from their own homes, taking cigarettes from relatives, and obtaining marijuana from people they tend to know well.
- **Inform Teens About the Honest Dangers:** Some discussion of negative consequences has impact on the decisions they make. It is important to emphasize that substance use clouds one's judgment and makes one more likely to be harmed in other ways.
- **Inform Your Child of What Others Are ACTUALLY Doing:** Teens perceptions are that everyone in high school is using alcohol or marijuana. In reality, over half of the students at North Kingstown High School are not using alcohol or marijuana.

For more information you can visit: <http://www.risas.org/>

Also please feel free to contact your student assistance counselor, she is always happy to provide support, answer any questions, or help you with necessary referral information.

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