

**ADULTS MAKE A DIFFERENCE  
IN THE LIVES OF CHILDREN**

SEPTEMBER 2009

[WWW.FCPS.EDU/HERNDONHS/COALITION/HOMEPAGE.HTML](http://WWW.FCPS.EDU/HERNDONHS/COALITION/HOMEPAGE.HTML)

Hello everyone – here is a recap of our last Coalition meeting. **Our next meeting will be Wednesday, Oct. 28<sup>th</sup> at 3:30 pm in the Herndon HS Principal's conference room.**

**Agenda Items –**

- **Funding for 2009 - 2010** – Our funding has been cut to \$1500 for this year. The status of the 2010-2011 funding and beyond is still unknown and currently is NOT funded.
- **Parent Program – Responsibility – It's a Good Thing** – the program was held on October 8<sup>th</sup> at Herndon HS in the Lecture Hall and was well attended. Approximately, 50 individuals attended and more than half were parents of 6<sup>th</sup> – 8<sup>th</sup> graders. The remainder were 9<sup>th</sup> – 12<sup>th</sup> grade parents.
- **Herndon Middle School After-School Clubs** – we shared the list of programs for Middle School students being offered at Herndon Middle. Some of the activities being offered are: Basketball, Soccer, Flag-Football, Cheerleading, Step Team, Lego, Book Club,, Art, Drama, Bike Shop, Crafts, Fashion Design, Survivors Club, DJ Club, Green Team and Poetry Club. Students have an option of going to Herndon Community Center on Tuesdays and Fridays from 3 – 6 pm or Reston Teen Center on Mondays, Wednesdays, and Thursdays from 4:30 pm – 9 pm.
- **Pyramid Results from CTC 2008 Survey** – We passed around the results from the 2008 Communities that Care survey for the Herndon pyramid. Some of the areas that Herndon was HIGHER than the other pyramids are: Alcohol (current 12<sup>th</sup> graders and graduated students), Binge Drinking (current 12<sup>th</sup> graders), Marijuana use (current 12<sup>th</sup> graders), Sexual Intercourse (current 12<sup>th</sup> graders), carried a weapon-not a handgun (current 12<sup>th</sup> graders), Perception of crime/drugs in neighborhood ((current 10<sup>th</sup> and 12<sup>th</sup> graders), Perceived Parental approval of Alcohol use (graduated students – class of 2008). Some areas where we were below the other pyramids are: Alcohol use (current 10<sup>th</sup> graders), Inhalant Use (current 10<sup>th</sup> graders), Depression (current 12<sup>th</sup> graders), and Knowledge of opportunities for involvement outside of class/school (current 10<sup>th</sup> graders). The results were presented again at the October Herndon HS PTSA meeting.
- **Homecoming Info** – The Herndon HS Homecoming Parade was held on Saturday, Oct. 3<sup>rd</sup> at 9:30 am. They are hoping more elementary schools and town organizations participate in the 2010 parade.
- **Sustainability of Coalition** – We briefly discussed the future of the Herndon Coalition, especially if there is no funding. Some ideas were to let the PTA/PTSAs absorb the programs, meet quarterly, or continue meeting monthly without funding.
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**Announcements –**

- **Dranesville ES** – Kathy Wilds (counselor) and Tania Bove (Parent Liaison) reported that they were having Back-to-School night soon and they had such a large number of kindergartners register that they added another Kindergarten teacher.
- **St. Joe's School** – Jenn Suess (teacher) reported that they were coordinating Herndon Pride day for the Parade festivities and were planning Cancer dress-out days.
- **Health Department** – Virginia Wilkinson (school nurse for HHS, HMS, and Hutchison ES) reported that she is a trained

facilitator for "Not on Tobacco" a program through the Lung Association. She said as of 9/30, the number of students out with the flu was not overwhelming. She said that the Teen Pregnancy/Mothers are stable and that she has only 3 pregnant moms at this point. There are about 16 teen moms that she is working with.

- **Trinity Presbyterian** – will be working with LINK Holiday Basket program in November and December and they are still coordinating lunch for the day laborers (there are up to 80 individuals showing up for lunch on Wednesdays). Their fall ESL classes are beginning soon.

- **Armstrong Elementary** – Jeff Hewitt (counselor) reported that there is a new Autism class. Currently, they have 4 contained Autism classrooms.

- **Reston Teen Center** – Jonathan Melendez and Emily Nalls reported that they were having Family Nights at the North County Teen Center (Oct. 16 – Gang Awareness; Nov. 20 – Potluck; Dec. 18 – Flag Football). They said that over 60 people attended the Family Eat Out & Together event. [For more info on this subject, click here.](#) Jonathan mentioned the hours of the Drop In sites – Monday – Thursday (2 pm – 9 pm), Fridays (2 pm – 10 pm), and Saturdays (12 pm – 10 pm). It is for students in 6<sup>th</sup> – 12<sup>th</sup> grade. They are also trained as Project TNT leaders. Project **TNT** (Towards No Tobacco) consists of ten lessons and provides a **skill building** approach to help students resist influences to use drugs. The program is FREE and you can contact [Jonathan](#) or [Emily](#) to schedule them to talk to your group. The Teen Center also offers Intramural sports for teens. They are also looking into coordinating a program similar to Glenbrook Soccer where they partnered with the local Police department and met once a week and shared a meal, as well as soccer.

- **Herndon Middle School** – Becky reported that we were handing off coordination of the annual homecoming parade to the HS Sports Boosters; and the Coalition provided snacks for the Road DAWG program held during the 2009 summer.

#### Other Announcements –

- **Fairfax County Crash Map** – an updated map has been posted. [Click here to view the map.](#)
- **Dept. of Family Services Nurturing Parent Group** – next class in our area – March 16 – June 8, 2010 at St. Timothy's Episcopal Church. Contact Mario Prada, 703.324.7405.
- **Washington University Study Finds Evidence for an Interaction between age at First Drink and Adult Dependency** - Researcher Arpana Agrawal of the Washington University School of Medicine, who has studied alcohol in twins, said that early drinking "may induce changes in the highly sensitive adolescent brain, which may also modify an individual's subsequent genetic vulnerability" to addiction. Agrawal said the findings should be used to discourage young people from experimenting with drinking early because such behavior might trigger an onset of alcohol abuse. Risk for alcohol dependence symptoms increased with decreasing age at first drink. Heritable influences on alcohol dependence symptoms were considerably larger in those who reported an age at first drink prior to 13 years of age. It was also found that the age of first alcohol use correlated with a higher number of alcohol dependency symptoms. Those who started drinking later in life were less likely to be dependent, the study found. **Conclusions: Early age at first drink may facilitate the expression of genes associated with vulnerability to alcohol dependence symptoms.** This is important to consider, not only from a public health standpoint, but also in future genomic studies of alcohol dependence. For more info, [click here.](#)
- **Jeanie Schmidt Free Clinic is Moving in December** – The Free Clinic will be partnering with other non-profit organizations serving low income neighbors by moving to a new location. The service center, to be located on Dulles Technology Drive in Herndon, will be called Connections for Hope. The clinic will need the support of our friends in the community in order to make this move possible. Please consider volunteering to assist as the clinic continues to grow to meet the needs of our patients.

#### OUR MISSION

*The GHCC is united in a drive to help ensure the well-being of all youth in the Herndon community. We dedicate our efforts to provide information and education about preventing under-age drinking, drug-abuse use issues, and personal character issues faced by our young citizenry, because all kids are capable of success, no exceptions.*

1. [Drawing of New Location](#)- Your first peek at the new clinic
  2. [JSFC Wish List](#)- Consider donating items for our new space.
  3. [Clinic Champions Program](#)- Help to underwrite our services.
  4. [Naming Opportunities and Volunteer Opportunities to Help Us Move](#) -
- **CASA National Survey Found Teens Cite Cigarettes and Marijuana as the Easiest Substances for them to Buy** - Slightly more than one-fourth (26%) of teens said that cigarettes were the easiest for someone their age to buy and the same percentage cited marijuana. The third most prevalent response was prescription drugs (16%), followed by beer (14%). Ten percent of teens reported that they thought all four substances were equally easy to buy. When the parents of these teens were asked which substance they thought was easier for teens their child's age to buy, more than one-third reported cigarettes (37%), 22% reported marijuana, 12% reported beer, and only 9% reported prescription drugs.
  - **Partnership for a Drug Free America Launches "Habla Con Tus Hijos"** - During Hispanic Heritage Month, the Partnership launched "Habla Con Tus Hijos," the first-of-its-kind Spanish-language web resource encouraging parents to have frequent conversations with their kids about the risks of drug and alcohol use. "Habla Con Tus Hijos" is culturally relevant to the Hispanic community and empowers Hispanic parents to have open, honest conversations with their children by providing them with helpful in-language tips and tools at [HablaConTusHijos.org](http://HablaConTusHijos.org).
  - **Partnership for a Drug Free America also offers Time To Talk Tools Help Military Families Through Difficult Transitions** - The Partnership, together with the National Military Family Association (NMFA) and National Association of School Nurses (NASN), have created new online tools to assist military families and teens through difficult periods of transition, such as a deployment, major injury of a parent, and frequent moves to new neighborhoods and schools. The effort is the first collaboration among the three organizations to provide assistance with the complex, extraordinary circumstances often faced by military families. The Partnership's new military family support tools -- available for free at [TimeToTalk.org/Military](http://TimeToTalk.org/Military) -- were recently introduced at a press event in Washington, D.C. sponsored by Senator Claire McCaskill (D-MO). McCaskill has previously sponsored the SUPPORT Substance Use Disorders Act, which would make addiction treatment more readily available to members of the military and would provide privacy protections to those seeking help.

### Meetings for 09-10 (all meetings are at 3:30 pm)

- November 18
- January 27
- February 24
- March 24
- April 28
- May 26



### Upcoming Dates

- Oct. 28 – Coalition meeting, 3:30 pm HHS Principal's Conference room
- Nov. 20 – Teen Center Potluck Dinner

*There is nothing stronger than the heart of a volunteer. With it beats the spirit of service, generosity, and compassion....and the health and well-being of our community, our country, and our world.*

*--Kobi Yamada*