



*Osan American High School*

# *Cougar Update*

Friday, October 23, 2009

## How to Keep Alcohol out of Homecoming

The Homecoming Dance is one of the most memorable nights of one's high school years. All teenagers are thinking about is the dress, the dance, the date, and the incredible time they will spend with their friends. Parents, however, have a much different focus. They want to make sure their [children](#) come home safe and sound. Unfortunately, underage drinking and the problems it causes can mar this happy event. There are many things both teenagers and parents can do to make it a safe and fun filled night. These tips from SAMHSA and NCADI can help with keeping alcohol out of Homecoming.



Sit down with your teenager and list the rules for the evening. Let him/her know the consequences in store if you find out he's/she's been drinking. Include younger children in conversations about underage drinking and alcohol. This sets the stage for open communication with [teens](#) later. Maintain a clear family policy about underage drinking. Explain this policy to your teen, so that there are no arguments later about the expectations.

Set a good example for teenagers. If you're planning a pre-dance get-together for your teenager and his/her friends, don't provide any alcohol. Serving even a glass of champagne sends the wrong message, and it would become difficult to enforce discipline later.

Listen to feedback from your teens and do not hold any information against them. Your children will be reluctant to talk to you about their social situations if you begin to pass judgment on friends or criticize them.

Together with your teen, prepare a complete itinerary of the Homecoming night events. Include:

- Homecoming pre-party, party, and post party location information
- Phone numbers - friends, locales, dance chaperones, etc...
- [Transportation](#) alternatives
- List of people they'll be with - include phone numbers and parent info

Make sure that both you and your teen have a copy of the itinerary so that you can reach each other in an emergency.

Set-up a check-in time for each part of the evening. If they are going to be hopping around to several locations make sure to receive a call from them as they arrive at each place. If your teen doesn't want to call in or misses a check in then set up a text message that they can respond to with a code word that indicates that they're doing well. It's best to speak to them directly, but a text message is the next best thing.

Agree on an "unconditional" call for your help and/or a ride home if something should happen. If you are worried that your child won't call you (even with this agreement) then assign a trusted adult friend or neighbor that will take the phone call and help them out of whatever the situation may be.



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Underage drinking is more common among teenagers, ages 12 to 21, than smoking or marijuana use. It leads to poor decision making, binge drinking and a host of other potential problems. However, underage drinking issues often receive less attention than drug use or smoking. It is important to discuss underage drinking with [children](#) at an early age.

If you would like more information on underage drinking or have concerns about your teen, please contact your ASACS Counselor, Ms. M.L., at 784-1827. ASACS provides individual, group, and family counseling to teens and parents for various issues. We want to help teens become healthy successful young adults by working with their "life problems". ASACS is free and confidential.



The PTSO has an exciting new contest in progress. The grade level that collects the most [Tyson Project A+ Labels](#) will win 50% of the amount collected. If you have any questions, please contact the school for the name (Ms J.D.) our Tyson Project A+ program coordinator.





# Tyson Project A+™ Label Collection Program

### Dear Parents:

We have an exciting opportunity to share with you. We are taking part in a national fundraising program sponsored by Tyson Foods, Inc. called **Tyson Project A+™**. Through this program, we can raise as much as \$12,000 for our school this year! The money we raise can go towards buying books or computers, making improvements to our buildings, or anything else that we want.



All we have to do to participate is clip and save the entire **Project A+™** label from participating Tyson products. Each label we collect is worth 24¢ for our school. A collection site has been set up at the school where you can drop off your redemption labels.

Let's support our school! Clip and save **Tyson Project A+™** labels today. If you would like more information about the **Tyson Project A+™** program, visit <http://ProjectAPlus.tyson.com> or contact me, your school's coordinator at the number you see at the bottom of the page.

### Thanks for your support!

Our Goal:

300

Drop off Location:

Office - One Box for each grade level

### What to Look For



Contact the school for the full name (Ms J.D.) and phone number.

Coordinator Name

Coordinator Phone Number



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## Week at a Glance:

Monday, October 26- “A” Day

Tuesday, October 27 - “B” Day

Senior Portraits

Wednesday, October 28 - “A” Day

Boys’ & Girls’ Volleyball (Varsity Only) @ YISS

Boys’ & Girls’ Tennis @ YISS

Thursday, October 29- “B” Day

Senior Portraits

Friday, October 30 - “A” Day

Boys’ Volleyball - KAIAC Tournament @ SFS

Girls’ Volleyball - KAIAC Tournament @ SFS

Boys’ Tennis - KAIAC Tournament @ YISS

Girls’ Tennis - KAIAC Tournament @ SFS

Saturday, October 31 -

\*Football & Cheerleading - vs. Daegu (Site to be Determined)

Boys’ Volleyball - KAIAC Tournament @ SFS

Girls’ Volleyball - KAIAC Tournament @ SFS

Boys’ Tennis - KAIAC Tournament @ YISS

Girls’ Tennis - KAIAC Tournament @ SFS

Boys’ & Girls’ Cross Country - KAIAC Tourney @ ICS-U

\*Game will be played if Osan defeats Daegu on Oct. 24