



Hot Topics

Prom Night Tips

The much anticipated night of the year!! A night of fun, dancing, and a chance to look your best! These tips are designed to keep your night memorable and safe.

- Know your date!! If you are going with someone you do not know well, spend time beforehand getting to know them.
- Know your Prom night plans and provide the information to your parents/guardians.
- Plan ahead with you will say or do if someone offers you alcohol or an illegal drug. Phrases such as “No thanks”, “Are you kidding? I want to remember this night!” or “Actually, I would rather have a soda. Do you have one?”
- Ask a trusted adult to be near a phone ad available on prom night in case you need to call.
- If you have a cell phone, make sure it is fully charged, or carry a phone card.
- Pledge to have a sober night with your friends! Never drink and drive or let your friends do the same.

Listen here for a message on NH Underage Drinking:

<https://www.dhhs.nh.gov/media/av/drug-free-nh.htm>

Alcohol and Drug Use: Get the FACTS:

Check out these great resources. If you have concerns about your alcohol or drug use or a friend’s, talk to a trusted adult; parent, guidance counselor, nurse, teacher, school resource officer to get the help you or a fiend may need before it’s too late!

The Cool Spot: www.thecoolspot.gov

NIDA for Teens: <https://teens.drugabuse.gov/>

NH Bureau of Liquor Commission: <https://www.nh.gov/liquor/enforcement/>



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Cinnamon Challenge Dangers!

We were alerted to a dangerous challenge circulating around on YouTube and FaceBook. The Cinnamon Challenge is a game challenging people to swallow a teaspoon of cinnamon without water in 60 seconds. The game is extremely dangerous as the fine particles of the cinnamon cause choking and can cause lung infections and potentially collapsed lungs. The game is particularly dangerous for anyone with asthma or underlying respiratory illness.

Check out this video about the dangers: <https://www.ksl.com/article/19615121>

Norovirus

Norovirus causes “the stomach bug” or gastroenteritis in humans, Typical symptoms are nausea, vomiting, diarrhea, and stomach pain. The virus is spread from person to person through contaminated food and water or by touching contaminated surfaces. Norovirus is a highly contagious illness that typically lasts 1 or 2 days. Infected persons are contagious from the moment they feel ill to 3 days and perhaps even up to 2 weeks after symptoms resolve. Student who are exhibiting these symptoms should remain out of school until symptoms resolve completely. Student involved in food handling (culinary), childcare (early childhood) or healthcare (health science) should be excluded for 48 hours after symptoms resolve.

For more information on Norovirus see:

Centers for Disease Control – Norovirus: Key Facts

NH Department of Health and Human Services: Norovirus

Danger of Buckyballs

Buckyballs are used to simulate lip piercing. This product contains strong magnets which can be accidentally swallowed. This has the potential to cause serious intestinal damage and can even be fatal. The website – getbuckyball.com – contains additional information on their safety notice link. Also, please see the video below regarding this danger. Please discuss this health hazard with your child.

Danger of Buckyballs: <https://www.youtube.com/watch?v=HmqIhnPt1qk&feature=youtu.be>



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Concussion – A Real Impact on Learning

Check out this Concussion Fact Sheet for Parents:

https://www.cdc.gov/headsup/pdfs/custom/headsupconcussion_fact_sheet_for_parents.pdf

Mosquito-Borne Illnesses

Check out this link for more information:

<https://www.cdc.gov/niosh/topics/outdoor/mosquito-borne/default.html>

Sun Protection

Check out this link for more information on how to protect your skin for the harmful effects of the sun: https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm