




September is:

- Childhood Cancer Awareness Month 
- National Childhood Obesity Awareness Month
- National Recovery Month
- National Traumatic Brain Injury Awareness Month
- Sexual Health Awareness Month
- Suicide Prevention Month
- Sickle Cell Awareness Month 
- Hispanic Heritage Month (Sept. 15-Oct. 15)
- National Suicide Prevention Week (Sept. 9-15)
- Ally Week (Sept. 24-28) 
- Malnutrition Awareness Week (Sept. 26-30)
- International Fetal Alcohol Spectrum Disorder Awareness Day (Sept. 9)
- World Suicide Prevention Day (Sept. 10)
- Constitution/Citizenship Day (Sept. 17)
- International Day of Peace (Sept. 21)

Peace Takes Everyone



- National School Backpack Awareness Day (Sept. 26)



Welcome Back!

Pack It Light, Wear It Right

Here's great information to share with parents at "Meet The Teacher" events or Open Houses. Send a copy home on National School Backpack Awareness Day!

Over the next few days, nearly 60 million students will walk through the doors of public and private schools. Most will bring backpacks that will start collecting books, homework, laptops, lunches, and sports equipment. With these heavy loads, students are susceptible to discomfort, fatigue, muscle soreness, and musculoskeletal pain, especially in the lower back. In 2010, nearly 28,000 strains, sprains, dislocations, and fractures from backpacks were treated in hospital emergency rooms, physicians' offices, and clinics. To help keep kids safe, the American Occupational Therapy Association offers these tips for parents/guardians:

- ◆ Always select a backpack that
- ◆ Make sure the height of the below the shoulder blades to
- ◆ Always wear well-padded the weight is evenly balanced.
- ◆ Distribute the weight of the closest to your child's back. stand up straight.
- ◆ Use the hip belt, if the backpack has one, to improve balance and take some strain off sensitive neck and shoulder muscles.
- ◆ Check that the backpack weighs no more than 10% of your child's body weight. If it weighs more, determine what supplies can stay at home or at school to lessen the load. Ask your child's teacher for assistance with this matter.
- ◆ If the backpack is still too heavy, consider getting one on wheels.



is the correct size. backpack extends from about 2 inches waist level, or slightly above the waist. shoulder straps on both shoulders so contents. Load the heaviest items Balance materials so he/she can easily

(Sources: <https://nces.ed.gov/pubs2009/2009062.pdf>; <https://www.aota.org/Publications-News/ForTheMedia/PressReleases/2013/070313-BackpackAdvisory.aspx>)

Alcohol and Drug Usage Drop for Teens

Teen alcohol and drug consumption in the US (except for marijuana) has dropped sharply since the 1990s, according to a national survey of 50,000 adolescents and young adults by the *Monitoring the Future Study*. The survey showed that 60 percent of 8th graders abstained from these illegal substances in 2014, up from just 25 percent in 1991. Among 10th graders, 40 percent said they didn't consume alcohol or drugs, an increase from 10 percent in 1991. Lead author of a report appearing in *Pediatrics*, Dr. Sharon Levy, partially attributes the upsurge in moderation to public health efforts that encourage adolescents and teens to refrain from these substances because they are dangerous and unhealthy, rather than immoral or forbidden. A Pennsylvania Liquor Control Board report on underage drinking found middle and high school students in the state are binge-drinking less than their peers in other states. Most young people drink for social reasons but with the rise of social media, "alcohol isn't a necessary element" when interacting with others through technology, explains Robert Bassett, associate medical director of the Poison Control Center at Children's Hospital of Philadelphia.

(Sources: Pattani, Aneri. "Study Finds Young Adults Drinking Less Alcohol." *The Philadelphia Inquirer*. August 13, 2018; Levy, Sharon, Michael D. Campbell, Corinne L. Shea, Robert DuPont. "Trends in Abstaining from Substance Use in Adolescents: 1975-2014." *Pediatrics*. July 2018.)

Teens who used e-cigarettes and hookah were up to four times more likely to use marijuana later, discovered a survey of 2,668 students at 10 public high schools in Los Angeles, conducted by the University of Pennsylvania and the University of Southern California. (Source: Moulite, Maritza. www.cnn.com. August 6, 2018)

It's SAP Time!

School bells are ringing in the distance. Parents are purchasing supplies. Custodians are buffing the floors. Teachers are readying their rosters. The first SAP meeting is just around the corner. Is your team ready?

Look over your SAP documents:

- ◆ Is all the information accurate and up-to-date?
- ◆ Is the language parent- and student-friendly?

Revisit your referral process:

- ◆ Are referral forms easily accessible to staff, parents, and students?
- ◆ Is there a secure way to anonymously submit paper referrals? Electronic referrals?

Review your 2017-18 SAP Effectiveness Checklist Recommendations:

- ◆ What goals does your team want to set for the school year?
- ◆ How do you want to improve your process?
- ◆ Do you need a copy of your results?

Examine your SAP data from previous years:

- ◆ What trends can you identify?
- ◆ What populations do you serve?
- ◆ What are the outcomes of your referrals?

Diversify the SAP team:

- ◆ Are all groups/grades/staff in the school represented?
- ◆ Have you recruited new members for this year?
- ◆ Are they scheduled for SAP training?

Inform faculty and staff about the SAP team and how to make referrals:

- ◆ Do all faculty and staff know how to make SAP referrals?
- ◆ Have you booked a faculty presentation with your SAP Liaison?

Notify families and students about SAP and how to make referrals:

- ◆ Have you arranged for a SAP information table for Open Houses, Meet The Teacher events, conferences, or orientations?
- ◆ Does your SAP Liaison know the dates?
- ◆ Do you need to schedule a student or parent presentation?

Schedule your Team Maintenance with your SAP Liaison now:

- ◆ Have you thought about a team maintenance? It can help fine tune your team's working dynamics, build on your purpose and identity, develop skills that will enhance effectiveness, and help new members get acquainted with your team.
- ◆ Full-day and half-day workshops are available.



**Please contact your
SAP Liaison if you
need assistance
with any of these
items.**



Fetal Alcohol Spectrum Disorder:

Friday, September 7
8:00 am—12:00 pm
(breakfast at 7:30 am)

The Palace Center,
623 Hanover Avenue, Allentown, PA 18109
Register at www.thehc.org



Parent Resource Corner

The "Momo Challenge" is a new internet game targeting children/teens that encourages self-harm and suicide. For more information, click on these links:

<https://www.simplemost.com/momo-game-on-whatsapp-is-dangerous-for-kids/>

<https://www.msn.com/en-us/health/medical/girl-takes-own-life-in-possible-case-of-momo-challenge-a-dangerous-new-social-media-game/ar-BBLCGgQ?li=BBnba90>

Thank you to our newsletter sponsor—the Lehigh County Department of Human Services, Drug and Alcohol Division!

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