

# Cohasset Middle-High School

APRIL 10 — APRIL 16, 2016

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HS Term III  
Report Cards in  
iPass

MS/HS PSO  
Meeting @ 9:30  
AM

National Honor  
Society Induction  
@ 7:00 PM

Spring Vacation  
begins at Close of  
School

## *from the desk of Carolyn Connolly...*

Last night we invited parents to come and talk with us about the decisions our students are making around drugs and alcohol, and how we think those behaviors potentially interact with symptoms of anxiety and depression. Using the CTC survey information gathered last year, Head of Health and Wellness Torin Sweeney, and High School AP Mr. Scott, walked the audience through a series of slides that reveal our students self-reported behaviors, as well as their perceived attitudes about the dangers of tobacco, alcohol, prescription drugs, and marijuana. There are several compelling trends we reviewed and were able to discuss, most notably the erosion in students' perception of the dangers of alcohol and marijuana as they get older.

We had this conversation within the context of: information garnered from the survey; actions already taken this year to address concerns; the health and wellness curricula across grades 6-12; and our plans to meet with students over the next few weeks to expand on the conversations already happening in health and guidance classes.

We viewed last evening as an opportunity to invigorate a conversation that happens in small groups and clusters across the town and the school. By coming together and sharing all that we currently know and are doing, we were able to acknowledge that while much work still needs to be done, the parents and guardians of our students play an important and impactful role in the decisions kids are making. I am very grateful to those parents who attended and to those who emailed interest in being there. The questions, insights, and anecdotes allowed the group to air some common concerns and more importantly, to decide that we want to continue the dialogue in a similar fashion. To that end, I will be inviting parents to a discussion sometime in May, where we can strategize together about how to cooperatively help our students.

The administrative team and faculty at CMHS are committed to educating our students in all areas of life and appreciate that the core disciplines matter; but an individual's ability to make sound decisions for him/herself is certainly the most important life lesson with which we could ever inculcate our students. I thank you for your willingness to engage in honest conversation about the issues and look forward to including more of you next time.

As mentioned last night, the presentation portion of the evening will soon be made available on the website. Thank you for your ongoing support. Have a lovely weekend.

## *Middle School News.....*

Placement letters were mailed to all current sixth and seventh grade families earlier this week. If you have questions about your student's placement, please contact guidance or your student's teacher. Families wishing to discuss a change in placement must pursue an academic waiver through Cate Nelligan in the Guidance Office.

Course selection sheets for grade six and seven students were also included in this mailing. Those sheets should be turned in to homeroom teachers by Monday, April 11th.



### **Breathe Out 2 Calm In Week**

Last week, 40 of Cohasset's senior students facilitated a Mental Health Awareness Week: "Breathe Out 2 Calm In." The students have been planning for months how to incorporate an educational message on the prevalence and importance of emotional wellness within a week full of fun, spirited De-Stressing Activities.

On Monday, students were welcomed to school and encouraged to write positive, inspirational messages that have been displayed in both the Skipper Café and our school's main entrance.

At lunchtime on Monday, students were given the opportunity to write thoughtful notes to their fellow classmates, which were then delivered to the recipients on Tuesday. Over 200 kind-hearted messages were written and then given to students across 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> grades!

On Wednesday, over 150 high schoolers participated in "Hoops for Health" shooting free throws for chances to win stress balls and other De-Stressing prizes. Congratulations to all the participants!

On Thursday, the students displayed two prepared presentations, a powerpoint on the healthiest ways to de-stress and a Public Service Announcement Video explaining the purpose and benefits of our Breathe Out 2 Calm In week. The PSA that was on display during Thursday's lunch will also be show on 143TV.

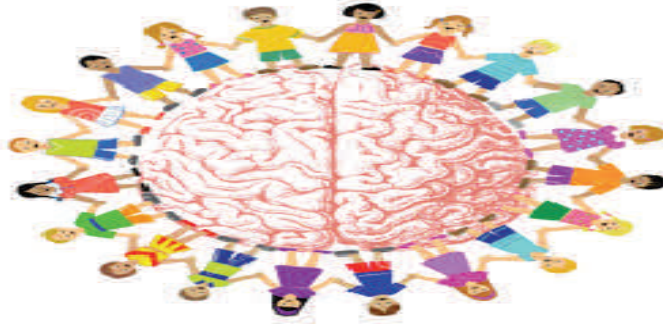
To end the week, at lunch on Friday, students were encouraged to "Stress Less, Laugh More" by participating in a fun photo booth with their friends. You can see their efforts @ Coh\_Breath\_Out.

The senior student facilitators displayed leadership, creativity, and compassion as they led our School's first ever Breathe Out 2 Calm In Week. We thank them for their hard work and willingness to take on such an important issue, raising awareness and breaking down the stigmas surrounding mental wellness.

Boston University's Mind and Brain Society Presents

# B.R.A.I.N. DAY

Bringing Recognition and Interest to Neuroscience Day



Sunday April 10th, 2016

11am-2pm

George Sherman Union 2nd Floor

775 Commonwealth Avenue

Open & FREE to all ages! Find out more and register at [bu.edu/mbs/brainday](http://bu.edu/mbs/brainday)

B.R.A.I.N. Day is a free event on Boston University's campus designed for students in grades K-12 and their parents and teachers. The event features a variety of fun and interactive activities along with mind-boggling demonstrations led by BU Neuroscience undergraduates. Our goal is to share our enthusiasm for science and discovery, and inspire questions about the brain!

In addition to having brains on display, this year's event will include tests and demonstrations to:

- Evaluate cognition and memory,
- Show how the brain tricks your visual system,
- Reveal the value of mistakes and practice,
- Introduce Brain Machine Interfaces and neuroprosthetics,
- Illustrate the language of the brain through neural recordings,

And MANY more!

Our newest addition to this year's BRAIN Day is a career panel that will feature a graduate student focusing on policy, and a neuroeconomics professor, among others in the neuroscience field.

# Typical or Troubled™?



**Monday, April 11, 2016**

**3:30–5:30 p.m.**

**South Shore VNA**

**30 Reservoir Park Drive**

**Rockland**

## **Dr. Green will discuss:**

- The range of the mood continuum and when to be concerned about a teenager's behavior
- At least three signs that teens experiencing a mental health concern may demonstrate in school and at home
- The basic differences between: Clinical Depression, Bipolar Disorder, Anxiety Disorder, ADHD, Eating Disorders, Conduct Disorders and Oppositional Defiant Disorder

## **Who should attend?**

School faculty, including nurses, counselors, teachers, administration and coaches;  
parents/guardians; and community youth workers

*Certificates of Attendance will be awarded at this event*

*Contact Hours for Nursing*



## **Presented by:**

**Barbara J. Green, PhD**

*Medical Director, Youth Health Connection*

To attend this free community event

RSVP to [Karin\\_farrell@sshosp.org](mailto:Karin_farrell@sshosp.org) or 781-624-7849



**South Shore**

*Youth Health Connection is a  
community benefit program of*

**YouthHealth**

# Awareness Night



**May 10, 2016**

**5:00 PM to 9:00 PM**

**Weymouth High School**

*This event will focus on substance abuse awareness. There will be guest speakers, display tables and presentations that will provide information on issues that are affecting our community. At the conclusion of the event, a candlelight vigil will be held for those who have been lost or affected by this epidemic.*

## Featured Speakers:

**Chris Herren** (Former NBA Celtics player)

**Joanne Peterson** (Founder of Learn to Cope)

**Dr. Kevin Hill** (Author of "Marijuana: The unbiased truth about the world's most popular weed")

## Featured Presentations:

- In the Dark - Awareness is your light
- Risk of Injury and Rx Painkiller Misuses for High School Athletes

## Information Display Tables:

- Spectrum Health Systems
- Learn to Cope
- Weymouth Substance Abuse Prevention Team
- ADCARE Hospital of Worcester
- Manet Community Health Center
- Evan Foundation – No First Time
- Magnolia New Beginnings
- Weymouth Police Department
- Weymouth Fire Department



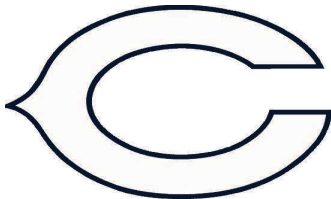
Weymouth Police Department  
Community Outreach Services  
D.A.R.T. - Drug Addiction Resource Team  
140 Winter Street, Weymouth, MA 02188  
For information contact: Sgt. James St.Croix 781-927-6287



APRIL is National Poetry Month! In celebration, join us at the Paul Pratt Memorial Library on Wednesday April 27 from 6:30-8 to hear original poetry written by our very own CMHS students. Any student interested in writing a poem, and reading his/her poem at the event, should submit his/her poem to his/her English teacher by April 8th. Two students per grade, (6-12) will be selected to read at the Poetry Event on 4/27.

Questions? E-mail Catherine Duggan at [cduggan@cohassetk12.org](mailto:cduggan@cohassetk12.org).

**UPCOMING EVENTS: PLEASE NOTE THE FOLLOWING DATES**



4/15-4/22 Spring Vacation begins at close of school

4/25 School Resumes

4/26 School Council @ 2:30 PM

4/29 MS/HS PSO Meeting @ 9:30 AM

5/2-5/13 HS AP Exams