

Principal's Newsletter

Richard J. Howard

✓The next Board of Education Meeting

✓is Thursday, April 19, 2018

7:00 PM

Leon J. Campo
Salisbury Center

718 The Plain Rd.
Westbury, NY

East Meadow High School "Special Prom Edition"

Senior Parents Informational Prom Meeting

On April 24th a mandatory prom informational meeting will be hosted by Principal Richard Howard, Assistant Principals Michael Barracato, Christina Egan, Joan Rochford Dean of Students, William Brennan, and Senior Class Advisors, Diane Groth & Lori Petersen.

At this important meeting, parents will receive information regarding Graduation (scheduled for Sunday, June 24th) and details regarding attendance at the Senior Prom scheduled for Thursday, June 21, 2018 at the Inn at New Hyde Park. Parents are reminded that the Senior Prom is a non-alcoholic party and that students are expected to be alcohol free before, during and after the prom party. Issues regarding pre-prom parties in the neighborhood, limousine responsibilities, time of attendance at the prom and social host responsibilities of parents will be reviewed so that students and families ensure that the prom will be a positive experience for everyone involved.

Parents are asked to complete a Prom Contract form at the meeting and return to the high school administration.

A Prom Meeting must be attended by a parent or guardian +prior to a student attending the prom.

Prom Tips for Students

Remember:

- ◆ You don't need alcohol to have a good time. Not only will it be safer without drinking, but also more memorable.
- ◆ Don't do anything you'll regret in the morning-or for the rest of your life.
- ◆ Plan ahead how you'll deal with pushy friends who may pressure you to drink or do something you don't want to do. Be prepared to say NO.

Important Dates:

May 2-7:30 pm-Spring Concert-Part 1

May 5-7:30 am-SAT at EMHS

May 8-6:30 pm-District Music & Arts Awards at EMHS

May 9-6 pm-EMPAC Meeting
7 pm-PTSA Meeting

May 10-Ascension Thursday
EMHS Mother's Day Plant Sale

May 11-EMHS Mother's Day Plant Sale

May 13-Mother's Day
May 15-Ramadan Begins

May 15-Budget Vote & Trustee Election - 7am-9 pm
All Elementary Schools

Prom Tips for Students (continued)

- R**emember:
- ◆ what you've learned in school about drugs and alcohol, decision-making and refusal skills.
 - ◆ Keep an eye on your drink. It's not a good idea to set it down, then drink from it later, especially in a public place.
 - ◆ Don't ask anyone of legal drinking age to buy alcohol for you. If they're caught, the legal consequences for them could be severe.
 - ◆ If you're going to a party, plan how you're getting home. Never take a ride from someone who's been drinking—or doing drugs. Instead, call your parents, older brother or sister, friend or relative for a ride, or plan to take a taxi, share a limo with friends, take public transit, walk, or spend the night.

There are safe options!

The Senior Prom and Drinking-Tips for Parents

What are *your* plans for prom night? Find out what your kids are going to be doing that night. Make sure you've spoken to the limo driver and know where your youngsters are going after the Prom.

Tell kids that you know prom night is often a big drinking night and that you're concerned for their safety. Talk with them about the consequences of drinking -- diminished judgment, becoming more uninhibited, nausea, vomiting, hangovers, irritability, and sleep disturbances.

Drinking too much too rapidly can cause alcohol toxicity that leads to loss of consciousness and even death. Share your specific concerns about what might happen that could compromise their safety.

Kids should never get into a car with a driver who has been drinking, even if it's their girlfriend or boyfriend. Many parents have a bargain with their teenagers that they can call home at any time of day or night to be picked up with no questions asked. Make sure you have the phone number of the limo company and driver. Brainstorm about ways that kids can handle being around peers who are drinking. Encourage them not to give in

to peer pressure. Kids can say, up front, "I don't like the ways alcohol affects me." Suggest that they stick to soft drinks, such as juice, sodas, or water. Also mention the danger of drinks being spiked by "roofies" and other date rape drugs.

Point out that drinking allows you to take risks you might not usually take, or to put yourself in dangerous situations. Talk with kids frankly about date rape, which is often alcohol-related.

If you're concerned that alcohol may be served at a pre-prom party, then talk with the host's parents about it. Inform them of their legal responsibilities about serving minors alcohol -- they may not know. If they are unresponsive to your concerns, then you can refuse to have your teen attend. Perhaps your son or daughter could host an alcohol-free party.

Also remember that adults -- including parents -- who have knowledge that underage drinking is occurring can be held liable for any damages that may ensue as a result of the kid's drinking.

