

# Safe & Drug-Free Schools and Communities Newsletter

VOLUME 1, ISSUE 1

APRIL 2008

## What's happening around NISD with SDFSC?

### F.Y.I: Choking Game

Information from: [www.GASPINFO.com](http://www.GASPINFO.com)

#### Upcoming & Current April Events:

##### 40 Developmental

###### Assets:

Holmes P.T.A.

##### Healthy Relationships:

St. Luke's Catholic School—6th Grade

##### G.R.E.A.T.

Neff MS  
Jones MS  
Zachry MS  
John Glenn ES (Gang Awareness)

##### Dating Violence

###### Awareness:

Holmgreen HS  
Holmes HS  
Jay HS  
Stevens HS

##### Parent/Student Substance Abuse Presentations:

Health Careers HS—PTSA  
Stevens HS—P.T.A.  
Lackland City ES  
Warren HS

##### Internet Safety (Parent/Student):

Helotes ES  
Sunny Brook Christian Academy

##### Fifth Grade Presentations:

Carson ES

##### Bullying:

John Glenn ES

The first feeling is a lightheadedness (a perceived "high") due to reduced blood flow, and, therefore reduced delivery of oxygen to the brain. The second part comes with the removal of pressure on the chest or neck releasing a powerful surge of dammed up blood through the carotid arteries into the brain (a perceived "rush").

At this time, brain cells are starting to die. As the cells die, there is a chemical release that gives a euphoric feeling. Kids must realize that this feeling is actually the brain dying. Fainting is caused by the brain starving for oxygen. Brain cells are dying and will never regenerate. This can result in long term brain damage; even a vegetative state. People fall and receive many injuries. There are reports of broken bones, concussions, major cuts, eye injuries, and even deaths from the fall.

Because the blood is rushing

back into the brain the surge can lead to a stroke or seizures. Both of these can lead to severe brain damage and even death.

##### I hear that some kids twitch before they wake up?

The twitching is the brain having a seizure. At this point there is brain damage taking place that can not be reversed. Millions of brain cells are dying each time this happens leading to bleeding in the brain or silent strokes.

- Within 3 minutes a child will suffer noticeable brain damage

- Between 4 & 5 minutes without oxygen to the brain, a child will die

- Some of those who have died were alone for as little as 15 minutes before someone found them and it was already too late.

##### **This activity can claim a child's life the first time it is played.**

It is NEVER safe. Regardless of the method, people are depriving the brain of oxygen. Pressure on a group of nerves can cause an im-

mediate heart attack...there is the chance of seizure, stroke, heart attack, or injury from a fall, and always results in the killing of brain cells that can never be replaced. The damage done is permanent and cumulative.

What are some signs to look for?

- Bloodshot eyes
- Frequent unusual headaches
- Marks on neck
- Locked doors
- Knots tied in room
- Wear marks on bed posts, closet rods, etc

For more information about this subject check out the *Current Trends* in the eClasses: Issues Students Face

### Biennial Texas School Survey—It's that time again.

Every two years NISD participates in The Texas School Survey. It is through this survey that we are able to learn which areas of concern, in relation to substance abuse, most affects our students. The campuses involved in the survey this year have already been notified.

We will be providing two one hour training sessions on May 9. Whoever your campus selects to be the coordinator of administering the survey will be able to attend either the morning session training or the afternoon session at NAC. The campus coordinator will be given all of the survey materials at the meeting.

The window for administering the survey will be May 12—21. The surveys are due May 23.

The survey is an excellent tool in keeping NISD aware of which substance abuse issues most impact the district and its community.

## Online Parent Substance Abuse Training Approved

After having completed the online substance abuse training for educators, we received a number of requests to make the information available to parents in the community. As a result, we are very excited to announce that we have begun creating an online substance abuse training module for the parents of Northside students.

This training will provide parents with the same facts about the substances addressed on eClasses. In addition, we will provide vignettes specifically geared towards parent's concerns. Such vignettes will include: Teachable Moments, Getting Help and utilizing

the 40 Developmental Assets.

We anticipate the training to be approximately an hour, without quizzes. :)

Our goal is to have this tool available for parents use by mid-Fall of 2008. We are counting on your support. We will keep you posted on its progress.



**Do you know what these are?**

*Salvia  
Alcopops*

**Does your campus?**

Learn more about them on eClasses  
[Substance Abuse Current Trends link](#)

## G.R.E.A.T. Summer Program:

**SPACE IS LIMITED**

The Gang Resistance Education and Training program or G.R.E.A.T. is a gang prevention program taught in several Northside ISD middle schools by Northside police officers. It is part of a nationwide program sponsored in part by the Office of Juvenile Justice.

The goal of the program is to keep kids out of gangs and help them stay

drug-free. The program stresses positive self-esteem, making good choices, effective communication, and team work.

The G.R.E.A.T. officers also provide a one-week summer component for current middle school students, which includes: team activities, guest speakers, and exposure to various areas of the public service community.

Applications are available through the counseling office. [Deadline for the summer program application is](#)

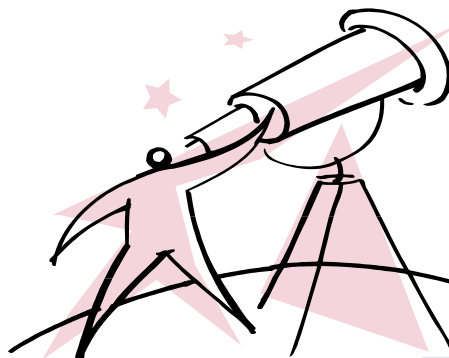
May 23, 2008. All applicants will be notified by phone and advised of the status of their application. If you have questions contact: Kimberly Burke at 397-1265.

Any Northside ISD middle school student may attend the Summer Program. Space is limited. If a student is accepted and enrolled in the program, he/she is expected to attend the entire week.

NISD G.R.E.A.T. Officers:  
Ofc. D. Alvarado  
Ofc. C. Zapata

### Special Point of Interest:

- *Online eClasses Training— "Issues Student's Face" is up and running and already accessed by many NISD employees.*



### Come see us!

**If you see, on the *Upcoming & Current Events* list, a program we are providing at another campus that you would like to possibly have at your school ... you are invited to watch it. Give us a call and we can give you more details about when and where.**

SDFSC Prevention Counselors:  
Adriana Felts 397-5124, Marie Joseph 397-5145  
Jackie Redding 397-5144, Denise Crouch 397-5139