

April/May 2018 Parent Email

SCHOOL

--**School Counselor Website:** Check out Mrs. Jones' new website for GREAT info and resources! This email will start getting shorter with the "repeat" info and that will all be available on the website—to save on paper for those who print this out each time! It is great for local stuff (under RESOURCES tab) AND will continue to be added to with information and resources for topics to support parents with student issues (ADHD, divorce, anxiety, etc.—under TOPICS tab). Please let Mrs. Jones know if there is a topic you would like to see with resources/contacts and she will get them added! There will also be support materials for what we are studying in Classroom Guidance (under the LEARN tab), so please check that out! We will be finishing our grade-specific units (weather permitting!) the week of Jan. 22 and starting our next unit on feelings and problem-solving skills the week of Jan. 29☺. Visit the website through the school website/School Counselor/Click on website OR www.EWESschoolcounselor.weebly.com

--**Contacting the School Counselor:** If you try to contact Kate Jones (School Counselor—this is me, btw☺), please know that I will ALWAYS respond. If you leave a phone message, I will call you back—unless you specify in your message you are just giving me information. If you email me, I will always let you know I got your email, even if it is just with a "Thank you." or a smiley face. If you contact me and don't hear back from me, something happened and please try again!

--**ISTEP Part II is coming up NEXT WEEK!** ISTEP testing is coming for 3rd and 4th graders. 3rd grade will test April 17-19 and April 24-25. 4th grade will test April 17-19 and April 24-26. Attendance is EXTREMELY important on these days! Students need to be at school and on time, if at all possible on these days or it makes testing much more stressful for them. Please make sure your child is getting 8-10 hours of sleep, eating breakfast on days of testing, wearing layers so they can adjust their temperature in the room if they need to, and are able to get exercise/play outside to de-stress.

--**Kindergarten Graduation Videos:** Order forms have been sent home for Graduation and Mother Goose Play DVDs. If you haven't ordered and/or need another form, please contact the EWES office ASAP.

--**PTO Meeting:** Next meeting is May 10 at 3:30 pm in the ES cafeteria. Come join and be a part of all the exciting things going on!

--**Story Hour dates:** Story Hour for the year will take place at 10 am for children ages 0-4 (parents must stay). Contact Shari Dalton with any questions. Dates: Apr. 27.

--**Important Dates:**

- Apr. 9-Apr. 18:** Book Fair
- Apr. 17-19 and Apr. 24-26:** ISTEP testing for 3rd and 4th grade
- Apr. 24:** Bus Driver Appreciation Day at EWES
- Apr. 25:** Secretary Appreciation Day at EWES
- Apr. 26:** Midterms home
- Apr. 26:** Dino Night at 6 pm
- Apr. 27:** Story Hour at 10 am for ages 0-4
- May 1:** Rhythm and Rhyme Concert at 6:30 pm
- May 2:** Custodian/Maintenance/IT Appreciation Day at EWES
- May 4:** Cafeteria Appreciation Day at EWES
- May 7:** Nurse/Speech Appreciation Day at EWES
- May 8:** Teacher Appreciation Day at EWES
- May 9:** Teacher Aid Appreciation Day at EWES
- May 10:** Administrator Appreciation Day at EWES
- May 10:** PTO meeting at 3:30 pm
- May 11:** School Counselor Appreciation Day at EWES
- May 11:** Ag Day

SCHOOL Business Info

--**Celebrating birthdays:** All treats brought in to celebrate MUST be store-bought and have a list of ingredients on the container. Because we have so many students with food allergies, we have to be cautious and we appreciate your understanding and helping us keep your kids safe!

--**Fax machine:** EWES has a fax machine again! Doctors can start faxing notes again to 812-967-5707.

--**Eating Lunch at EWES:** We would love for you to come and eat lunch with your child! (You must still have a completed background check.) Because of privacy issues, we have set up several tables for you to have a special one-on-one lunch with him/her to have time to catch up on what is going on in his/her life (or just talk about silly stuff)!

--**EWES Parent Volunteers:** Don't forget that all volunteers have to have a background check on file and need to have training through Shari Dalton. If you are interested in getting involved in EWES in this way, contact her at 812-967-2929 ext. 5706.

--**Keep our kids healthy:** EWSC is a No Smoking Campus. Please do not smoke while on the school property, even when you are outside/in a parking lot. Also please turn off your car engine when you come to the school and park. We are a No Idle Zone/Smoke-Free campus AND all that extra smoke and emissions in the air aren't good for our kids/adults, especially those with allergies and asthma!

--**Updated information:** Please make sure you keep your phone numbers and contact information current with EWES in case we need to get in touch with you! If you have an email, make sure it is also in the system, so you can get these emails via your own email! We are a team and need to make sure we can call if there is an issue, to get more information to help your child or just to tell you how great your child is doing!

--**Facebook/Twitter page:** Make sure you look up East Washington Elementary School on Facebook and "Like" the page. You can see many different announcements and photos of all the great things we are doing here at school! Also, I am STARTING to get used to Twitter. I am by NO MEANS great, or even good, but I will also try to post things there. I THINK you can find me at KateJones@ewescounselor. Now, I won't guarantee anything, so I will update this next month in my email!!! Hang in there with me! You should also be able to find stuff at #EWGameon.

--**Anonymous Bullying Tip Line** At East Washington we take bullying very seriously. It is our goal to eliminate bullying so each student can have a safe and enjoyable school experience. To make reporting of bullying easier and more accessible we have created an anonymous bullying tip line. We encourage all students to report incidents so they can be addressed in a timely manner.

To report bullying anonymously, call **967-3931 and press 7**. Please leave a detailed message concerning the type of bullying that is taking place. An East Washington administrator will address the report as soon as possible. If you have any questions, please contact the school office.

WAYS TO MAKE A DIFFERENCE!

--**Fundraiser that takes no effort!:** Help us earn money for our school without doing anything!! Download the Shoparoo app to your phone, select our school from the list and start taking pictures of your receipts when you shop somewhere! It literally takes just a few minutes and schools with just 40 supporters are earning an average of \$1,000 a year--that is free, easy money for our kids and you don't have to sell anything or deliver anything or DO anything but what you are already doing to live life anyway!!! Please share this with friends and family, because they can help, too, they just pick our school!!!

--**Box Tops Needed:** We are having a monthly Box Top Contest between classrooms to win a party! Box Tops MUST: Not be expired and be neatly clipped and ready to count!

--**Pennies for the Playground Donation Boxes:** If you know of (or own) a local business that would be willing to place a donation box on their counter for customers to donate, please contact Leigh Ingram at PTO@ewsc.k12.in.us. Proceeds go to the playground fund.

--**Plastic Lid Collection:** Students are collecting almost ANY kind of cleaned plastic lid (20 oz. bottle, Cool Whip, peanut butter, milk jug, etc.). Once we get enough pounds of plastic, we can take it to a company that will melt it down and turn it in to a bench

or table or chairs or many other things that we can put outside our school! Tell all your friends! Post it on Facebook to get them collecting too! The more lids we get, the more things we can make! Visit the company's website if you have any questions at: <http://www.greentreeplastics.com/abc-program/>

--**Donations and Volunteers needed:** CARE Pregnancy Center is in need of Diapers (size 5 and 6), car seats, baby shampoo, and baby wash. Volunteers need to be: involved in a home church, 18 yrs. old+, graduated/past HS. Questions? Call Donna at 812-883-2675. Updated information is attached. [ATTACH]

--**Do you want to help children?** CASA (Court Appointed Special Advocates) volunteers are needed. Last year, 59 Washington County children found themselves in the court system through no fault of their own. With 30 hours of training, you can be equipped to be the voice for a child who has no one to speak on their behalf. If you are interested in becoming a CASA, call 883-2888 or email casa@stelizabethcatholiccharities.org

COMMUNITY HAPPENINGS

--**Pekin-Eastern Alumni Banquet:** Saturday, April 28th in the EHS Café. Doors open at 5:30 with dinner at 6:30 and tickets are \$17 each. Contact Greg Hopkins with questions or to purchase tickets at ghopkins@ewsc.k12.in.us

--**CARE Pregnancy Center Walk for Life:** Support a good cause and get exercise, too. Saturday, May 5th with the walk starting at 11 am (registration at 10 am). Register online at www.carepregnancysalem.org or call 812-883-2675.

--**Silver Fox Cafe Library:** Visit the EWSC Little Free Library in Pekin. Take a book and return a book. What a great way to bring reading to your family!

--**Salem Library:** Just a reminder that the library always has programs and activities going on. ALL events are FREE. You only need a library card if you are checking out materials.

--**YMCA:** There are a whole lot of things going on there! Even if you think you can't afford a membership, call and ask. They have financial help available!

COMMUNITY RESOURCES

--**April is Child Abuse Prevention Month:** How can you recognize child abuse? Check out this resource on how to recognize abuse or neglect and how to do something about it. [ATTACH]

--**Drugs are a big problem in our community:** How can you protect yourself and your family from addiction? Check out this resource on what opioid medication is and prescription safety. [ATTACH]

--**Does your child need math help?** Visit www.khanacademy.com or call 1-877-ASK-ROSE (Sun-Thurs. from 7-10 pm Sept-May) or chat or email a tutor at AskRose.org

--**Online resources:** Get an application for food stamps, tanf, healthcare at <http://www.in.gov/fssa/dfr/2999.htm>

--**Needing some local resources?:** Washington County Division Family Resources, 1101 Jim Day Rd Suite 109, Salem can help with many issues and First Steps 883-9401 can help if you have a child under 3 years with many different things.

--**Parent Resources:** CARE Pregnancy Center offers many services. With new hours (Mon. 9-3, Tues. 10-4:30, and Wed./Thurs. by appt), you can get free pregnancy tests, maternity/infant supplies, parent education, peer counseling, community referrals, adoption information, and other services. For more information, contact them at 812-883-2675 or email at carepreghelpcenter@gmail.com.

--**Child Care Resources:** Need safe child care? Visit <http://ewesschoolcounselor.weebly.com/> and click on RESOURCES/go to PARENT RESOURCES/"Need safe child care?" and click on the PDF.

--Do you have a new baby or are close to delivery? Contact New Hope Services for Safe Sleeping information and access to a free pack-n-play portable crib for you and any of your caregivers! This is a GREAT program for EVERYONE offered to help keep Washington County babies safe!! Want more information? Check out the website at www.newhopeservices.org or call 1-800-237-6604.

--Does your child need a haircut but that can't fit into the budget right now? Contact Mrs. Jones at 812-967-3931 or kjones@ewsc.k12.in.us. Wayne's Barber Shop in Salem wants to help EWES students meet this need with a free cut. Mrs. Jones has certificates to bring in to your appointment.

--Free eye exams/glasses: Do you need an eye exam/glasses for your child but cannot afford it? The local Lions Club is willing to help! Contact Kate Jones at 967-3931 ext. 5766 and she can get you in contact with a club member to get that help arranged.

--Need clothes for your children?: Clothed in Christ may be able to help. Southern Hills Church runs the ministry. They are open the first and third Thursday of the month. Contact them for more information at 812-883-1637.

--Can't afford your medication right now? Too often we hear about students and/or parents who aren't able to keep up with medications they may need. If you find yourself in that position, there may be some options:

- Find out more information about the Community Assistance Program (CAP) discount prescription card that was established in response to the many requests for assistance for the uninsured and underinsured with their prescription needs. The CAP card saves the cardholder an average 15% on brand name medications, and 55% on generic medications. The discount prescription cards are accepted at over 80% of pharmacies in the US and its territories, including Puerto Rico. Anyone can use the CAP card, regardless of age or income. Our discount prescription card can allow someone to fill a prescription when they may normally go without. Visit their website at <http://www.caprprogram.org/Index.aspx>.
- Check with your doctor. He/She may have samples and/or a coupon for your medicine or he/she may be able to prescribe a similar, but cheaper medicine, depending on your needs.
- Contact your insurance company. Sometimes they will work with you or offer suggestions.
- Contact the drug company. Many have programs to offer free or discounted medication to families who qualify.
- Check www.goodrx.com to see how much the medicine would cost at different pharmacies; be prepared to enter the drug's name, strength, quantity, and insurance information.
- Check out another great websites that can offer savings: <http://www.familywize.org/>.

--Need some help or maybe just some support? Call either of these agencies!:

- CAPS: This is a Child Advocacy and Parental Support program. It is amazing what CAPS can do to help you as a parent! They can help you find needed resources and services and/or address other concerns such as parenting, communication, education, daily living, etc. in a non-judgmental way. To find out more about the program, call 812-288-4304.
- Healthy Families: This is a family support program for all expectant parents and parents of newborns. It is a great support for parents, whether it is their first or fifth child. They can help with information about pregnancy, labor and delivery, newborn care, discipline, parenting skills, developmentally appropriate activities for children, etc. For more information, call 812-883-9701.

--Need extra food?

- Pekin United Methodist Church: Dare to Care Mobile Pantry--1st Friday of every month at 10:00 AM. Just bring your own boxes and/or bags.
- Salem Fairgrounds: Dare to Care Mobile Pantry--3rd Saturday of the month, 10:00 AM. Just bring boxes and/or bags.
- Campbellsburg Baptist Church: 2nd and 4th Wednesday from 4:00-5:30 PM. Bring photo ID and a recent bill to show proof of address.
- Emergency Food Assistance: Contact Dare To Care's Louisville office at 502-966-3821.

--Do you want to quit smoking? Call the Indiana Tobacco Quitline 7 days a week between 8 am and 3 am and talk to a Quit Coach 1-800-QUIT-NOW (1-800-784-8669).

--**Dealing with addiction?**: There are many resources available to help. See the attached brochure for groups, treatment options, classes, etc. **ATTACH!** See Website: www.eweschoolcounselor.weebly.com

Local meetings:

--AA Open Speaker meets Fridays First Christian Church in Salem at 8:00 pm. Left side door of the front of the church, down the stairs to meeting room.

--AA Open Discussion meets Mondays St Vincent Hospital Salem. Enter front doors of hospital its the first hall entry on the left immediately after entering. Meeting in first door on left.

--Alanon meets Fridays First Christian Church Salem at 8:00 pm. Enter left side of church downs stairs follow signs through to meeting.

--**Autism Society of Indiana**: This organization helps support families dealing with autism. For more information, contact Christine Belvii at 1-800-609-8449 ext. 808 or email her at Christine@inautism.org.

- **Other Autism Resources:**

- **REACH-IN Autism Parent Support Group**: Meets Thursday evenings from 7-8:30 pm at Norside Christian church in New Albany. Contact Tracy Brown at 812-736-9276 or www.myreachin.com.
- **Hopebridge**: 812-258-9802. New Albany. Takes Indiana Medicaid.
- **Adapt for Life**: 812-590-2157. Jeffersonville. Takes Indiana Medicaid.
- **i-ABA**: 502-417-9830. New Albany. Only takes a waiver.

--**New Beginnings opportunity**: This is a program that provides support to parents of children involved in a troubling event (divorce or separation), providing tools to the parents to minimize the trauma that children may experience during this time and address multiple issues that may arise in their child's developmental process. The cost is \$15 (for the workbook) and the commitment is for 10 weeks for two hours a week. Call Our Place with questions at 812-945-3400 or email them at ourplace@ourplaceinc.org.

--**Mental Health Services**: LifeSpring recently opened an office in Austin. The hours are Mon-Fri 8 am-5 pm. You can call 812-752-2837 or go to their website at www.lifespringhealthsystems.org for more information.

--**Primary Health Services**: LifeSpring is offering primary health services. Call 812-280-6606 or go to their website at www.lifespringhealthsystems.org for more information.

COLLEGE/CAREER INFO—It is never too early!

--**FAFSA**: This is the financial aid form that is VITAL to fill out the Jan.-Apr. of the year prior to wanting to start college in the fall semester (typically senior year) and then every year the student is attending college. The **April 15th deadline** is a VERY important deadline!! Don't wait until the last minute! Every dollar you can get to help pay for college is important and this is how you get them! If you miss this deadline, you will not get the money!

NOTE:

- Students already in college MUST fill this out every year, as well!!
- AND 21st Century Scholars MUST fill this out (starting HS graduation year) every year, even if they defer that first year!
- IT DOES NOT COST MONEY, so if you get to the end of the website and it asks for money, it is a scam (it is a company charging money to file the FREE paperwork for you!) so delete your info and go to the correct site!
- You can always update information if you enter it and then it changes or you realize it is incorrect prior to the state giving out the financial aid money.
- This is the website: <https://fafsa.ed.gov/>
- MAKE SURE you write down the email and login/password you use.
- You will also want to check your email periodically over the next few months to make sure they don't send you an email about something you need to complete or fix!

--**Don't miss a step in getting to college:** Receive text messages for any of your children in grades 7-12 periodically telling you what they need to be doing to get to college. Text the word "grad" plus their high school graduation year to 69979.

Seniors	grad2018
Juniors	grad2019
Sophomores	grad2020
Freshman	grad2021
Eighth grade	grad2022
Seventh grade	grad2023

--**College Information/Help: It really isn't too early to start thinking about it!!!!**

- **Learn More Indiana Activity Bank**

Did you know that Learn More Indiana has an Activity Bank with activities for EVERY GRADE LEVEL on how to Plan, Prepare and Pay? You can find it at: <http://www.in.gov/learnmoreindiana/2413.htm>!

- **Learn More Indiana is on Facebook** - Have you seen our Facebook page? Like us to stay updated on our campaigns! [facebook.com/LearnMoreIN](https://www.facebook.com/LearnMoreIN) Amber Audrain, the new College Success Campaign Manager, is the contact for questions regarding Learn More initiatives, including College GO! Week, Cash for College, KnowHow2Go, and 15-to-Finish. Email: aaudrain@che.in.gov

--**Have older children?** Go to <http://ewesschoolcounselor.weebly.com/> and click on COLLEGE/CAREERS/go down to PARENT NEWS/find the following resources

- **Wondering whether or not they need to take the SAT or ACT to go to college?** Check out these comparison resources.
- **Wondering how to pay for college?:** Use the Indiana College Cost Estimator to estimate your family contribution to your child's college. The site uses the FAFSA formula for younger students to give you an idea of what you will have to pay once they are old enough for college! You will need financial information, but the site is very secure. You can compare up to three college costs at one time, including information like GPA, class rank, test scores, etc. that may qualify your child for additional aid. Many students (grades 11-12) registered for an account (submitting no financial info) during Guidance Presentations previously and will have logins and passwords created already. Access it through www.learnmoreindiana.org or <http://www.indianacollegecosts.org/>. See the attached info for the changes that have been made to the FAFSA process.
- **Check out the college information process!** See the attachments on How to Apply for College (what to do when), Top College Search Questions, and 6 Things You Should Know About Scholarships.
- **Want to start saving for college?** Start a 529 College Savings Plan. Details on what it is and how it can be beneficial are attached.
- **Up Next Text Messaging Tool:** A special service for juniors and seniors, college students and graduates, all you need to do is text COLLEGE to 44044 to get personalized texts with reminders and info about the college application process, financial aid, and federal loan repayment options. Great resource!
- **21st Century Scholars**
 - Reminder that families only have 7th and 8th grade to register their children for 21st Century Scholars (a financially-based scholarship program. After June 30 of their 8th grade year, students are no longer eligible. Contact Mr. Aly or Mrs. Pitcock at the MS with questions or visit the website at: <http://www.in.gov/21stcenturyscholars/>
 - **21st Century Scholars Scholar Success Guide** - This resource provides support to Scholars as they work to complete the Scholar Success Program requirements beginning with the class of 2016. The Scholar Success Guide also instructs Scholars in their use of the new ScholarTrack. Students who do not complete the three requirements each year, could very likely lose the scholarship, so it is important to make sure you are meeting all the guidelines to keep your child eligible. Contact Mr. Aly at the HS with questions.
 - **See attachments for requirements for 21st Century eligibility and activities for current scholars.**

This is also a great time to have Scholars update their contact information - phone numbers, mailing addresses and email addresses. Scholars can go to www.in.scholars.gov to complete any updates.

- **New College Completion Requirements for state financial aid awards:** Students first entering college in the 2013-2014 academic year will be required to meet certain completion requirements to renew state financial aid awards in 2014-2015. Students receiving the Higher Education Award, the Freedom of Choice Award, or the 21st Century Scholars Award must complete at least 30 credit hours during their first year of college to remain eligible for the maximum financial aid award. A student who completes at least 24 credit hours during his first year will remain eligible for financial aid, but will receive an amount that is less than a student who completes 30 credit hours. More information about these requirements is available at www.in.gov/ssaci.
- **UPS offers scholarships for employees:** See Parent News under College/Careers on the School Counselor website for specific details at <http://ewesschoolcounselor.weebly.com/collegecareers.htm>! but UPS offers tuition costs for employees who are also attending college! ANY adult is eligible for this—maybe it is your child or maybe it is you!



WHAT IS CHILD ABUSE AND NEGLECT?

Abuse is defined as any willful act or threatened act that results in any physical, mental, or sexual injury or harm that causes or is likely to cause the child's physical, mental, or emotional health to be significantly impaired. Abuse of a child includes acts or omissions. Corporal discipline of a child by a parent or legal custodian for disciplinary purposes does not in itself constitute abuse when it does not result in harm to the child. Neglect occurs when a child is deprived of, or is allowed to be deprived of, necessary food, clothing, shelter, or medical treatment or a child is permitted to live in an environment when such deprivation or environment causes the child's physical, mental, or emotional health to be significantly impaired or to be in danger of being significantly impaired.

SIGNS OF CHILD ABUSE AND NEGLECT

The warning signs of child abuse and neglect vary from child to child. Children have different ways of coping with abuse, and the signs often depend on each child's characteristics and environment. Parents, guardians, teachers, professionals, and bystanders all have the responsibility to keep children safe. One way to do that is by observing the behaviors and interactions of children at home, at school, and with their friends. Please keep in mind the following warning signs and possible indicators of abuse in order to help keep children safe. In reviewing the signs of abuse, it is important to also keep in mind that signs are not limited to one type of child abuse or neglect, and sometimes, different types of abuse and/or neglect occur in combination. It is important to remember the presence of these indicators does not prove abuse is occurring, but rather MIGHT indicate abuse is occurring.

	Physical Indicators	Behavioral Indicators
Physical Abuse	<ul style="list-style-type: none"> ⇒ Multiple and/or unexplained bruises in different stages of healing ⇒ Welts, human bite marks, bald spots ⇒ Burns that cannot be explained ⇒ Unexplained fractures or other injuries ⇒ Untreated injuries & medical needs ⇒ Wears clothes not suited to the weather 	<ul style="list-style-type: none"> ⇒ Nervous, withdrawn, clingy, and/or tries to please caregiver ⇒ Hostile, aggressive, violent, and/or self-destructive behaviors ⇒ Complaints of soreness/injuries ⇒ Explanation of injuries does not make sense ⇒ Fearful of parent, going home, or adult contact ⇒ Shows little or no emotion when hurt ⇒ Excessive absences
Sexual Abuse	<ul style="list-style-type: none"> ⇒ Torn, stained or bloody undergarments ⇒ Genital pain, swelling or itching ⇒ Difficulty walking or sitting ⇒ Bruises or bleeding in genital or anal area ⇒ Sexually transmitted diseases ⇒ Frequent urinary tract or yeast infections ⇒ Pain when urinating or passing stool ⇒ Unexplained abdominal pain ⇒ Vaginal or penile discharge ⇒ <i>*Physical indicators present less than 10%</i> 	<ul style="list-style-type: none"> ⇒ Withdrawn, depressed, and/or threatened by physical contact ⇒ Premature knowledge of sex ⇒ Seductive behavior ⇒ Sexual acting out, excessive masturbation ⇒ Low self-esteem, lack of confidence ⇒ Sudden changes in weight ⇒ Change or decrease in school performance ⇒ Uncontrolled emotions, secrecy about feelings ⇒ Anxiety, sleep difficulties, nightmares, and/or other fears ⇒ Regressed behaviors (speech, bedwetting) ⇒ Adolescent: self-mutilation, eating disorders, promiscuity
Emotional Abuse	<ul style="list-style-type: none"> ⇒ Delayed physical or cognitive development ⇒ Speech problems ⇒ Habit disorders (sucking, rocking, biting) ⇒ Eating disorders, ulcers ⇒ Sleep disorders ⇒ Hair loss ⇒ Failure to thrive in infants 	<ul style="list-style-type: none"> ⇒ Demanding, needy, attention-seeking or overly compliant ⇒ Extreme temper tantrums, oppositional and/or destructive ⇒ Delinquent or criminal activity ⇒ Unfriendly, distant, poor peer-relations ⇒ Low self esteem, depressed, suicidal ⇒ Anxiety disorders
Neglect	<ul style="list-style-type: none"> ⇒ Abandonment by parent/guardian ⇒ Lack of adult supervision ⇒ Untreated lice, other medical or dental needs ⇒ Poor hygiene – constantly dirty ⇒ Constantly hungry, underweight ⇒ Failure to thrive in infants 	<ul style="list-style-type: none"> ⇒ Constantly tired, sleep disorders ⇒ Steals or begs for food ⇒ Excessive absenteeism/tardiness ⇒ Extremely needy, rejected, isolated ⇒ Poor social and/or communication skills ⇒ Conduct disorders ⇒ Delayed growth or motor development, learning disabilities

Every child deserves to be safe!





RISK FACTORS FOR ABUSE AND NEGLECT

Being aware of potential risk factors can help with both the identification and prevention of abuse.

Table with 3 columns: Child, Parent or Caregiver /Family, Environment. Lists various risk factors such as special needs, substance abuse, corporal punishment, etc.

DISCLOSURE AND REPORTING ABUSE AND NEGLECT

Every citizen, whether a mandatory reporter or not, should report suspected abuse. If you suspect any child is being abused, please call the Hotline for your state or area. You DO NOT NEED PROOF that a child has been abused or neglected to make a report, only reasonable suspicion.

For a list of state reporting hotlines visit: https://www.childwelfare.gov/organizations/?CWIGFunctionsaction=rols:main.dspROL&rolType=custom&rs_id=5

If a Child Discloses Abuse or Neglect

Table with 2 columns: Do, Don't. Lists actions like 'Recognize that hints may be the start of a disclosure' and 'Show shock or disgust'.

If You Witness Child Abuse or Neglect

Table with 2 columns: Do, Don't. Lists actions like 'Remain calm and supportive' and 'Show shock or disgust'.

Every child deserves to be safe!



Commonly Prescribed Opioids

Oxycodone (OxyContin, Percodan, Percocet)

Hydrocodone (Vicodin, Lortab, Lorcet)

Diphenoxylate (Lomotil)

Morphine (Kadian, Avinza, MS Contin)

Codeine

Fentanyl (Duragesic)

Propoxyphene (Darvon)

Hydromorphone (Dilaudid)

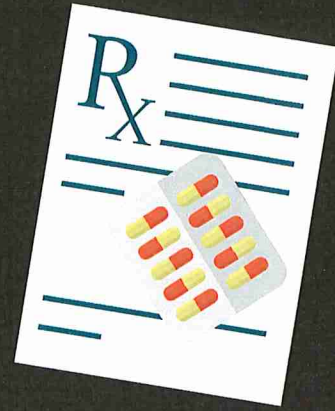
Meperidine (Demerol)

Methadone



Indiana State
Department of Health

Prescription Safety



Be Smart Be Sure Be Safe

Ask your Doctor these questions about Opioid pain medications

1

Is this prescription for pain medicine an opioid?

2

Why do I need this medication - is it right for me?

3

At what level of pain should I take this prescription?

4

How long should I take this medication?

5

Do I have to take every pill in the prescription?

6

What are the risks associated with this medication?

7

What can I do to avoid addiction?

8

What are possible warning signs of dependence or addiction?

9

What can I do if I believe that I might have developed a dependence on this drug?

10

Can I have a prescription for Naloxone?

OPIOID MEDICATION

A Risk for Children and Teens

How often are children and teens exposed to opioid medication?

Each year, opioid medication poisoning causes more than **300 deaths in children and teens**

Every 45 minutes, poison control centers get a call about children and teens exposed to opioid medication



About **1 in 10** of these cases are admitted to a health care facility

What ages of children and teens are most at risk?

Young children (ages 5 and younger) account for **60%** of these calls

60%



Most cases (86%) are **unintentional**, like when a child finds pills that are within reach

Teenagers (ages 13 through 19) account for **30%** of the cases

30%



Most cases (72%) are **intentional**, like when a teen takes their parents' medication

How do I keep my kids safe?

96% of these poisonings happen at **home**



- ✓ Store medications up, away, and out of sight
- ✓ Keep track of medications, so you know if any go missing
- ✓ Get rid of old, unwanted medications safely
- ✓ Talk to your teen about medication abuse

Poison control is available **24/7**
1-800-222-1222



For detailed sources and more information, please visit:
ChildrensSafetyNetwork.org/Infographics/opioid-medication

August 2017 ChildrensSafetyNetwork.org

Opioid Medication: A Risk for Children and Teens

How often are children and teens exposed to opioid medication?

Each year, opioid medication poisoning causes more than 300 deaths in children and teens (1)

Every 45 minutes, poison control centers get a call about children and teens exposed to opioid medication (2)

About 1 in 10 of these cases are admitted to health care facilities (3)

What ages of children and teens are most at risk? (3)

Young children (ages 5 and younger) account for 60% of these calls

Most cases (86%) are unintentional, like when a child finds pills that are within reach

Teenagers (ages 13 through 19) account for 30% of the calls

Most cases (72%) are intentional, like when a teen takes their parents' medication

How do I keep my kids safe?

96% of these poisonings happen at home (3)

- ✓ Store medications locked up and out of sight
- ✓ Keep track of medications, so you know if any go missing
- ✓ Get rid of old, unwanted medications safely
- ✓ Talk to your teen about medication abuse

Poison Control is available 24/7: 1-800-222-1222

Sources

- (1) National Center for Health Statistics Multiple Cause of Death database. (2015).
- (2) Naqvi, J. (2017, March 20). Poison control centers receive 32 calls a day about children exposed to opioids. *The Washington Post*. Retrieved from: https://www.washingtonpost.com/news/to-your-health/wp/2017/03/20/poison-control-centers-receive-32-calls-a-day-about-children-exposed-to-opioids/?utm_term=.3838499ac1d0
- (3) Allen, J. D., Casavant, M. J., Spiller, H. A., Chounthirath, T., Hodges, N. L., & Smith, G. A. (2017). Prescription Opioid Exposures Among Children and Adolescents in the United States: 2000–2015. *Pediatrics*. 139(4). DOI: [10.1542/peds.2016-3382](https://doi.org/10.1542/peds.2016-3382)

For more information or to view this on the web, visit

<http://childrenssafetynetwork.org/infographics/opioid-medication>

I decide for me

With the generosity of Clarify & the "IDFM" Program, C.A.R.E. has had the opportunity in 2018 to go into East Washington & West Washington Schools to offer education about sexual risks to students, so they can make healthy, informed decisions.

What the students had to say:
"I will set boundaries for my life"
"To stay abstained from sex"

"I feel this program helped me to realize the impact sex can have. I have learned that I need to make decisions for me and only me and stay true to my morals and values. Overall I loved this program!"

"It has informed me on the dangers of sexual activity and pornography"

"It helped me realize that you don't have to show physical affection to let someone know you love them."
"Love is more complex than that!"

We at C.A.R.E. are very excited about the growth of our "I Decide for Me" sexual risk program being presented at two of our area schools. Through the IDFM program we are able to offer this program to middle and high schools for the second year. We have expanded the program to not only include East Washington, but also West Washington Schools.

"I Decide for Me" has become a vital part of our ministry. Avoiding risky sexual behavior through education rather than dealing with its consequences is a much more effective resolution to the situations that we face daily at the center. This has motivated us to promote the "I Decide for Me" program within our school system. We see it as a prevention program to help reduce the growing number of unplanned pregnancies, STIs/STDs, abortions and so much more.

The "I Decide for Me" program seeks to enable the student to make crucial life decisions based on facts, stressing their individual self-worth and overcoming social and peer pressures. These pressures are ever-present in the lives of young people today. It is our intention to provide students with the tools of knowledge necessary to set boundaries and make decisions that lead to a healthy and successful future.

The feedback that we have received from the students who have experienced the program has been very positive. Many students have stated that they have learned a great deal from the statistics about sexual risks and have felt empowered by the tools of education we offer. They are more confident in taking control in setting boundaries for dating and realizing the possibility and importance of sexual abstinence until marriage. Teachers appreciate the direct, honest, and straight forward approach of the presentations. We are blessed to be able to share "I Decide for Me" to the youth in Washington County.

Cyndi Sweeney



C.A.R.E. PREGNANCY CENTER



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FROM THE DIRECTORS HEART

Over the last 2 years I have seen many lives changed by the love, prayers, and support of churches, individuals, and businesses in our community.

It is for the nervous teenage girl and boy who come to our center for a pregnancy test, only to discover she is already 5 months pregnant. They express anxieties about informing their parents and their lack of preparedness. We let them know we are here to support them and pray for them to have peace, to be open with their parents, and for their parents to receive the news with joy, support and acceptance. The answered prayer of their parents responding in love & support. As well as the young couples participation in our program to learn the parenting skills they will need to be knowledgeable & responsible parents.

All of our clients are seeking hope, help, and love in a hurting & broken world. Through this ministry we are able to share our faith and lives to bring them the true hope and grace of Jesus. It is through Him that true healing and generational change can happen in order to save lives for now and eternity.

Donna Wesner

2018 Statistics



352 Clients Served



82 Pregnancy Tests

56 Positive, 26 Negative



44 Precious Babies Born

Over 700 Parenting Classes Attended



149 New Clients in 2017

THANK YOU!

We are very grateful for our prayer warriors, advocates, financial sponsors, volunteers and those who donate material supplies.

Together we have helped provide for over 352 families this year at C.A.R.E. Pregnancy Center!



Supplies Needed

- * Diapers: sizes 2-6
- * Formula: Gerber Gentle, Gerber Soothe, Similac Advance & Similac Sensitive
- * Baby Wipes
- * Baby Wash



ALL LIFE IS VALUABLE AND A GIFT FROM GOD

- Share your faith and hope at C.A.R.E.
- Minister to the women and men who seek compassion, hope and help from our center everyday!
- Host a baby shower & collect supplies.

Other Ways You Can Help!

We need volunteers to help our clients look beyond their current situations and see the possibilities available to them. At C.A.R.E. we offer hope in Jesus and an opportunity to earn items for their families while learning to be responsible and knowledgeable parents.

Get Your "Choose Life" License Plate!

A \$25.00 donation will go toward a Pregnancy Center in your county each year your plate is registered.



Visit your local BMV in person or online at www.chooselifeindiana.com



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