

Shrewsbury Community Alliance for the Prevention of Alcohol and Drug Abuse

The Alliance would like to offer their sincere thanks to the **Kiwanis Club of Greater Red Bank!** Over the summer, with the financial and creative assistance of the Kiwanis Club, and the support of Red Bank Regional High School, the Alliance was able to put together a wonderful resource entitled “**A Family’s Guide for the Prevention of Alcohol, Tobacco and other Drug Use**”. This 32 page guide contains 8 sections ranging from: Where can I get help?, Signs and Symptoms of Use and Abuse, Legal Consequences, How I can be Proactive?, How can I talk to my Child?, Information about signs of depression, suicide, risks of the internet. This Guide was distributed to all the parents of incoming RBR freshmen at their summer barbecue in late August. The feedback has been so positive that RBR is hoping to make them available to the entire student body and their families as early as next year.

Red Ribbon Week

Each fall Shrewsbury Borough School joins the nation in celebrating **Red Ribbon Week**. The week was established nationally in 1988 after the death of DEA Agent Enrique “Kiki” Camarena. Schools and community groups are encouraged to celebrate this week by providing programs for our youth that stress the importance of a drug free lifestyle. Red ribbons are distributed and worn to show a collective stand against underage use of alcohol, tobacco, use of illegal drugs and the abuse of prescription drugs. The Alliance, Borough Council and the administration and faculty of Shrewsbury Borough School have been providing these important programs within SBS since 2003. This year the theme will be “Drug Free, the Healthy Way to Be”. During the week of **October 19-23**, the students will not only learn the dangers of substance abuse but how to stay healthy on a daily basis.

Some of the activities planned to make this week both fun and educational:

Daily dress-up days: Put a Cap on Drugs (wear a hat), Team up against Drugs (favorite sport team jersey), Being Drug Free is no Sweat (wear sweats to school)

Essay Contest: Grades 6-8. “What are three consequences that you may face if you choose to use and abuse drugs and/or alcohol?” “What refusal skill(s) do you plan on using to help you stay in control of your drug free future?”

School Dance: “Dance Through Life Drug-Free”, Co-sponsored by Student Council

School Wide Multi media Assembly: Back again this year! Two assemblies (K-4, 5-8) in a game show format. Classes compete against each other on questions both curriculum and pop culture based. Curriculum questions will cover the following topics and are grade appropriate: **Kindergarten:** Community Helpers that keep us safe and healthy; **First Grade:** Daily Choices we make to keep our bodies healthy (nutrition, germ prevention, etc.); **Second Grade:** Safety and You (bicycle safety, stranger danger, etc.); **Third Grade:** “What is a Bad Drug?”; **Fourth Grade:** “How Tobacco and Alcohol affects your Body”; **Fifth Grade:** Facts about Tobacco; **Sixth Grade:** Facts about Inhalants/Prescription Drug Abuse; **Seventh Grade:** Facts about Marijuana; **Eighth Grade:** Facts about Underage Alcohol Use

The Kindergarten, First and Second Grades will have special visitors during the week. Kindergarten will get a visit from Shrewsbury’s own First Aid Squad, Police and Fire Departments. First and Second Grades will get a visit from “Dr. Bernard” and his “Pawsitive” Action Team from K Hovnanian Children’s Hospital who will talk about nutrition and bicycle safety.

Webpage: Please visit our webpage at www.shrewsburyboro.com under “Commissions”. It contains hotline #'s, resources for parents and teens, and current information on the latest trends and research on substance abuse.

A call for new members!!! Your Alliance has many dedicated members who meet monthly to discuss creative ways to reach out to our youth, teens, and community about prevention education. Most of our members have high school age children. We are seeking some parents with elementary school age children to get their fresh ideas. Please consider joining our group. We meet the second Monday of every month at Boro Hall at 7 pm.