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# GUIDANCE NEWSLETTER

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## Recent topics in Developmental Guidance classes are as follows:

### DEVELOPMENTAL GUIDANCE CLASSES

Currently, all Kindergarten through 5<sup>th</sup> Grade classes are at some point in their ATOD (Alcohol, Tobacco, and Other Drug) unit. Just as in other Guidance Units of study, these lessons are taught in a developmental, age-appropriate manner.

More specifically, Kindergarteners will be learning about poisons, medicines, and good health habits. They will also learn about the importance of being extremely careful with regards to putting anything in their mouths. An excellent video from Children's Hospital called "Poison, Poison, Stay Away" was a highlight of this unit, as are the lime green "Mr. Yuk" stickers that the students can put on poisons in their homes.

First Graders learned the definition of a drug and that medicines are indeed drugs. They learned that medicines must be taken correctly and that children should not take any medicine unless it is given to them by a trusted grownup. The students will also learn more about poisons and other dangers that are in our homes.

Our Second Graders will also learn the definition of a drug, examples of the drug alcohol, and general dangers of alcohol abuse. They will learn about some of the dangers of tobacco products as well. Students will also review helpful drugs (medicines) and how medicines must always be used carefully, under the supervision of a parent or guardian.

Third Graders also began studying about drugs and alcohol. First they learned about OTC (Over the Counter) and prescription medicines. Next, Third Graders will learn about how drugs affect the body and about some of the common myths about alcohol. Third Graders will also study about "different levels of use" of drugs, from "Non-Use" to "Responsible Use", to "Abuse", to "Addiction/ Dependency".

Meanwhile, our Fourth Graders are studying about reasons young people start using drugs, including the need to fit in and belong, to act grown-up, to relax and feel good, to take risks and rebel, and to satisfy curiosity. They will also brainstorm different ways to meet these needs *without the use of drugs and alcohol*. An excellent video series called "Gateway Drugs" will present facts and warnings about different kinds of drugs.

So far, the Fifth Graders have learned about the drugs nicotine and alcohol. Next they will study about dangerous inhalants that are typically found in our households. As a completion to their ATOD Unit, they will learn about important Peer Refusal skills. Fifth graders will spend the last few Guidance lessons of the year learning about middle school. They will discover differences between Elm Dale and GMS, and will even get a chance to learn how to use a combination lock!

As always, feel free to contact me if you ever have any questions or concerns.

### Guidance Quote of the Day:

"Logic will get you from A to B. Imagination will take you everywhere." *Albert Einstein*

