



August 2008

Welcome to the Northfield Area Parent Communication Network's monthly e-newsletter! You are a member of a network of unbelievable parents that do make a difference and help create a healthier and safer community for all our youth.

Sit, Eat and Connect

Busy schedules make it challenging to carve out time to connect with our teens. But research shows the importance of communication and connectedness in keeping teens from adopting risky behaviors.

A simple solution can be found at the dinner table. Having meals as a family can result in not only healthier eating habits, but positive peer relationships and strengthening family bonds.

There has been a movement among several metro suburb parent groups to encourage family dinners minus the distraction of cell phones, televisions, iPods or telephones. Dakota County plans to launch a program encouraging five family meals a week in September. Carver County launched a similar program in 2006. Researchers report, teens that had fewer than three meals a week with their families were:

- Three times likelier to have used marijuana.
- Three and a half times likelier to have abused prescription drugs.
- Three and a half times likelier to have used some illicit drug other than prescription drugs or pot.
- Two and a half times likelier to have used tobacco.
- One and a half times likelier to have used alcohol.

The research also shows that teens that have infrequent family dinners are twice as likely to report that half or more of their friends consume alcohol. Some studies suggest that the impact is greater among girls than boys.

National Family Day is September 22. Consider using this date as a kick-off for starting your own family meal tradition.

For more information on National Family Day, go to casafamilyday.org/familyday. For more information on the Dakota County program, go to www.co.dakota.mn.us/Departments/PublicHealth/Projects/ETCHome.htm.

NHS Extracurricular Eligibility Rules Summary

Academic: One semester failure or two or more quarter failures will cause an athlete to become ineligible. While academically ineligible a student may practice with the team or activity but may not participate in public performances. The student will remain ineligible for two games and/or two weeks which ever is greater, beginning the date declared ineligible. After this, probation the student is fully eligible. If the student is making successful progress in all classes after those 15 school days they are no longer on academic probation. If the student is failing in one or more classes they will again become ineligible but this time for six games and/or six weeks which ever is grater.

Chemical: Use and/or possession of alcohol, tobacco or other illegal substances are violations.

First offense = 2 weeks or 2 games

Second offense = 6 weeks or 6 games

Third offense = 12 weeks or 12 games

- Offense are cumulative beginning in ninth grade
- Longer of the two penalties
- Penalty begins when first contest is missed on first offence

Note: *The consumption of alcohol by youth under the age of 21 is illegal (MN Statue 340A.503).*

The Northfield Area Parent Communication Network's mission is to foster communication between parents, to help parents develop good parenting skills and to help prevent risky situations for our children