

**School Council**  
**Meeting Minutes**  
**November 9, 2016**

Meeting commenced at 3: 42 p.m.

- 1) Council members
  - a) Student representative
    - Zoe is a student rep
  - b) Parent representatives
    - Kerry and Mary
  - c) Staff representatives
    - June, Ellen and Mary
  
- 2) Substance Abuse Prevention Policy
  - a) Policy submitted to state October 28, 2016
    - This group's goal is to flesh out our policy.
  - b) Objectives
  - c) Educating Students, Staff & Families
    - Kerry pointed out that the policy should no longer include marijuana, since it will be legal to consume for recreational use as of December 14, 2016.
    - Mary questioned where and when students would be disciplined if under the influence of drugs or alcohol; Angie said, on school property.
    - The wording in the policy says that a student under the influence WILL have consequences, not MAY.
    - Zoe questioned whether or not students are allowed to use such things as ibuprofen or other over the counter medications; this is addressed in another section of the Code of Conduct.
    - The Council discussed the proper wording of how to address students using prescription medication in a way not prescribed; Angie responded that the wording is directly from the documentation sent to us by our attorneys.
    - Angie would like to see marijuana addressed in the policy.
    - Zoe asked how the policy would be disseminated among the students. Angie suggested some students take this on. Mary said some towns have programs to do this.
    - Kerry mentioned COPE is another program that's good.
    - Brockton has a program as well, dealing with pain medication issues and other medications.
    - The Council mentioned that some of them are ignorant of street drugs, including new ones. Kerry explained about some she's familiar with.
    - June mentioned a contract that Hanover offers to families, which they sign saying they won't be under the influence while driving and will avoid use.
    - Mary brought up the lack of discussion about alcohol and drug abuse in colleges, which is severe.

- Ellen says that CVS offers a grant for drug abuse education.
- Kerry named some local programs for recovery, in Rockland and Hingham. She knows people in Al-Anon who would be willing to come in and speak.
- The Council discussed the fact that one-time speakers don't tend to make any difference, and in fact can have the opposite effect because teens don't believe the bad things will happen to them.
- According to Ellen's research, the best thing to help students is providing a safe, supportive environment for them. Angie feels they still need to have discussion about issues.
- Educating parents would be an important aspect of the program for us.
- Ted mentioned setting up a year-long class to educate students about important life issues; there was some discussion about what year would be good to do that. Zoe felt 9<sup>th</sup> grade.
- Peer counseling is not a good choice; it puts too much pressure on those doing the counseling.
- Mary and Kerry brought up financial education; how to pay bills, build credit, avoid debt.
- Angie says the South Shore Voc Tech has a program like that and Mary's son did a similar program that he found extremely helpful. It might be possible to have our students go to the Voc for these types of classes.
- Grades 5 through 12 need to be included in the drug education according to the state.
- Kerry offered the idea of having people coming in to tell personal stories of their drug experiences. Level IV Science classes could teach the effects of drugs on the body and brain.
- Ellen felt that 5<sup>th</sup> and 6<sup>th</sup> graders should be taught about making good decisions, including food and drink and other personal choices.
- Role playing, interactive skits, lessons on disconnecting from electronics, using family codes to get out of uncomfortable situations were all offered as areas that could be discussed and used.
- Ellen said that Alicia Scafidi, Susan, Sarah and Dan should be brought into this discussion.

### 3) Action Items

- a) Council members can bring names of organizations and programs that could help us.
- b) Bring ideas for how to lay out education by level.
- c) Next month we will lay out a plan and who will do it within the school; taking an outline and turning it into an educational curriculum.

### 4) Next meeting, Wednesday, December 14, 2016, 3:30, Room 108

Meeting adjourned at 4:07p.m.

Attending:

Ellen Gray  
Kerry Griffin  
June Fontaine  
Mary Carter  
Angie Pepin  
Zoe Childs  
Ted Hirsch

Absent: