

# Schools



Fountain Hills Coalition board member Dwight Johnson, director Shelly Mowrey, second from right, and School Resource Officer Jill Ochsner, right, welcome trauma nurse Meg Bergeson to Fountain Hills High School for her presentation to local students.

## FHHS students learn consequences of destructive decisions

More than 100 students filled the Lecture Hall at Fountain Hills High School on Feb. 14 to hear Meg Bergeson's stories about the split-second choices people make that land them in the trauma center where she works.

In her presentation to students, Bergeson showed powerful photos from trauma cases she has worked on firsthand. One of the cases covered during the half-hour lecture included a teen whose spine was severed while another case involved a teen who crashed his car while driving under the influence of alcohol and texting. The young man lived but killed a mother and her daughter.

"The choices you make, just don't affect you, they affect everyone around you," said Bergeson. "Imagine having to live with knowing you were responsible for two people losing their lives."

The Fountain Hills Youth Substance Abuse Prevention Coalition brought the speaker on campus for the students to hear.

"This program is some-

thing the students asked for," said Shelly Mowrey, coalition director. "During focus groups with student leaders, they told us they wanted to hear the real consequences of what can happen under the influence of drugs and alcohol. Specifically, they asked for someone from the medical field."

Mowrey said that Bergeson was a perfect choice. She has been working in trauma centers for nearly 14 years. She currently works at the trauma center at Scottsdale Osborne. She's also a mother of four girls, so she knows what it's like to have teens in the home.

"That's one of the areas Bergeson hit hard during her time with the students," Mowrey continued. "She asked everyone to make a plan with their parents in case they were ever in a situation where they needed a ride or needed help to get out of a dangerous situation."

"It's that time of the year when people are having holiday parties and there is a lot of drinking and driving. We wanted

to remind students they should be making a rescue plan with their parents to make sure they get home safe and don't get into a car with anyone who has been drinking or using drugs."

An example of a "rescue plan" if for the student to call a parent and use a particular word to signify that they need a ride immediately.

Mowrey added that the Coalition has Safe Homes Network as a way for parents to connect with one another in town. Parents in the network have signed a pledge not to allow underage drinking or drug use in their home. There is also a Safe Homes Network app available download that gives parents access to the telephone numbers of other parents in the network. Also, Mowrey pointed out that Text-A-Tip is another way parents or youth can alert the Sheriff's Office if someone is hosting an underage drinking party or about to get behind the wheel of a car after drinking. To learn more about both of these programs go to [FHCoalition.org](http://FHCoalition.org).

## School Board to consider trips

Following the election of officers for 2017, the main order of business for the Fountain Hills Unified School District Governing Board's first meeting of 2017 will be to take a look at a collection of extracurricular trips.

A pair of trips will make up the discussion agenda, including a trip to Wash-

ington D.C. in April and a possible trip to San Francisco by the high school music department, also in April.

Already discussed at previous meetings, the Board will vote on a high school STUGO trip to the state convention hosted out of Lake Havasu from Jan. 19-21, as well as a DECA

conference trip in February to Tucson.

The Board will also consider approval of the AzMERIT Math course proposed and highlighted during the December meeting.

Tonight's meeting is open to the public and set to begin at 6:30 p.m. in the District Learning Center.

## Setting goals with youngsters

Around this time, millions of Americans set goals for themselves on things they would like to do or improve this year. For parents and caregivers of toddlers and preschoolers, this New Year's tradition offers a wonderful opportunity to expand children's learning, according to First Things First, a statewide organization focused on youth-based education and health programs.

As 2017 begins, parents can engage their children in conversations about past years' celebrations and upcoming resolutions. The group encourages adults to

share resolutions they have made in the past and talk about how setting goals helps us grow and learn. They can also talk with their children about setting realistic and achievable goals for themselves.

First Things First offers some ways to approach the conversation of setting goals for the new year. They offer a reminder that it must be a back-and-forth dialogue between a caregiver and a child. Also, the child must arrive at their resolution on their own. For toddlers and preschoolers, some simple resolutions might include:

\*Reading together for 30 minutes every day.

\*Brushing teeth every day, or learning to do it on their own.

\*Trying one new fruit or vegetable each month.

\*Less TV or computer use to make time for family games or physical activity.

\*Learning to tie their shoes or get dressed on their own.

\*Getting to bed by a certain time every day.

In these discussions, help your child decide how they will monitor their progress and what good rewards for progress might be. For example, a new book, stickers on a calendar, a visit to a museum or local event might be rewards. As the year progresses, use successes or challenges as opportunities to talk about setting higher goals or adjusting old goals to be more realistic. Focus always on the positive – such as progress made or obstacles that have been overcome.

At each step along the way, parents will see their children achieving their goals, but the process itself will strengthen parent-child relationships, build vocabulary and contribute to skills – such as motivation, self-esteem and focus – that will serve children now, once they enter school and throughout their lives.

## School Briefs

### Local schools out for MLK Day

The Fountain Hills Unified School District and Fountain Hills Charter School will observe Martin Luther King Day next Monday, Jan. 16. There will be no school, with classes to return to their regular schedule Tuesday, Jan. 17.

### New books being considered

The Fountain Hills Unified School District is currently evaluating the following supplemental reading books for the Fountain Hills High School AP literature class:

"Dracula," by Bram Stoker.

"On Writing, A Memoir of the Craft," by Stephen King.

Both books will be on display at the district office for 60 days. For those with questions, comments or a desire to see a sample of either book, contact the District Office at 480-664-5011 or email [jsimmons@fhUSD.org](mailto:jsimmons@fhUSD.org).

## Terrific Kids



Fountain Hills Charter School, a public Montessori school, is pleased to honor students who have displayed good character as Kiwanis Terrific Kids. Congratulations to Eli Brandstetter, James Byrd, Jaidyn Glasgow-McBride, Adalyn Olivares and Leala Gilmore-Burbach for the week of Jan. 1.

**Give a gift that impacts future generations and gives back to you!**

### CHARITABLE GIFT ANNUITY

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80	6.8



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## ESSAY CONTEST

**FIRST PLACE:**  
**\$1,000 CASH**

**SECOND PLACE:**  
**\$300 CASH**

**THIRD PLACE:**  
**\$100 CASH**

Open to all High School students!

Entry Form and Contest Rules are available in all FH High School English Classrooms and at the Fountain Hills Library.

Contest Deadline:  
January 27, 2017

Choose ONE of the following questions. Please limit essay to 750 words or less.

- 1) What is one thing you can do to improve how you get along with someone after resolving a conflict?
- 2) What is one thing that our newly elected U.S. President could do that would benefit people your age?
- 3) What key element is necessary to create a strong friendship?

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