

Merry Christmas



It's all about your Presence not the Presents

With all the parties and entertaining, it's a time of year when we need to be mindful when alcohol is a part of the festivities. If you have teen drivers in the house, it's a good time to review a driving contract and emphasize that they never ride in a car with a driver that has been drinking.

It's a good idea to monitor the alcohol in your home too. Especially if you have tweens and teens as they may be tempted to take advantage of distracted adults during parties and family gatherings.

During the holiday break, parents who are working while their children are home often feel stressed with the challenge of keeping tabs on teens who want their freedom. Here are 5 steps that may help this winter break.

1. Remind your kids that you have zero tolerance for drug use, alcohol and cigarettes.
2. Have them check in throughout the day. Set ground rules for them to respond to your efforts to reach them (when I text or call, I expect a response within 10 minutes).
3. Confirm that they are where they say they are. This is easy to do when you're a [Safe Homes Network](#) member.
4. Make it clear who is and who is not allowed in your house when you are not home.
5. Reward your teens for being responsible over the holiday break. helping them feel good about making good decisions develops their self-confidence and ability to trust their own judgement.

There are lots of ways to help keep the stress down and the Happy in the Holidays. Don't expect perfection, be flexible and focus on those things that mean the most to you and your family. Remember, your presence and not the presents are the most important part of the holiday with your family.

The 2016 High School Essay Contest Kicks Off January 4th - Cash Prizes Doubled From Last Year!



All high school students are invited to participate in an essay contest that will award cash prizes for 1st (\$1,000), 2nd (\$200) and 3rd (\$100) place along with 14 (\$50) Honorable Mention awards for the top essays. The contest begins January 4, 2016 culminating with an Awards Luncheon to be held February 12, 2016.

* The essay contest is open to all Fountain Hills students currently enrolled in a high school program including those in other districts, online or home school. Required cover sheets and contest information will be available at the FH Library beginning December 21, 2015. For more information, please

contact Maria at (480) 203-1568.

FHHS Speaker Series

On Monday, January 11th, **Phoenix Suns Steven Hunter** will speak to students during a lunchtime presentation in the Lecture Hall. Steven, a 10 year NBA veteran, will talk on the important life skills necessary to fulfill one's dream and how to excel in the game of life.

Parents are welcome to attend.



Congratulations to all of our Safe Homes Network Promotion Winners!



Matt Ruby, winner of the "Family Fun Night Game Extravaganza" at the annual Band Christmas Concert with Coalition Program Manager, Maria Perreault.



Basketball coach, Brad Weber congratulates \$100 winner Trevor Reece.



Elyse Gross was happy to win the drawing for \$100 at the girls varsity basketball game.

THANK YOU! SPOTLIGHT



To all of our FHHS Essay Contest sponsors. We appreciate your support!

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SILVER: Meridian Bank, Stop & Go Traffic School

The FOUNTAIN HILLS COALITION WISHES YOU AND YOUR FAMILY a **JOYOUS HOLIDAY SEASON** and a **HAPPY, HEALTHY 2016!**

