

IMPACT Thank You!

First, a huge thank you to all our community and parent partners that made last night's IMPACT event possible. We were honored to have our PTSA support us with their presence, cookies and water on such a beautiful night and so thankful to all those who devoted their time and expertise to us. As our keynote, Dr. Rudolph, mentioned it is good for our kids when they are hearing consistent messages throughout their community and lives. We are so lucky to have you for our parent partners in this work!

- Dr. Rudolph and Ms. Arlt from the Swedish Addiction Recovery program
- Jerry Blackburn of Friends of Youth
- Sarah Dochow from Crosspath Counseling
- Jeeta Sahota from Mindful Hearts and Minds
- Jaime Greene of the YMCA

Thank you also to the community groups that provided information and connections to our families. They included the Boys and Girls Club, the City of Sammamish, the Eating Recovery Center, Friends of Youth, the King County library, Mindful Hearts and Minds, the Sammamish Family YMCA, ISF's Healthy Youth Initiative and our very own student group, Mind Matters.

For those of you who appreciated the mindfulness session, I wanted to include some resources for you to watch with your kids or for yourself. Dr. Vo's work can be found at <http://mindfulnessforteens.com/dzung-vo/videos-dr-dzung-vo/>. Our Skyline staff have also read some of his work and very much enjoyed it.

If you wanted to extend any learning you began with Jerry Blackburn, please check out one site he recommended. <https://www.drugabuse.gov/related-topics/adolescent-brain> This section on the adolescent brain is particularly useful. As Jerry mentioned, giving our teenagers the facts and research is a great age-appropriate way to start authentic conversations. And one of my favorite parts of Jerry's presentation was all the positive, proactive things we can do to create protective factors for our kids to reduce their likelihood of using drugs or alcohol. <http://www.samhsa.gov/capt/practicing-effective-prevention/prevention-behavioral-health/risk-protective-factors>. These protective behaviors and factors also are clearly good for students' overall health and well-being.

And last, but certainly not least, thank you to Patrick Gai, our Dean, for helping to coordinate the evening with me and for me. I couldn't have done it without you!

Donna Hood, Principal