



The CHAMPION

September, 2012

Volume 6, Issue 3

Back to School for High School Students

Are you parenting a high school student? Start a successful school year and keep it going! Here are some things to consider as your child attends high school:

- Your high school student should be thinking about her future. *Will I go to college? Should I try to find a job? What should I do?* Listen to her, support her, and have an open mind about the endless possibilities.
- If your high school student has a job, then help him manage his money and time. Help him to create a budget, and have a savings plan.
- At this stage, most kids will be getting their driver's license and many will be driving to school. Take time to help them learn by taking them driving. Be supportive, clear, and direct when discussing safety on the road.
- When your high school student gets her driver's license, have clear rules as to when, how, and with whom she drives. Give her clear guidelines. "You will not be texting while driving," and "Always buckle up when driving!" Make sure she knows that driving is a great responsibility and privilege.
- Help your high school student manage stress. Find time for the whole family to get physical and let off some steam.
- Find time to have dinner together. During dinner, make sure everyone has a chance to share the highlights of their day and how they may do things differently tomorrow.
- Your teen may be working hard to balance extra-curricular activities and school activities this year. Help your teen become a master time manager by standing your ground and enforcing at-home chores and family responsibilities.
- Remind your child that although ACT and SAT results are important to post-secondary schools, achievement as a well-rounded student counts just as much. Students' GPAs, extracurricular activities, application essays, and volunteer experiences are all important factors in demonstrating success in school on college applications.
- At the same time, don't forget that standardized test scores are also an integral part of the application. Whether your child is struggling or doing well in school, consider enrolling him in a test-preparation course.
- At this age, friendships and romance become more important while cliques become less so. Set clear rules and guidelines about dating. Your teen should have a curfew that is enforced, and you should monitor your teen's mood and behavior to ensure that dating is not affecting academic performance. It is important for parents to be viewed as approachable while still maintaining their parental authority.

(Reprinted with permission from Search Institute®. Copyright© 2012 Search Institute, Minneapolis, MN; 800-888-7828; www.search-institute.org. All rights reserved.)

For more information to help your young person thrive, visit parentfurther.com, brought to you by the Search Institute. Additional resources can also be found at www.champforwc.org.



22 Dayton Ave. SE
Wadena, MN 56482

Phone: 218-631-7629
Fax: 218-631-7632
E-mail:
champforwc@gmail.com

Our Vision
"Choose to be
Chemical Free"

Our Mission:
Is to improve and
enhance the health,
safety, and quality of
life for our children
and community by
reducing substance
use and abuse.



Twitter:
[@champforwc](https://twitter.com/champforwc)
Facebook: [Champ of
Wadena County](https://www.facebook.com/ChampofWadenaCounty)



22 Dayton Ave. SE
Wadena, MN 56482

Phone: 218-631-7629
Fax: 218-631-7632
E-mail: champforwc@gmail.com

Fast Fact

Everyone CAN Build Assets!!

Although not everyone can offer youth a well-designed experience that builds their planning and decision-making skills, everyone CAN talk with young people, keep an eye on them when their parents are not around, protect them, and give them help when they need it. Everyone can help make youth feel valued and supported.

(Scales & Leiffert, 2004)

We're on the web!
www.champforwc.org

What's Coming Up....



- Menahga Homecoming: October 12, 2012*
- Sebeka Fall Festival: October 17, 2012*
- Verndale Homecoming: October 12, 2012*
- Wadena-Deer Creek Homecoming: October 5, 2012*

Family Day Does Make a Difference!

Want to Know the Recipe for Fantastic Family Dinners? It starts with gathering your family around the dinner table. Then add some great conversation, sprinkle in lots of love and laughter, top it off with a tasty food and voilà, memorable meals for everyone! Family dinner is about more than what's on your plate. Family meals are the perfect time to talk to your kids and to listen to what's on their mind. It's about parental engagement and connecting with your children in a way that has long-lasting effects.

Did you know that eating dinner frequently with your children reduces their risk of substance abuse? Research by The National Center on Addiction and Substance Abuse at Columbia University (CASAColumbia™) consistently finds that the more often children eat dinner with their families, the less likely they are to smoke, drink or use drugs. CASA Columbia created Family Day – A Day to Eat Dinner with Your Children™ in 2001 as a national movement that reminds moms and dads that the parental engagement fostered during frequent family dinners is a simple, yet effective way to help keep their kids substance free.

Family Day is celebrated annually on the fourth Monday in September. Family Day will be celebrated on September 24th in 2012.

To learn more about Family Day and to join parents all across America in taking the Family Day STAR pledge, visit www.CASAFamilyDay.org. The CHAMP coalition of Wadena County recognizes and supports Family Day. For more information about the CHAMP coalition of Wadena County please visit www.champforwc.org.

Something To Try And Talk About

In every issue!

Here are some ideas for conversations at your next family meal or ride in the car.

- Who are the three people in your life you know you can always count on? Why did you choose them?
- Name something you have always wished you could do? How could you make it happen?
- Do you think there is something good about making mistakes? Why or why not?

The benefits of eating together will last long after your meal ends, especially if you make family mealtimes a regular activity. For more ideas visit : <http://family.samhsa.gov/get/mealtime.aspx>