



Osan Middle School Thunderbirds

*Providing a Setting of
High Expectations That
Engage and Motivate all
Students in a Successful
Learning Environment*

Volume 4, Issue 13

FRI, 30 NOV 2012

PTSO Fundraiser

Osan Middle School PTSO will be having an online fundraiser with "31" bags. The fundraiser will start on NOV 27 and close on DEC 4. The students will be eligible for some great prizes such as a large utility tote. Please take a minute to preview the website at <https://www.mythirtyone.com/bak4more/>

Information was sent home with students. Please consider supporting the Middle School with your holiday shopping this year. This is a great way to support our Osan MS students and staff. For more information, contact Mrs. Christine Criswell at christinecriswell@hotmail.com or Mrs. Lori Johnson at lori.johnson70@googlemail.com



For Those Who Will PCS During Winter Break

The office will have limited staff from Monday December 24th through Friday December 28th.

If you are planning to PCS during that time frame please be sure to let the office know well in advance so that we can have your child's school records prepared. If your child will be accelerating please turn in the acceleration form and a copy of your PCS orders as soon as possible. The earlier the acceleration process begins, the smoother it will be for your child. Please note that in order to accelerate, students must do their work in advance.

Help your child by regularly visiting
our website:
www.osan-ms.pac.dodea.edu/



Calendar of Events

- 3 DEC SAC meeting, 4 PM in Information Center
- 4 DEC PTSO meeting, 5 PM in Information Center
- 24 DEC-5 JAN Winter Break

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Parent Connection



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Suicide Prevention and Awareness Program

The "Signs of Suicide (SOS) Prevention & Awareness Program" will be implemented at Osan American Middle School with all 7th grade students. The adolescent years are marked by a roller-coaster ride of emotions—difficult for teens, their parents, and educators.

It is easy to misread depression as normal adolescent turmoil. However, depression (among the most common of mental illnesses) appears to be occurring at a much earlier age, and the past decade has seen teen suicide rates double. To proactively address this issue, Osan American Middle School is offering suicide prevention training as part of the "SOS Signs of Suicide® Prevention Program." This program has been used by DoDEA schools and thousands of schools in the USA over the past ten years.

Our goals in participating in this program are straightforward:

- To help our students understand that depression is a treatable illness, and help them assess whether or not they may have symptoms consistent with depression.
- To explain that suicide is a preventable tragedy that often occurs as a result of un-treated depression.
- To provide students training in how to identify serious depression and potential suicidality in a friend.
- To impress upon teens that they can help themselves or a friend by taking the simple step of talking to a responsible adult about their concerns.

This year, the school psychologist, counselor, and nurse at Osan Middle School will present the "SOS Prevention Program" to students in 7th grade. Any parent who desires to preview the program materials may contact the school psychologist, Dr. Kalesnik, at DSN 784-7259 to arrange a date and time for viewing the materials. A parent preview session will also be offered at the school at 3:10 PM on Monday, December 10, 2012, Room 107 - Guidance Offices.

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Depending on their individual schedule, students in 7th grade will be presented the program on either Wednesday, December 12th during period A2, or Thursday, December 13th during period B1. Students will view a video, participate in discussion, be provided with a newsletter designed for their grade level, and receive information related to local resources and how to seek help.

If you do not want your 7th grade child to participate in this program, please sign the attached document, "Suicide Prevention Program," that is attached to the same e-mail that this edition of Parent Connection is attached.

For questions or concerns, please contact Dr. Joanne Kalesnik, Psychologist at DSN 784-7259 or by e-mail joanne.kalesnik@pac.dodea.edu

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