



Osan American High School

Cougar Update

Friday, October 26, 2012



**LOCK
YOUR
MEDS**[®]
National Family Partnership

DID YOU KNOW?

OVER 3 MILLION U.S. TEENS ABUSE PRESCRIPTION DRUGS.¹

EVERY DAY, 3,300 MORE CHILDREN BEGIN EXPERIMENTING WITH PRESCRIPTION DRUGS.²

70% OF CHILDREN WHO ABUSE PRESCRIPTION DRUGS ADMIT TO GETTING THEM FROM FAMILY OR FRIENDS.³

**NATIONAL
FAMILY
PARTNERSHIP.**

Lock Up Your Medicine To Prevent Children's Prescription Drug Abuse

Due to the fact that prescription drugs, when used as prescribed, can improve one's health, many teens believe they are a safe way to get high. View the tips on the next page to keep your child safe from prescription drug abuse.

TAKE ACTION

DOWNLOAD AN INVENTORY CARD
Keep your children safe by monitoring your medicine cabinet.

SIGN AN E-PLEDGE
Take a stand.

www.lockyourmeds.org

1. Substance Abuse and Mental Health Services Administration. 2007. National Survey on Drug Use and Health: National Findings.
2. Substance Abuse and Mental Health Services Administration. A Day in the Life of American Adolescents: Substance Use Facts, 2007.
3. Substance Abuse and Mental Health Services Administration. 2006. National Survey on Drug Use and Health: National Findings.

Email: PRINCIPAL.OSANHS@pac.dodea.edu

Website: <http://www.osan-hs.pac.dodea.edu>



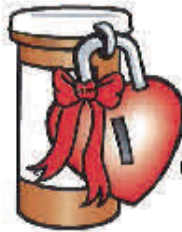
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You Hold The Key To Your Child's Drug Free Future

Review the following guidelines for prescription drug abuse prevention and discuss them with family & friends



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LOCK YOUR MEDS

Every day, 3,300 more children begin experimenting with prescription drugs.¹ Seventy percent of those who have abused pain medication say they got the medication from friends and family.¹ Prevent your children from abusing your own medication by securing your meds in places your child cannot access.

TAKE INVENTORY

Download your Home Medicine Inventory Card on www.nfp.org/lockyourmeds, write down the name and amount of medications you currently have and regularly check to see that nothing is missing.

EDUCATE YOURSELF & YOUR CHILD

Learn about the most commonly abused types of prescription medications (pain relievers, sedatives, stimulants and tranquilizers). Then, communicate the dangers to your child regularly; once is not enough.

SET CLEAR RULES & MONITOR BEHAVIOR

Express your disapproval of using prescription drugs without a prescription. Monitor your child's behavior to ensure that the rules are being followed.

PASS IT ON

Share your knowledge, experience and support with the parents of your child's friends. Together, you can create a tipping point for change and raise safe, healthy and drug-free children.

PROPERLY DISPOSE OF OLD AND UNUSED MEDICATIONS

For guidelines on safe and proper disposal of medications, visit www.nfp.org/safemeddisposal.



She gets her hair
from her mom.
Her eyes from her dad.
And her drugs
from her grandma's
medicine cabinet.

75% of children who abuse prescription drugs are given from family or friends. Prevent your children from abusing your own medication by locking and securing your child's access.

BE AWARE. DON'T SHARE.
For more information go to www.lockyourmeds.org



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STUDENT SUPPORT SERVICES



Health + Wellness Provided by School Counseling, Nursing, and Psychology Services

Character Counts and Begins with You!



Adults must continually model good character, set the standard, and expect good character from all high school students!

Teenagers learn by example. Actions speak louder than words.

Trustworthiness Be honest • Don't deceive, cheat, or steal • Be reliable, do what you say you'll do • Have the courage to do the right thing • Build a good reputation • Be loyal, stand by your family, friends, and country.

Respect Treat others with respect; follow the Golden Rule • Be tolerant and accepting of differences • Use good manners, not bad language • Be considerate of the feelings of others • Don't threaten, hit or hurt anyone • Deal peacefully with anger, insults, and disagreements.

Responsibility Do what you are supposed to do • Plan ahead • Persevere: keep on trying!
• Always do your best • Use self-control • Be self-disciplined • Think before you act, consider the consequences • Be accountable for your words, actions, and attitudes • Set a good example for others.

Fairness Play by the rules • Take turns and share • Be open-minded; listen to others • Don't take advantage of others • Don't blame others carelessly • Treat all people fairly.

Caring Be kind • Be compassionate and show you care • Express gratitude • Forgive others • Help people in need, give to others.

Citizenship Do your share to make your school and community better • Cooperate • Get involved in community affairs • Stay informed; vote • Be a good neighbor • Obey laws and rules • Respect authority • Protect the environment • Volunteer.

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Congratulations!

To

Far East

Journalism

For receiving **GOLD** **SILVER**
AND BRONZE for yearbook,
newspaper and broadcast

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Happy Friday to everyone and here is an update on the email sent referencing a possible Korean Labor Strike.

Preparation is always a great policy but we currently don't know for sure if a strike will take place and an actual strike date has not been announced. “The Korean Employee Union is planning a strike vote sometime between 7-13 November. The actual date of a strike, if approved, is unknown at this time”.

Our students will continue to have access to the cafeteria and the meals that they provide. We will continue to update everyone as information is made available to us. Thank you all for your continued support and have a wonderful weekend.



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Admin Notes

Have a Great Teacher? Want to recognize them?

Each year three exceptional teachers are recognized by the Veterans of Foreign Wars (VFW) for their outstanding commitment to teach Americanism and patriotism to their students. The VFW annually recognizes the nation's top classroom elementary, junior high and high school teachers who teach citizenship education topics—at least half of the school day in a classroom environment—and promote America's history, traditions and institutions effectively. Interested in submitting a teacher? Go to <http://www.vfw.org/Community/Programs/>

Teacher's Notes

Doc Holley

Is your student interested in participating in the premier academic enrichment activity, 2013 OAHS Harvard Model Congress Asia? Contact Doc Holley or visit the website:

<http://www.docholley.com/HARVARD-MODEL-CONGRESS-ASIA.html>

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Week at a Glance:

Monday, October 29 - "B" Day

Tuesday, October 30 - "A" Day

Wednesday, October 31 - "B" Day

Thursday, November 1 - "A" Day

Friday, November 2 - No School - Teacher Work Day

Upcoming Events:

1 November - End of First Quarter

2 November - No School, Teacher Work Day

9 November - No School, Parent Teacher Conferences

12 November - No School, Veteran's Day

29 October - 1 November

Monday

29

- Tuna Tetrazzini
- Cheese Pizza (V)
- Pepperoni Pizza
- Chef Salad
- Garden Salad
- Zucchini & Squash
- Orange Wedges
- Pineapple



Tuesday

30

- BBQ Chicken Bites*
- Chicken Bites*
- Turkey Salad
- Veggie Wrap (V)
- *Mashed Potatoes
- Cucumber & Tomato Salad
- Com
- Apple Slices
- Pears

Wednesday

31

- Beef or Chicken Stir-Fry
- Chicken Egg Roll & Rice
- Mozzarella Sticks (V)
- Asian Chopped Salad
- Carrot Sticks
- Snap Peas
- Crapes
- Mandarin Oranges
- Fruit Swirl Cup

Thursday

1


- Chicken or Black Bean(V) Quesadillas
- Beef & Broccoli Bowl
- Mexican Chicken Salad
- Ham Wrap
- Fresh Veggie Bowl
- Broccoli
- Banana
- Applesauce

Friday

2

Teacher Work Day

No School



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