

# HILLRISE

elementary



## Hillrise Huskies...Teamwork Makes the Dream Work!

### Happy Friday the 13<sup>th</sup> Hillrise Families!

Thank you so much for all of the wonderful activities, decorations, and gifts for teacher appreciation week! I know I speak for all of our staff when I say all was very much enjoyed! I am now 3 pounds heavier but way more relaxed! THANK YOU!!!

### Congratulations to this week's Allstar winners:

Kindergarten: Sophie Rutherford

First Grade: Aliyah Williams

Second Grade: Jimmy George

Third Grade: Sammie Nelson

Fourth Grade: Lily Cone-Seier

Fifth Grade: Lexi Feltz

Have a great weekend!

Deb Madden

Principal Hillrise Elementary

402-289-2602

dmadden@epsne.org

**School Hours: 8:15-3:06**

**Breakfast: 7:35-7:55**

**Walking Club: 7:55-8:10**

#### Lunch Times:

Kindergarten: 11:15-11:40

1st Grade: 11:30-11:50

2nd Grade: 11:50-12:10

3rd Grade: 11:55-12:15

4th Grade: 12:15-12:35

5th Grade: 12:25-12:45

\*\*recess is prior to lunch\*\*

**April 13, 2018**

[SATURDAY] **APRIL 14**

Family "DAY" Out La Peep 6:30AM-  
2:00 PM (see note on page 2)

[TUESDAY] **APRIL 17**

Fifth Grade Family Math Night

[THURSDAY] **April 19**

Kindergarten Music Program 6:00

First Grade Music Program 7:00

[FRIDAY] **APRIL 20**

In-service—No School

[TUESDAY] **APRIL 24**

Fourth Grade to Ft. Atkinson

[WEDNESDAY] **APRIL 25**

Mid-quarters come home

[FRIDAY] **APRIL 27**

Hillrise Carnival!!

[MONDAY] **APRIL 30**

Third Grade to Durham and Tahazuka

[TUESDAY] **MAY 1**

First Grade to Rose Theater

[THURSDAY] **MAY 3**

Texas Roadhouse FNO 4-10 PM

[SUNDAY] **MAY 6**

1000 Degrees Pizzeria FNO 3-8 PM



# PERSPECTIVES

April/May 2018

## Be Open to Addressing Alcohol Abuse

Addressing it is difficult—and avoiding the discussion is even more difficult. Just thinking about having to confront or address the issue can send chills up one's spine. If you look at the subject as recognizing and reversing a disease, it could be easier to approach. Those who have a tendency to abuse alcohol cross all races, creeds, ages, and economic brackets. Below are ideas to help you approach the topic with family and friends:

**Children and pre-teens**—Yes, in some instances, use begins before and during middle school years. Keep discussions focused on the present. Ask open-ended questions about how they were introduced to drugs/alcohol. Calmly stress your expectations. Be gentle and firm, and above all, try not to condemn.

**Teens**—Teen years are rocky. Although teens are often very cognizant of right and wrong when it comes to alcohol use, peer pressure is paramount. At this period of their lives, they are breaking away from “family ties” and are creating their own social groups. If teens are associating with other teens who are drinking, it is highly likely that they, too, will test the waters. Teens know that you want them to remain abstinent, and you are concerned about legal ramifications. Make time for them regularly, and provide a safe space by listening to what they have to say.

**Young Adults**—If you begin to see signs that they are drinking to excess, try gently confronting them. Let them know you realize they may feel you are being overly protective, or even meddling, but express firmly that you are genuinely concerned. Ask directly if they are experiencing a lot of excessive drinking among college classmates and/or those with whom they are working. If they are in a new town, encourage them to share with you who their friends are, and what kinds of things they enjoy doing together. DO NOT condemn their

actions, but ask open-ended questions that give insight into what they are facing. Remind them that you are available to talk with them, and furthermore, that you will be in their corner when it comes to seeking help.

**Family Members, Friends, and Coworkers**—These are the individuals with whom you will likely be having your longest ongoing relationship. Wait for a clear-headed opportunity. Ensure that you are clear-headed as well. Formulate what you are going to say, and rehearse voice modulation and choice of words with a neutral friend. Accusations fuel fire, and you are not looking to start arguments. Be specific when you talk with them. Bring up specific behaviors such as, “Remember that cook-out two weeks ago. I noticed that after a time you began drinking—almost without stopping. I am concerned because I also noticed you became angry toward others. I am not saying this to hurt you or criticize you; I only feel a deep concern for you. If you would like help, I could get you in touch with professionals.”

**Elderly**—This is probably one of the most difficult areas to address. It is easy to overlook health care concerns of the elderly, possibly because drinking has always been a part of the life for the individual. It is not easily recognized by family, friends, and even professionals that it is getting worse. It is possible that drinking can put the individuals at huge risks for falls, dehydration, and other ailments that befall the elderly. Loneliness is often a trigger for their drinking. Perhaps you can suggest getting together. Take the older person out to enjoy the weather, and have lots of water on hand to avoid any dehydration.  
By Mary Clare Sheridan

**FINALLY**—If you find yourself in any of these situations and are at a loss as to how to address it, please contact your Employee Assistance office for help. You can reach us at Arbor Family Counseling (402) 330-0960 or [ArborFamilyCounseling.com](http://ArborFamilyCounseling.com). We look forward to hearing from and assisting you.

## De-Clutter to Address Your Mental Health Needs

General clutter is inevitable, and it is sometimes overwhelming to control. It is recognized that if you do not address this phenomenon, it can throw you into anxiety, depression, and even addiction. If you begin a program early to curtail the clutter growth, you can reduce your own anxiety, depression, and/or addiction, or you can actually prevent it from developing in the first place.

How does it affect your mental health? Your anxiety can easily increase when you observe the disarray before you. How do you effectively de-clutter? Anxiety is often exhibited as being unable to approach a situation because it appears to be beyond your ability of see that it can be reversed. Depression can easily follow the anxiety because you see “no end,” and it appears to be only getting more forbidding. Addiction can take over easily—not necessarily with alcohol or drugs but with such things as a) not getting up and setting a routine; b) by resorting to the electronics—TV, internet, etc.; c) shopping or gambling to excess. You are in charge, and it is never too late to make changes.

1. Begin by accepting that the clutter is there. Perhaps enlist a friend or family member to give you a hand in restructuring the whole project. Together you can determine what you are going to address first, how long you will commit to that particular task, and the steps to take toward completion.
2. Set a goal for completing tasks. If your energy level is high in the morning, do it then; however, if you are a person who is not ready to “meet the world” until later in the day, set your time for later. Give yourself adequate time to complete the tasks, but avoid working until you are exhausted, so you aren’t tempted to abandon your goals.
3. When you have completed the de-cluttering, celebrate. You and your helpers deserve it. Fix a special meal or go out to someplace special. You have earned it.
4. Finally, set new goals. Make each day a time to sort and de-clutter one small area, so you will not find yourself in the same situation again. What a beautiful and exhilarating way to start the spring season. If you concentrate throughout the year, you will be able to celebrate each upcoming season with doing something special because you put that de-cluttering behind you.

Mary Clare Sheridan, MS

## WHAT DOES ARBOR EAP HAVE FOR YOU?

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- Stress Solutions
- Conflict Resolution
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**ARBOR** FAMILY COUNSELING



SAVE THE DATE



HILLRISE ELEMENTARY

# CARNIVAL

APRIL 27, 2018

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