

Cold Spring Harbor Jr/Sr High School  
Department Athletics, Health and Physical Education  
"A Commitment to Excellence"

November 2015

To the Parents/Guardians of All Eighth and Ninth Grade Students,

The use of drugs by teens across Long Island has been a growing concern over the past few years. In November, all eighth and ninth grade students will be receiving instruction as part of our Cold Spring Harbor Substance Abuse Prevention Program (SAPP). This program, now in its seventh year at our school, was designed with the following goals in mind:

- To provide students with up to date information regarding the physiological hazards and consequences of both short and long term substance abuse.
- To reinforce with students the latest research regarding the use of drugs, smoking (E-Cigarettes), alcohol and its impact on teenagers.
- Many national surveys show that young adults tend to view marijuana as a "harmless" drug; the reality, as discussed in the program, is that over the last 15 years marijuana has evolved into a highly potent drug of choice for teenagers.
- To assist students in constructing strategies and building the skills that will help them in making good decisions regarding their personal wellbeing.

During normally scheduled Physical Education classes, eighth and ninth grade students will participate in lessons taught by their Physical Education teachers and followed by small-group workshop with their Guidance Counselors (9<sup>th</sup> graders) and Mental Health staff (8<sup>th</sup> graders) to enhance their awareness of peer pressure, drugs and alcohol.

This program was developed by our Physical Education and Health teachers, Guidance Counselors, school Social Worker and Psychologists. Training for our staff was also provided by the Long Island Council on Alcohol and Drug Dependence. Talking to our children about drugs in our society and the decisions that they face on a daily basis are not always easy, but it is an extremely important conversation. I refer you to the following websites for further information that may assist you in having honest dialogue with your children regarding substance abuse.

National Institute on Drug Abuse  
[www.drugabuse.gov](http://www.drugabuse.gov)

National Clearinghouse for Alcohol and Drug Information  
[www.ncadi.samhsa.gov](http://www.ncadi.samhsa.gov)

Long Island Council on Alcohol and Drug Dependence  
[www.licadd.org](http://www.licadd.org)

Should you have any questions or concerns, please do not hesitate to contact the Athletic office.

Sincerely,

Michael Bongino, Director of Health, Physical Education and Athletics