

DAMASCUS CHRISTIAN SCHOOL
CHALKMARKS
HOME OF THE EAGLES



Parent Orientation Recap

Friday, September 11th, DCS parents gathered to kick off our thirty-fourth year. Evening features included a DVD introduction of the staff, and several presentations related to volunteering (lots of opportunities – Scrip, boxtops and soup label collecting, Friday Feast, teacher helpers, field trip/sports drivers/chaperones, recess duty, Park and Pray, Teacher Encouragement Team, Adopt-A-Teacher Prayer ministry, Harvest Festival, light maintenance, and Design-Your-Own-Job option).

Drivers were commended for the fine job they are doing dropping off and picking up students (drive slowly and carefully). RenWeb – more and more school-related information is being put on RenWeb, our school communications avenue. Parent-Student Handbook, DCS Family Directories, Chalkmarks, etc., all are found on RenWeb. Updated email addresses were submitted Friday evening to make sure we have everyone's current information.

Insurance and background check forms were available and must be current and on file in the office before volunteers can drive or work with children at school. Immunization information was shared, along with best practices to ward off spreading flu this winter. Clubs, Scrip, Lost and Gone information was shared as well.

Parents were then dismissed to their children's classrooms to meet with the teachers and find out more details about classroom procedures and expectations. Parents of juniors and seniors remained in the auditorium as DCS Academic Advisor, **Jan Dautless** reviewed important information and deadlines of which to be aware.

It appears we are off to a good year. We are encouraging as much volunteerism as you are able to

do. By volunteering, you are investing personally in the education of your child and helping DCS reduce its operating costs. Thank you in advance for partnering together to help prepare children to be faithful followers of Jesus Christ for God's glory and the building of His Kingdom.

Parent and Student Training for Child Abuse Prevention

Mandated by Oregon State Law, every school is required to make available training for staff, parents, and students in the area of child abuse prevention. Every staff person at Damascus Christian School and Damascus Community Church has taken the training prior to the start of school. We are going to be modifying the staff training module to accommodate parents and students. We will be notifying you as to the date(s) the training will be available.



Chalkmarks Notification Sign-Up

If you would like to be notified that the current copy of *Chalkmarks* is available, simply go to www.DamascusChristianSchool.org. That will take you to the main page of the church. Click on Damascus Christian School on the left side, then Chalkmarks, then the sign-up link. That's it! Each week you will be notified when *Chalkmarks* is ready to read.



SPECIAL POINTS OF INTEREST ON NEXT PAGE

- ⇒ PARENTS' OPEN FORUM?
- ⇒ ENERGY/SPORTS DRINKS—POPULAR BUT

Parents' Open Forum – Interested?

Open communications is the life line of any organization. Questions like “How are we doing?” “Do you have any ideas of how we could do better?” “What are some things you would like to talk about?” open up dialogue and help bring about change and improvements.

For several years, we sponsored “Pastries with the Principal” sessions designed to stimulate open discussion on issues related to the school operation. These were extremely helpful though not particularly well attended. The ideas generated by these conversations were helpful and useful for us to know

what our parents were thinking. Because we are a church-related ministry with multi-use facilities, not everything that was suggested was able to be carried out. Even so, numerous ideas came to light that helped strengthen the school mission.

We are desirous of resurrecting this avenue of communications again, but want to offer it at a time that will enable as many parents as possible to attend and participate. In the past, we have held the “Pastries with the Principal” in the mornings and afternoons. Should we consider scheduling some evening times? If

you have an interest in such a gathering, please let the school office know what time(s) work best for you. Thanks!



Energy/Sports Drinks – Popular But...

Monster, Red Bull, Rockstar and a multitude of other enticing titles beckon young people to partake to produce more energy or promote athletic prowess. The response has been phenomenal. Literally millions of adolescents consume gallons of these popular drinks each day. But do they deliver what they promise and are they good for you?

There is a difference between “energy drink” and “sports drink.” “Energy drinks” are marketed to athletes and the general public as a quick means of restoring energy and improving performance. “Sports drinks” are designed to provide re-hydration during or following strenuous physical activity. According to Michael C. Koester, MD, ATC, FAAP, “energy drinks should never be used by athletes for hydration or re-hydration. The high carbohydrate concentration results in slow absorption from the gastrointestinal tract and may cause bloating and diarrhea. In addition,

caffeine acts as a diuretic and, therefore, results in increased fluid loss during and after exercise secondary to increase urine output.”

Some of the side effects of consuming energy drinks may



*“never use
energy drinks
for re-hydration”*

include light-headedness, tremors, impaired sleep and difficulty with fine motor control, and may exceed drug-testing thresholds for caffeine. There is a growing concern about potential harmful interactions with prescription medications particularly for those taking stimulant medications for ADHD.

The NFHS Sports Medicine Advisory Committee has endorsed the following position statement: 1. Water and appropriate sports drinks should be used for re-hydration. 2. Energy drinks should not be used for hydration. 3. Information about the absence of benefit and the presence of potential risk associated with energy drinks should be widely shared among all individuals who interact with young athletes. 4. Energy drinks should not be consumed by athletes who are dehydrated. 5. Energy drinks should not be consumed without prior medical approval by athletes taking over-the-counter or prescription medications.

Bottom line – never use energy drinks for re-hydration and as with most things, consume the drinks in moderation.

