



# HIGH ON LIFE

May 1 - 7, 2016

# HIGH ON LIFE: IMAGINATION

Imagination is a gift to be celebrated and glorified. Fueled by ideas and vision, imagination is the springboard for infinite accomplishments and discoveries in a myriad of fields. Let us embrace imagination as a starting point!

With our imaginations we can conceive wondrous dreams and goals. With diligence we can attain those goals. Imagine our families and our communities healthy and drug free.

## High on Life is a collaborative effort to:

- Educate ourselves about abuse of alcohol, tobacco, and other drugs
- Promote wellness as we build youth assets
- Celebrate the power of imagination

## HIGH ON LIFE: Family

Parents are primary preventers:

- Parents are primary role models
- Parental influence begins at birth and remains constant
- Peer pressure is transitional and situational

## Community Coalition Breakfast/Town Hall Meeting Camp Hazen YMCA, Chester Tuesday, May 3, 8-9:30 a.m.

At the Breakfast a short video, "Then and Now," will be shown and discussed. Tri-Town's annual Generativity Award will be presented as well. If you are interested in attending this FREE event, please call Tri-Town (860-256-3600) to register.

## Screen-Free Family Fun: Show Me a Story! Thursday, May 5, 3:30-5:30 p.m. Essex Public Library

Children love to make up stories, and storytelling can be a fun alternative to T.V.! Join Allison Abramson, Tri-Town's Parent Resource Coordinator, for Show Me a Story, an afternoon of creative projects and activities that encourage kids (and grown-ups) to free their storytelling instincts! Younger children will love making story stones and a storytelling jar, while older kids will enjoy word grab bags, book-making and journaling exercises. For everyone ages 5 to 12, we'll provide everything needed to spark many new stories.

## SCHOOLS Elementary Schools

### Imagination All week

Balloon posters in each classroom made by high school students will inspire discussions in Grades K-6 reflecting on the many positive outgrowths of using one's imagination.



# HIGH ON LIFE: *IMAGINATION*

## **Essex Elementary School Spring Concert**

**May 3 and 4**

Choral and instrumental music will fill the air. Please come and applaud the young musicians' accomplishments.

## **Deep River Elementary School**

**ACES and RACES**

**May 4, 2 p.m.**

All Students Exercise Simultaneously for 15 minutes. Students who qualified will then Race to the cheering of the whole school.

## **Deep River Elementary School**

**E-Race Hunger**

**May 5 at 1:30 p.m.**

Staff, students, parents, and other members of the Deep River Community will participate in the fourth annual 1-mile road race to raise food items for the Deep River Food Pantry.

## **Deep River Elementary School**

**3 Screens Character Education Movie**

**May 5 at 10 a.m.**

The movie, "Let's Be Friends" highlights ways we can all heal each other by being friends.

## **Chester Elementary School**

**Teacher Appreciation Week**

**All week**

A number of events, including a luncheon, a surprise gift, and a massage chair are planned throughout the week to honor our teachers.

## **Chester Elementary School Spring Arts Festival:**

**Art Show and Concert**

**May 4, 5-7:15 p.m. Art Show Open House**

**May 4, 6:30-8:00 p.m. Concert**

Chester Elementary will host its annual art show with student art work adorning the hallways. The concert will feature Choral, Band, and Jazz Band performances in the gym.

## **Chester Elementary School**

**ACES (All Children Exercising Simultaneously)**

**May 4, 9:00 a.m.**

The entire school participates in this statewide event, with students and staff engaging in exercise.



# HIGH ON LIFE: IMAGINATION

## Chester Elementary School

### Screen Free Event

April 25-May 6

### After school events

Students and families participate in a wide array of engaging activities that do not involve TV, computer, or video games.

## Chester Elementary School

### YOGA

May 5, Throughout the day

Students will participate in mini-yoga classes throughout the day.



## MIDDLE AND HIGH SCHOOLS

### Dirt Assembly

## John Winthrop Middle School

Friday, May 6, 7:50-9:15 a.m. Student Performance; 6:30 p.m.

### Parent Performance

Dirt gets to the heart of issues related to drugs, bullying, and self-esteem in a manner that resonates with audiences in a real and meaningful way. Through the portrayal of relatable and memorable characters, John Morello gives voice to those who sometimes feel as though they are not heard and reassurance to those who sometimes feel they are not understood. He takes students on a journey that challenges them to think about the choices they make and how those choices impact their own lives and the lives of those around them.



## Valley Regional High School

### The Valley Vow

Throughout the week of May 2

I, \_\_\_\_\_, vow to protect family and friends, mine and yours. I promise to make safety a priority. I will not be one of the 1,200 American teens that will die needlessly during prom and graduation season. I refuse to become a statistic!

## Valley Regional High School

### YAC Tee-shirts

Throughout the week of May 2

Each member of the Valley Regional/Tri-Town Youth Services Youth Action Council will create a tee-shirt, which will promote a drug-free lifestyle. YAC members will wear their shirts during High on Life week.



## ALL SCHOOLS

School libraries will display books on substance abuse education and prevention and the power of imagination.



# HIGH ON LIFE: IMAGINATION

## BUSINESS

Look for High on Life posters at area businesses during the week. They are showing their support of the week. In addition:

### Free Soda for Adult Designated Drivers All week, restaurants

The Griswold Inn, River Tavern, Brushmill by the Waterfall, The Ivory Restaurant, and the Red House will support High on Life week by giving free soda to adult designated drivers.

### Window Painting

May 2

### Deep River businesses

Deep River Elementary School sixth graders directed by art teacher, Diana Carfi, will paint windows along Main Street in Deep River for High on Life week. This annual event has become a rite of passage for Deep River students.



## COMMUNITY

### Proclamation!

First Selectman Norm Needleman of Essex, First Selectwoman Lauren Gister of Chester and First Selectman Richard Smith of Deep River have issued a Proclamation declaring May 1-7 High on Life week in Essex, Chester and Deep River.

### Vision Screening & Eye-Popping Pop Art

Wednesday, May 4, 3:30-5:30 p.m.

### Ivoryton Public Library

Tri-Town is pleased to partner with the Essex Lion's Club and the Ivoryton Public Library to offer FREE Vision Screenings to children using only a sophisticated camera. Volunteers will screen for 7 major eye deficiencies and families will receive immediate results. We'll read books about Pop Art and make our own bold, colorful, eye-popping creations!

### Messages from Religious Congregations

Local clergy will support High on Life by sharing resources and information with their congregations, emphasizing the theme of life without drug abuse and realizing our potential with a focus on the power of imagination.

### Open Beginners' AA Meeting

Thursday, May 5, 7-8 p.m.

### Deep River Congregational Church

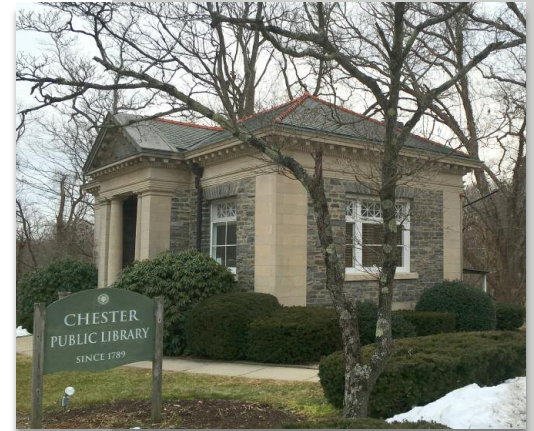
Maybe you'd like to know what AA meetings are like. Here's a non-threatening way to find out.



# HIGH ON LIFE: IMAGINATION

## Library Display of books on Prevention All Week

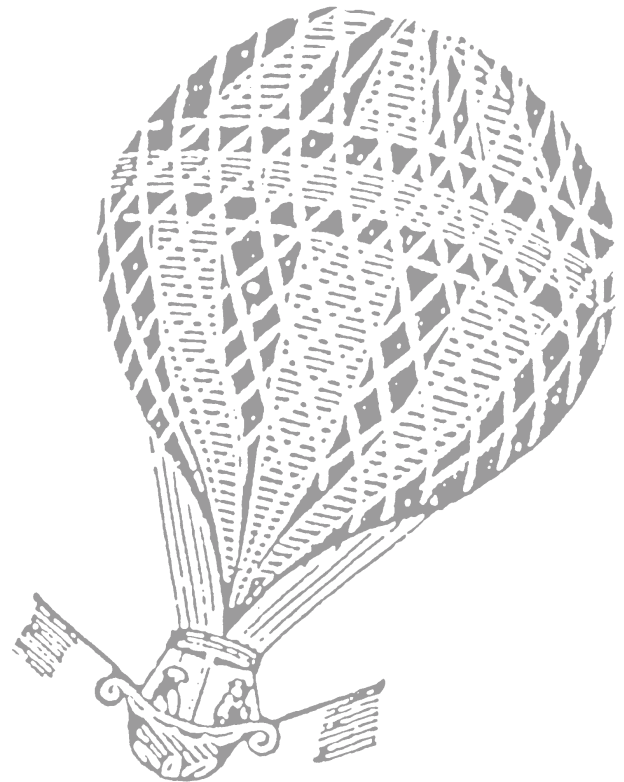
All four town libraries will set up book displays relating to substance abuse education and prevention as well as the power of imagination.



## Tri-Town Substance Abuse Prevention Coalition

Comprised of parents, students, police, town government officials, media, people from the business community, social services, the faith community schools and civic organizations, the Substance Abuse Prevention Coalition meets five times a year for morning meetings at Tri-Town Youth Services. A collaborative approach enhances and strengthens prevention efforts; your input and interest are needed. For meeting dates and times, call Tri-Town Youth Services at 860-526-3600 or check out Tri-Town's website: [www.tritownys.org](http://www.tritownys.org)

The 2016 High on Life week is the twenty-seventh annual alcohol, tobacco, and other drug abuse awareness week coordinated by Tri-Town Youth Services. The impact of the week is the result of many sectors of our communities working together to present loud, clear, and consistent messages.



Tri-Town Youth Services is a nonprofit organization serving the communities of Chester, Deep River, and Essex since 1984 through a wide array of programs for youth and their families. For more information, call 860-526-3600 or visit [www.tritownys.org](http://www.tritownys.org)

