



Special points of interest:

- > Trend of the month
- > Street Terms for Drugs
- > School Security Drills and Their Importance
- > Timeline of School Related Incidents

From the Desk of the SRO

High on Holiday Spices—February Trend of the Month

Not new news, but something all parents should be aware of. Kids are raiding their parents spice cabinets for a free and easy high. Everyday baking goods are being used to cause hallucinations and more.

Nutmeg:

Smoking, snorting or ingesting large amounts of nutmeg can give you some serious side effects:

- increased heart rate
- * blurred vision
- * convulsions
- * feels like a bad case of the flu
- * delirium
- * hallucinations
- * vomiting
- * irregular heart rhythms
- * severe headache
- * drowsiness
- * coma

The frightening thing is that it takes as long as four to five hours before a user feels the mind-altering effects of nutmeg. Nutmeg is very slow-

acting. So, what do they usually do? Yes, you guessed it; after 15 to 20 minutes they decide to ingest even more nutmeg to the point of toxic levels, chasing after that euphoria.

Curious teens keen to experiment are smoking and eating very large amounts of nutmeg in particular. They are seeking that quick high. What they get is a quick trip to the hospital emergency room because of violent convulsions. All it takes is just one tablespoon of nutmeg swirled into a drink to be toxic.

Cinnamon oil

Another spice that can be toxic and is used by teens to get high? Cinnamon. At our house we use cinnamon on our morning oatmeal or in cinnamon-sugar or in baked goods. Cinnamon oil is what teens are ingesting since the 1990's. The symptoms of cinnamon abused from inhaling or ingesting are:

- * nausea
- * abdominal pain
- * welts on the skin or other irritation
- * eye irritation (they got it into their eyes)
- * rapid heart beat
- * light headedness
- * facial flushing
- * shortness of breath

Vanilla

Did you know that too much vanilla can mess you up too? Twelve ounces of synthetic vanilla extract also contains the dangerous 35 percent ethanol. Ethanol does not react well with the human nervous system when taken in large amounts and can depress it as well as your breathing.

Ingesting too much vanilla bad symptoms are:

- * depress the central nervous system
- * depress the respiratory system
- * flushed skin
- * gastrointestinal distress
- * hypothermia
- * hypotension

Drug Street Terms (B's)

- b** - Amount of marijuana to fill a matchbox
- b-40** - Cigar laced with marijuana and dipped in malt liquor
- b-bombs** - Amphetamines; methylenedioxymethamphetamine (MDMA)
- b.j.'s** - Crack Cocaine
- bad bundle** - Inferior quality heroin; damaged heroin
- bad go** - Bad reaction to a drug

- bad seed** - Marijuana combined with peyote; heroin
- bart simpson** - Heroin
- baseball** - Crack Cocaine
- batman** - Mixing cocaine and heroin
- bean** - A capsule containing drugs; MDMA (methylenedioxymethamphetamine)
- beannies** - Methamphetamine
- beans** - Crack Cocaine; mes-caline; amphetamine; depressants

- sants
- black beauty** - Methamphetamine
- black birds** - Amphetamine
- black bombers** - Amphetamine
- black cadillacs** - Amphetamine
- blue** - Crack Cocaine; depressants; OxyContin
- blue acid** - LSD
- blue angels** - Depressants
- blue bag** - Heroin

Quote of the month:

You miss 100% of the shots you don't take.

Wayne Gretzky

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School Security Drills. Why Do we have them?

Why Practice Is Important

It's been said that amateurs practice until they get it right, while professionals practice until they can't get it wrong.

Why do we drill?

-Assure predictable response in the event of an actual emergency.

-Identify problems/weaknesses in plans and procedures.

-Staff and students practice and experience what is expected of them during an emergency

-Practice, Practice, Practice!

If a school is in the midst of a lockdown drill, parents/guardians will not be able enter the building until the drill is complete. Additionally, whether it is a drill or an actual emergency, parents/guardians should not rely on information his/her child may relate via a cell phone. Students may not have accurate

or complete information in these situations.

The effectiveness of our emergency response plan is dependent upon the cooperation and assistance of many people, including local police and fire departments. We also depend upon our students' parents/guardians to support our efforts. Cooperation is vital to helping us protect the safety and welfare of children and District employees.

The nature and severity of an emergency influences the means by which we communicate. In the case of an emergency, the following suggestions are for parents:

Do visit the District web site and/or check your email for a notice.

Do check your phone for a message from the auto dialer notification system.

Do tune to local TV and radio stations

Do not telephone the school. We understand and respect your concern, but it is essential that the phone system and staff are available for emergency communications. Depending on the situation, District staff may not be able to answer the telephone.

Do not come to the school or evacuation location until you are instructed to do so. It may be necessary to keep the street and parking lot clear for emergency vehicles. If evacuation is necessary, students may be transported to an alternate location away from school, and we will notify parents/guardians of this via a variety of emergency message methods, as outlined earlier.

The safety and security of our students and staff are of utmost importance. Coordinated planning, training and practice will help reduce the risk and minimize the harm of emergency situations.

School Incidents—A Timeline

April 20, 1999

Littleton, Colo. 14 students (including killers) and one teacher killed, 23 others wounded at Columbine High School in the nation's deadliest school shooting. Eric Harris, 18, and Dylan Klebold, 17, had plotted for a year to kill at least 500 and blow up their school. At the end of their hour-long rampage, they turned their guns on themselves.

May 20, 1999

Conyers, Ga. Six students injured at Heritage High School by Thomas Solomon, 15, who was reportedly depressed after breaking up with his girlfriend

Feb. 29, 2000

Mount Morris Township, Mich. Six-year-old Kayla Rolland shot dead at Buell Elementary School near Flint, Mich. The assailant was identified as a six-year-old boy with a .32-caliber handgun

March 5, 2001

Santee, Calif. Two killed and 13 wounded by Charles Andrew Williams, 15, firing from a bathroom at Santana High School.

March 22, 2001

Granite Hills, Calif. One teacher and three students wounded by Jason Hoffman, 18, at Granite Hills High School. A policeman shot and wounded Hoffman.

Quote of the month:

You miss 100% of the shots you don't take.

Wayne Gretzky

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Nov. 12, 2001

Caro, Mich. Chris Buschbacher, 17, took two hostages at the Caro Learning Center before killing himself

April 26, 2002

Erfurt, Germany 13 teachers, two students, and one policeman killed, ten wounded by Robert Steinhäuser, 19, at the Johann Gutenberg secondary school.

Steinhäuser then killed himself

October 28, 2002

Tucson, Ariz. Robert S. Flores Jr., 41, a student at the nursing school at the University of Arizona, shot and killed three female professors and then himself

April 14, 2003

New Orleans, La. One 15-year-old killed, and three students wounded at John McDonogh High School by gunfire from four teenagers (none were students at the school). The motive was gang-related

April 24, 2003

Red Lion, Pa. James Sheets, 14, killed principal Eugene Segro of Red Lion Area Junior High School before killing himself.

March 21, 2005

Red Lake, Minn. Jeff Weise, 16, killed grandfather and companion, then arrived at school where he killed a teacher, a security guard, 5 students, and finally himself, leaving a total of 10 dead

Nov. 8, 2005

Jacksboro, Tenn. One 15-year-old shot and killed an assistant principal at Campbell County High

School and seriously wounded two other administrators

Aug. 24, 2006

Essex, Vt. Christopher Williams, 27, looking for his ex-girlfriend at Essex Elementary School, shot two teachers, killing one and wounding another. Before going to the school, he had killed the ex-girlfriend's mother.

Sept. 13, 2006

Montreal, Canada Kimveer Gill, 25, opened fire with a semiautomatic weapon at Dawson College. Anastasia De Sousa, 18, died and more than a dozen students and faculty were wounded before Gill killed himself.

April 16, 2007

Blacksburg, Va. A 23-year-old Virginia Tech student, Cho Seung-Hui, killed two in a dorm, then killed 30 more 2 hours later in a classroom building. His suicide brought the death toll to 33, making the shooting rampage the most deadly in U.S. history. Fifteen others were wounded

Feb. 11, 2008

Memphis, Tennessee A 17-year-old student at Mitchell High School shot and wounded a classmate in gym class.

Feb. 12, 2008

Oxnard, California A 14-year-old boy shot a student at E.O. Green Junior High School causing the 15-year-old victim to be brain dead.

Feb. 14, 2008

DeKalb, Illinois Gunman killed five students and then himself, and wounded 17 more when he opened fire on a classroom at Northern Illinois University. The gunman, Stephen P. Kazmierczak, was identified

as a former graduate student at the university in 2007.

Nov. 12, 2008

Fort Lauderdale, Florida A 15-year-old female student was shot and killed by a classmate at Dillard High School in Fort Lauderdale

March 11, 2009

Winnenden, Germany Fifteen people were shot and killed at Albertville Technical High School in southwestern Germany by a 17-year-old boy who attended the same school

Feb. 5, 2010

Madison, Alabama At Discovery Middle School, a ninth-grader was shot by another student during a class change. The boy, whose name was not released, pulled out a gun and shot Todd Brown in the head while walking the hallway. Brown later died at Huntsville Hospital



The possibility of an incident is always there. No matter where you live!!! The reason we practice is so that in the event of an actual incident, it becomes second nature. It's all about muscle memory. We should all take drills very seriously, so that our school isn't listed above!

Quote of the Month

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