

WMS PTSA General Meeting Minutes

October 28, 2019

WMS Library, 6-8:30 pm

- 1) Community dinner at 6:00
- 2) Meeting called to order at 6:45. Welcome and introduction of 2019-20 PTSA Board members.
- 3) Announcements:
 - a. membership forms available
 - b. WMS PTSA website is wmsptsa.com
- 4) Healthy Youth Central Area Network (HYCAN) Presentation
 - a. Introduction by HYCAN board members Stephanie Tschida & Joanna Cullen
 - b. Fentanyl presentation by Erin James, King Co. Outreach Coordinator, erin.james@kingcounty.org
 - i. Use of fake pills including fentanyl is low in middle school but families should know about it so they have the tools to prevent or deal with overdoses. (10% of 8th graders at WMS and/or Meany said that in the past 30 days they had used prescription drugs not prescribed to them, often at a party.)
 - ii. Fentanyl overdoses are on the rise in King County; most are attributed to fake pills or white powders.
 - iii. Resources: www.kingcounty.org/overdose and the Public Health Insider Blog, also stopoverdose.org
 - iv. Remind your kids:
 1. Counterfeit pills look real. Only take pills that come from YOUR doctor or pharmacy.
 2. Never let someone “sleep off” an overdose—get help. Naloxone can reverse overdoses.
 3. Opioids relax your central nervous system; when your body is too relaxed it forgets to breathe.
 - a. Symptoms include slow or no breathing, gurgling/gasping/snoring, clammy/cool skin, blue or ashy lips or nails, pill bottles/needles/alcohol
 - b. If someone is asleep & you can’t wake them up, that’s a medical emergency & could be an overdose.
 - c. Some factors that increase risk of overdose: drinking alcohol, taking drugs like Xanax or Valium (both further relax the body); underlying health conditions
 - v. What to do: call 911, administer Naloxone, administer rescue breathing. If you don’t have Naloxone, air can save the person’s life. Don’t let anyone go off on their own because Naloxone is short-acting and they could go back into overdose.
 - vi. Good Samaritan Law: never let someone “sleep it off.” If you seek medical help for someone having an overdose, neither of you can be charged for having or using a small amount of drugs.
 - vii. Prevention starts at home:
 1. Lock up medications, dispose of expired drugs and drugs you’re done taking. Free medicine returns: www.TakeBackYourMeds.org
 2. Talk to your kids!
 - viii. Resources/scripts for parents to talk to kids:
 1. www.starttalkingnow.org
 2. <https://talktheyhearyou.org>
 3. <https://drugfree.org>
 - c. Vaping presentation by Nori De la Peña, King Co. Tobacco cessation and outreach manager, norilyn.delapena@kingcounty.gov

- i. Tobacco smoking kills 480,000 people annually in US. There are 460 new brands of e-cigarettes & vaping devices; many are being marketed to kids.
 - ii. 25% of HS seniors report using a vape device in the past 30 days
 - 1. Kids sell flavored Juul hits for \$1—kids wrongly believe these are safe and nicotine free, less harmful & less addictive than cigarettes
 - 2. The Department of Health visited vape shops & found employees making vaping products in the back pouring ingredients out of Taco Bell cups.
 - iii. Nicotine is highly addictive; chemicals in vaping devices can cause irreversible lung damage
 - 1. Vaping related lung illnesses (over 1000 recently) have been associated with 34 confirmed deaths, 79% of patients are under 35.
 - iv. New laws:
 - 1. There is an emergency ban in WA on flavored vaping products (tobacco & THC).
 - 2. January 2020; minimum age is 21 to purchase tobacco or vaping products in WA.
 - v. How to talk to your kids about vaping:
 - 1. Set a good example
 - 2. Talk openly about your expectations
 - 3. Bring up the topic regularly, share the facts
 - 4. Learn & teach kids about products found in vaping products (www.escapethevape.org)
- d. Requests from HYCAN:
- i. HYCAN needs parent board members.
 - ii. The highest risk factor in the CD is that kids say their parents never talk to them about drugs and alcohol. Talk to your kids.
- 5) PTSA business
- a. **Meeting minutes approved: Casey moved, Ya’Vonne seconded**, unanimously approved with no abstentions
 - b. Budget update: PTSA was asked to fund additional HOST staffing for lunchtime supervision to oversee kids in gym and outdoors during lunch. PTSA board allocated \$7,900 to HOST supervision. **Casey moved to move \$7,900 from reserves to our current budget for Opportunity Grants, Laura seconded**, unanimously approved.
 - c. What’s happening with WMS next year? There is not much information yet from SPS.
- 6) Meeting adjourned at 8:34 p.m.