



Back to School: How to Beat the Communication Black Hole

Parent: "How was your day?"

Teen: "Fine."

Parent: "What did you do today?"

Teen: "Nothing."



Does this scenario sound familiar? Effective communication is at the center of any household and all parent-teen relationships. But a lack of communication can easily stir up controversy and cause multiple problems between parents and their teen. With all the added stress and negative harmful influences, it's more crucial than ever that parents establish a relationship and find ways to communicate with their teen.

So, where do you start? Try and create deeper, richer conversations with your teen. Ask open ended questions.

What if your teen is reluctant to talk? Try using the following day-to-day opportunities to engage, talk and build a relationship with your teen.

- Dinner table conversations
- Drive time to and from school, work or sports practice
- During a fun activity
- Before bedtime

Don't forget to talk about these important subjects. [Click here](#) for tips to talk to your teen about vaping, alcohol, prescription drugs and/or marijuana

Know a child that is already drinking or using substances? Download this free, [Intervention E-book](#).

2019-2020 FHHS Parents

Receive \$20 cash when you renew your Safe Homes Network pledge
or take the pledge for the first time!

Join or renew a free Safe Homes Network membership by August 31st and receive:

\$20 Cash

Click Here to take/renew the pledge!

Go to www.FHCoalition.org to sign up. Funds generously donated by *Verne C. Johnson*
*One per household



If you have a child registering for high school this year (2019-2020), you can receive \$20 just for renewing or taking the Safe Homes Network pledge before August 31st.

Click [HERE](#) or on the coupon to take/renew your Safe Homes Network pledge. And don't forget to tell your friends!

*One per household please. To be mailed to the home address provided on pledge form. Please allow 45 days. **Funds generously donated by the Verne C. Johnson Family Foundation.

FHHS Holds Student Safety Night



On August 1st, the Fountain Hills Coalition teamed up with FHHS in offering students an opportunity to learn about the importance of safe driving. Two training sessions regarding driving and responsible decision-making were held for students of the junior and senior classes. Dr. Jagodzinski began the sessions stating, "Student safety is my number one priority." He added, "Not all schools offer an off-campus lunch program. It is a privilege we would like to continue offering our upperclassmen however it is imperative that it is handled responsibly".

If you have a student who attended a training session, we ask that you please take a moment to discuss Student Safety Night and the important information they gained during that session.

B2S BASH FUN is THIS FRIDAY!!



Join us for the Back 2 School Bash August 16th at Four Peaks Park 5-8:30PM

A FREE night of fun for kids of all ages! Along with the water slides, bounce houses, carnival games, MCSO K-9 Patrol, festivities include a DJ rockin' some awesome tunes, food trucks and much more. Start the school year enjoying a great community event sponsored by the Town of Fountain Hills, Community Services, Evit and the FH Coalition.

Don't forget to stop by our table for some great give-aways!

