



“Notes from the Nest” is a weekly, informational email highlighting upcoming events.

**September 9, 2016**

**Homecoming**

Homecoming falls the week of September 26<sup>th</sup>- 30<sup>th</sup>. Spirit days will be held that week with the following themes:

- Monday: Must Stay In Bed Monday (PJ day)
- Tuesday: Tropical Storm Tuesday (Hawaiian day)
- Wednesday: Nightmares of the Past (Past Fashion Trends)
- Thursday: Raven Pride Day
- Friday: No school; Game is “Black Out”

The Homecoming Dance is Saturday night in the ONW Main Gym from 8:00 – 11:00 p.m. Students will enter through the Events Entrance. Tickets are \$15 in advance and \$20 at the door.

**RPO:** Homecoming is fast approaching which means you need to get that beautiful corsage and boutonniere. So go to HyVee where they are giving 10% of their flower sales back to ONW Project Graduation. Just let them know you’re with ONW when you place your order!!!

**College Visits**

The following representatives will be on our campus next week:

September 12	University of Notre Dame	9:30 AM
	Colorado College	10:15 AM
	Illinois Institute of Technology	11:00 AM
	Bethel College	1:15 PM
	University of Arkansas	2:00 PM
September 14	Iowa State University	9:30 AM
	Drake University	10:15 AM
	Washburn University	2:00 PM
September 15	Oklahoma City University	8:45 AM
	Emporia State University	2:00 PM
	University of Iowa	10:15 AM
	William Woods University	1:15 PM

September 16 University of Missouri, Columbia 11:00 AM  
For a complete list of college visits go to <http://onwravens.net>.

### **Upcoming dates**

Wednesday, September 14 Principal's Roundtable 7:15am  
Wednesday, September 21 PSAT registration deadline  
Thursday, September 29 Homecoming parade  
Saturday, October 1 Homecoming dance

### Repeated information

#### **Freshman – Bill Cordes**

**The School Unity Project** is a follow-up to the **YOGOWYPI Experience** assembly and reinforces the themes of positive life choices, the power of meaningful relationships, getting past negative conditioning and learning to create positive personal breakthroughs that can have a lasting effect on our direction in our lives. <http://www.billcordes.com/#!/school-unity-project/mw19q>

#### **What is the School Unity Project?**

It is a map, and a compass for how to deal with the relationships of our lives. As we move through our lives we learn a lot of stuff, but we spend very little time thinking about the one thing that has the greatest impact on the quality of our lives - relationships. High school is really the best place for understanding the role relationships play in determining the quality of our lives. Through a series of activities students will reflect on the relationship choices they have made in the past (the map of where they have been) and will understand how they can make better choices about their relationships in the future. Bottom-line how we treat others and how we treat ourselves has a huge effect on how we feel (the compass). The School Unity Project gives students an opportunity to understand, start over, and teaches them how to clean it up when we mess up. Upon completion of the 'SUP students will have a road-map, and a compass for building a better life as well as some great tools for creating a compelling school culture. <http://www.billcordes.com/#!/school-unity-project/mw19q>

ONW Freshmen will be attending one of six 3-hour workshops on September 13<sup>th</sup>, 14<sup>th</sup>, and 15<sup>th</sup>. Students will be placed in a workshop by physical education class. This includes those enrolled in cheerleading, dance, and strength and conditioning. Those students not enrolled in a PE class will be scheduled for one of the workshops.

#### **College and Career Readiness Announcement**

College and Career Readiness Seminars will be held each seminar 1 during the first semester in the Flex Theater. Weekly topics can be found at: <http://www.onwravens.net/blog/college-and-career-readiness-seminars-2016-2017/>. Sophomores and Juniors can pick up a pass from their English teacher or in Student Services. Seniors can report to the Flex after checking in for seminar 1 in the Commons.

Students should not miss these opportunities to learn more about college and career readiness!

This week's topic is College Search/College Visit/College Night

# Medication Management Alert



## SBAR: Homemade Epinephrine Kits Instead of EpiPen

August 29, 2016

**S** An Emergency Room doctor in Ohio suggested to a local television station that a cheap alternative to an expensive EpiPen could be done for less than \$10. His comments are making the rounds on social media and the \$10 cost verses over \$600 for EpiPen is very appealing to families that need it. It is reasonable to expect parents to ask our providers for this alternative. Here is a link to the article: <http://abc22now.com/news/local/epinephrine-injection-kit-for-under-10>

**B** EpiPen (Epinephrine Auto Injector) and Mylan Corporation are hot topics in the news. EpiPen cost has increased 400% since Mylan bought the rights to manufacture and distribute it. Patients and families are looking for alternatives at a more reasonable cost. Mylan has been a generic manufacturer for a number of years, but EpiPen has been marketed like a name brand product. The removal of Auvi-Q, legitimate competitor from the market, has spurred the price increases.

**A** In the article there are several comments that can be misunderstood by a parent or patient. These include:

1. Cost of the Epinephrine: the less than \$10 price may have been the cost quoted to him for his practice, but the cost to patients is closer to \$20. This is still a significant savings over the cost of EpiPens.
2. **School Nurses:** simply making your own kit and taking it to the school nurse will not work. They are not allowed to store or to give unlabeled medications. The Altoids can would not meet this requirement.
3. Drawing up a little too much: the standard doses for anaphylaxis are 0.3 and 0.15mg, based on age of the patient. If by a little bit more he means 0.33 or 0.18mg, then so be it. But there is the potential for the entire 1mg of epinephrine to be drawn up and given as dose.
4. Training to Give the Shot: yes the office or provider can teach the patient and/or family how to give the shot. The family would then be responsible for training everyone else involved with the patient how to give the shot as well. This has the potential to not happen as planned and to cause serious adverse consequences.
5. Needle and Syringe: there is no guarantee that the insulin syringe used to give the injection will penetrate the clothes and deliver the required dose.
6. Drawing Up Doses Ahead of Time: some nurses and parents on social media have stated that they plan on drawing up doses ahead of time so the dose is ready to give. This should not be done because of the chance of contamination and/or degradation of the drug to a non-usable state.

**R** It is very tempting to give in to a request from a parent for a cheaper alternative to EpiPen. Because of the above reasons, this should not be done. If approached by a parent or guardian who cannot afford an EpiPen, please work with the Outpatient Pharmacy to find a more affordable solution to this problem.

### **Freshman**

All freshman heard presentations last week in their English class from their counselor. Information was shared on Graduation Requirement, Kansas Regents Admission, NCAA, College Now, etc. The power point presentation can be found on our website at: <http://www.onwravens.net/blog/freshman-presentation-2/>.

### **Seniors**

All seniors were invited to join Mrs. Jasper's Edmodo Seniors 2017 group. Senior events and scholarships will be posted to this group. If parents would like to join the group, please ask your student to log onto their Edmodo account and send you an invite. For more information about this, please email Mrs. Jasper at [hjasperonw@olatheschools.org](mailto:hjasperonw@olatheschools.org).

### **Cafeteria and Lunch Accounts**

It is important for our students who purchase lunch to carry their ID cards. Also, students cannot "charge" their lunches if they do not have money on their accounts. You can access your student's account at: <https://www.mypaymentsplus.com/>

### **Financial Aid Night - \*\* Change in start time \*\***

Please join us for our FREE Financial Aid Night sponsored by Olathe Public Schools. September 14 5:45 – 8:00 PM at the Olathe Community Center, 1205 E. Kansas City Rd., Olathe, KS 66062

All Olathe School students are welcome. You will receive information on FAFSA – changes coming for October 2016, Grants and Scholarships and Work Study.

Presented by Larry Moeder, M.S., Assistant Vice-President for the Division of Student Life Offices of Undergraduate Admission, Student Financial Assistance, and Registrar Kansas State University.

### **SENIORS**

KC Metro College Expo is on Monday, September 12<sup>th</sup> from 5:30-8:00 at the Overland Park Convention Center. All students are encouraged to attend and meet with representatives from over 100 colleges and universities from around the country. Presentations will also be held on the following topics: Financial Aid and the FAFSA, Scholarships, and Having a Successful Freshman year. Register for this event at [www.gotocollegefairs.com](http://www.gotocollegefairs.com). Click on "Students Register Now" and then the state of Kansas and it will be the first event listed.

The fall College Presentation for Parents will be on Tuesday, September 13<sup>th</sup> at 7:00 PM in the ONW Auditorium. Parents of students in all grade levels are welcome to attend.

### **Counseling**

#### **PSAT Registration/All School Testing Day – October 19, 2016**

On October 19, 2016 all freshman, sophomores, and juniors will be taking standardized tests at Olathe Northwest.

The PSAT has a cost of \$16 and must be paid online by 3:00 p.m. on Wednesday, September 21. Details on PSAT registration and Testing Day 2016 can be found here:

<http://www.onwravens.net/blog/psat-exam-and-registration-information/>

PSAT and Testing Day Questions should be directed to Pat Butler  
([pbutleronw@olatheschools.org](mailto:pbutleronw@olatheschools.org))

### **Hispanic College Information Night**

Olathe Public Schools and the Hispanic Leadership Club present:

Hispanic College Information Night

Tuesday, September 27th, 2016 @ 6:30 P.M.

Olathe North High School, 600 E. Prairie, Olathe, KS 66061

Come and hear presentations about topics related to college like:

- Types of schools and programs
- How much it costs to study
- Who is eligible
- Scholarships
- How to apply and much more

All are invited, whether your student is in first grade or twelfth grade.

Please enter on the North side of the building marked “Event Entrance”.

Questions? Please contact: Erik Erazo, Katelyn Girod or Alicia Jackson at 913-780-7140

### **NCAA Informational Meeting**

If you aspire to participate in college level athletics the plan to attend. College NCAA eligibility information will be presented on Wednesday, September 7<sup>th</sup> at 6:30 pm in the Olathe North Auditorium