

Gunston Middle School PTA

Budget

01 July 2018 - 30 June 2019

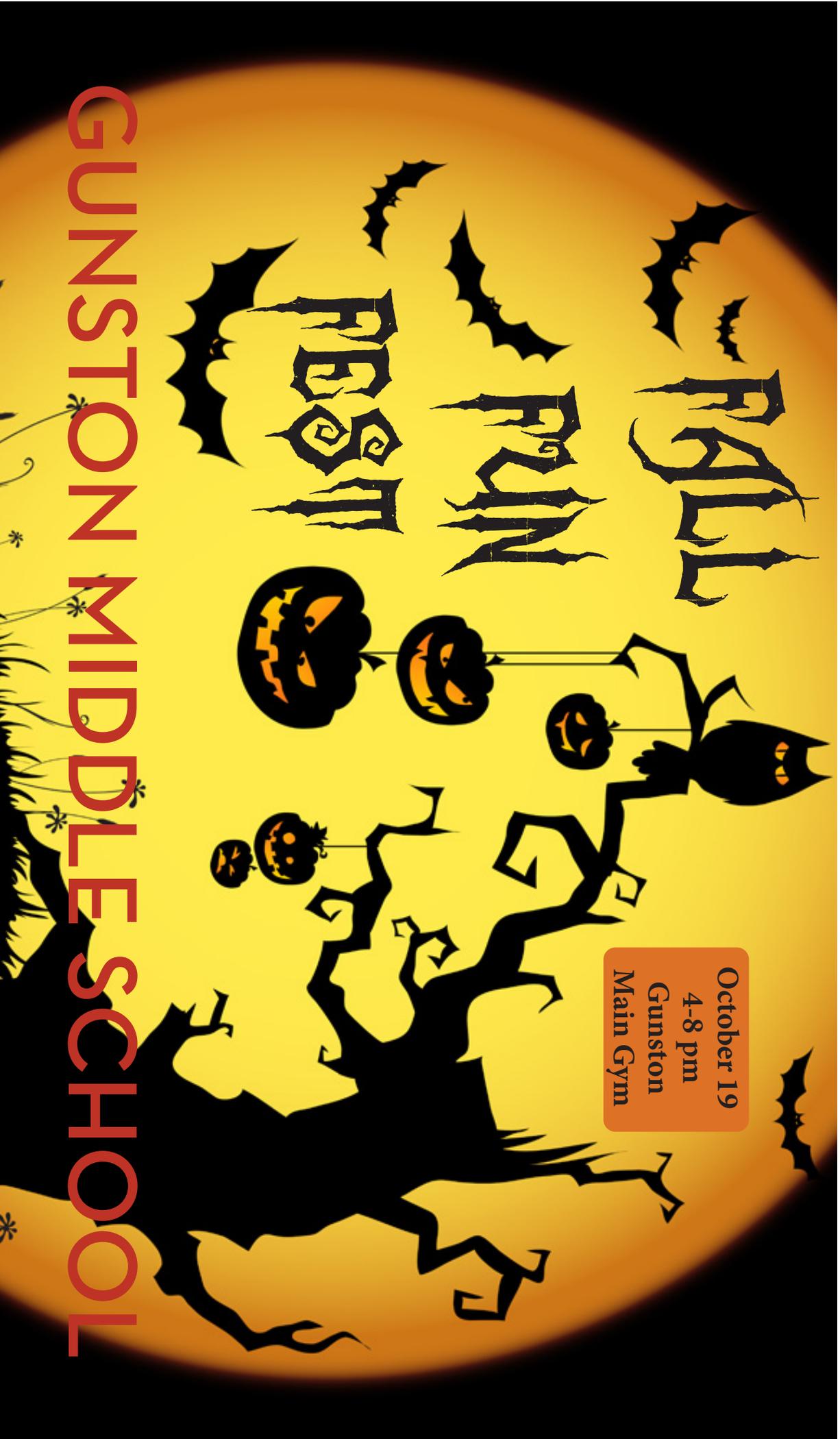
Local PTA Name: Gunston Middle School (Arlington, VA)

EIN Number: 54-1821478

District & Council: County Council of PTAs

Fundraising	
Holiday Fundraiser	5,000.00
No Sweat Donations	1,000.00
Dine Out Nights	2,000.00
Parent Sponsored Events	5,000.00
Silent Auction	20,000.00
Rebates & Cash Back Programs	2,000.00
Raffles	2,000.00
Sponsorships	2,000.00
Spirit Wear	3,915.00
Fundraising - Other	1,000.00
Membership & Outreach	
Membership Dues (300 Members)	3,000.00
Social	
Fall Fun Fest	5,000.00
Total Budgeted Annual Receipts	51,915.00
Fundraising (E)	
Spirit Wear	3,000.00
PTA Administration	
VA PTA Dues (300 Members @ \$3.75)	1,125.00
CCPTA Dues (300 members @ \$0.25)	75.00
Bank Service Charges	0.00
Insurance	200.00
PayPal Fees	1,000.00
PTA Administration - Other	0.00
School Programs	
Athletics	2,000.00
HILT Thanksgiving	350.00
National Junior Honor Society	150.00
Phoenix Bikes Program	500.00
Reading is Fundamental Program	330.00
Science Fair	100.00
SOL	400.00
Social (E)	
Talent Show	200.00
Holiday Fundraiser	10,000.00
8th Grade Promotion	3,000.00
Fall Fun Fest	4,000.00
Heritage Night	600.00
Teacher Appreciation	10,000.00
Social (E) - Other	0.00
Total Budgeted Annual Expenditures	37,030.00

Net Income for Year 14,885.00



FALL FUN FEST

October 19
4-8 pm
Gunston
Main Gym

GUNSTON MIDDLE SCHOOL



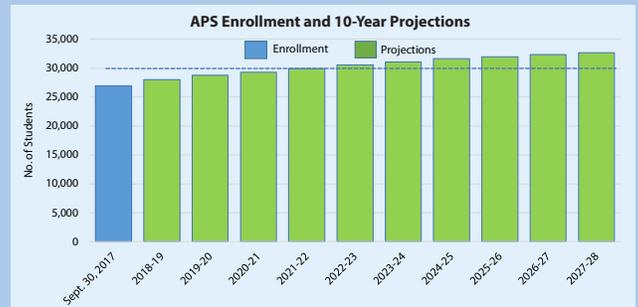
2018 School Bond



On Election Day, November 6th, Arlington voters will be asked whether to approve \$103 million in School Bonds to address growing capacity needs throughout Arlington County. More and more families are making Arlington their home. That means student enrollment continues to grow, so Arlington needs to plan and build more classroom space to help maintain the high quality of education that we provide.

How much is Arlington Public Schools (APS) student enrollment expected to grow?

On September 30, 2017, the official APS enrollment was 26,941 PreK–12 students. Over the next decade, Arlington’s PreK–12 student enrollment is estimated to grow by about 5,700 students, reaching a projected enrollment of over 32,600 students. That’s an increase of 21%.



How will the funding from the 2018 School Bond help to address Arlington’s growing capacity needs?

The 2018 bond funds will finance 725 seats in the new elementary school (Reed), renovations at the Career Center to allow the Arlington Tech Program to grow to 600 seats, and 600 high school seats at the former Education Center site. All three projects will be completed by fall 2021. The remaining 2018 CIP funds will be used to plan and design the additional seats at the Career Center site.

How will the 2018 School Bond funds be used?

The \$103.00 million will be used for the following projects:

- New Elementary School at the Reed Building \$44.25 million
- Career Center/Arlington Tech Internal Renovation (HS Seats) \$ 6.00 million
- Career Center Project, planning and design funds \$ 5.90 million
- Education Center Renovation (HS Seats) \$32.25 million
- Major Infrastructure Projects (MC/MM) \$14.60 million

How do bonds work?

Like a mortgage obtained by an individual or a family, bonds are long-term loans that spread the cost of major capital improvements over a number of years. Paying for long-term investments (such as school construction) with bonds spreads the cost among current and future taxpayers who will benefit from the schools.

The 2018 School Bond will fund projects in the next two years, but the CIP is a 10-year plan. What other projects are being planned for future bonds?

Projects in the FY 2019-28 CIP that will be funded with future school bonds include the following:

- Construction of the field and parking garage (opening 2023), the performing arts space and the addition of 800 high school seats at the Career Center site (opening 2025)
- A new elementary school with 725-750 seats (location TBD; opening 2029)
- Renovations/addition of 300 seats at a current middle school (location TBD; opening 2030)
- Continued funding of Major Construction and Minor Maintenance (MC/MM) projects to ensure that the infrastructure of existing facilities remains operational.

What APS projects have been completed with earlier bonds?

Previous bonds approved by the Arlington community have been instrumental in supporting renovations and expansions of existing school buildings as well as new construction, including the following most recent projects:

- Additions to and renovation of the new neighborhood middle school on Vacation Lane, current site of the H-B Woodlawn and Stratford Programs (opens Sept. 2019)
- Construction of a new facility at the Wilson site to house the H-B Woodlawn and Stratford Programs (opens Sept. 2019)
- Construction of the new Alice West Fleet Elementary School to replace Patrick Henry as a neighborhood school (opens Sept. 2019)
- Renovation and expansion of the Arlington Career Center/Arlington Tech (all phases complete by Sept. 2021)
- Renovations and expansion of Ashlawn Elementary (opened Sept. 2014)
- Construction of Discovery Elementary School (opened Sept. 2015)
- Renovation and expansion of McKinley Elementary (completed fall of 2016)
- Addition and renovation for Abingdon Elementary (completed Jan. 2018)
- Interior modifications to add capacity at all three APS comprehensive high schools

Some people have suggested that APS school construction costs are higher than those of other school districts. Is that true?

No. In fact, APS school construction costs are well within the regional average. A recent independent study by O'Connor Construction Mgmt., Inc., that will be released later this fall found that APS costs are, on average, comparable to projects in neighboring communities, including Fairfax, Loudoun, Alexandria City, DC, and Montgomery County. Recent APS high school construction projects have cost less than most of the other high school projects analyzed for the study, while the energy savings of recently completed APS projects surpass the national average.

APS has stringent controls in place to manage costs for each project and works collaboratively with the County and community to balance growing enrollment needs within budgetary constraints.

How is APS working with Arlington County government to address growing enrollment and school capacity needs?

APS maintains a 10% ceiling of its debt ratio. APS is committed to continuing to collaborate closely with Arlington County, to successfully address Arlington's growing student enrollment.

APS also has actively participated in the work of Arlington's Joint Facilities Advisory Committee to take a holistic approach to reviewing and addressing Arlington County's future needs, particularly the challenges due to our growing enrollment.

How are school bonds relevant to Arlington residents who do not have children enrolled in APS?

Investments that maintain our strong academic school system benefit everyone in Arlington in two major ways:

1. Community Use of APS Facilities

APS facilities are used more than 40,000 hours annually by the entire Arlington community, including: community membership in the aquatics facilities; evening and weekend programs run by Arlington County Parks and Recreation programs; holiday and summer camps when schools are not in session; and a wide range of community fairs, arts events and other special meetings.

2. Economic Impact

Funding for school operations and capital improvements affects Arlington County's future, regardless of whether a resident currently has children enrolled in APS. A 2013 study by economist Dr. Michael Walden examined the economic impact of Arlington's public schools on the community. Every \$1 million spent on the APS capital improvement plans was associated with creating 10.4 Arlington jobs. Further, improved APS student performance led to increased property values and tax revenues. APS graduating students were better prepared for college education and poised to be higher income earners. He concluded that the high academic performance of APS students reflects on the quality of life in the community and actually increases local property values.

Each recent APS graduating class will **REDUCE PUBLIC EXPENDITURES** related to crime, welfare and health care by up to **\$82 million** over their lifetimes.



Earnings for each recent APS graduating class are projected to add as much as **\$209 MILLION** IN LIFETIME INCOME.



Where can I find more information?

Information on the 2018 school bond and all of the projects planned in the 2019-28 APS Capital Improvement Plan is available online at: www.apsva.us/CIP/



SUBSTANCE USE AMONG VIRGINIA MIDDLE SCHOOL STUDENTS

RESULTS FROM THE VIRGINIA YOUTH SURVEY – 2015

INTRODUCTION

Drug abuse most often begins in adolescence and young adulthood, when youth begin trying alcohol, tobacco, and illegal and prescription drugs.¹

Adolescents most frequently abuse alcohol, followed by marijuana and tobacco.² Repeated substance use can result in school failure, poor mental health, impaired memory, problems with family relationships and friendships, and increased overall risky behavior.¹

RESPONDENTS

A total of 2246 Virginia middle school students took the survey, most of whom (90%) were between the ages of 11 and 13 years old. Males (51%) and females (49%), as well as student grade levels were evenly distributed.

SUMMARY

For e-cigarettes and tobacco, students reported their use during the past 30 days (current use). For alcohol, marijuana, heroin, and prescription drugs students reported use over their entire lives.

E-cigarette & Tobacco Use

- Six percent of students currently use e-cigarettes.
- Two percent of students currently use cigarettes and 2% currently use smokeless tobacco.

Other Substance Use

Of the substances used over students' entire lives, alcohol was the most commonly used and heroin was the least commonly used (**fig. 1**).

- Almost 2 in 10 students (16%) had consumed alcohol.
- Less than 1 in 10 students (6%) had used marijuana.
- One percent of students had used heroin.
- Less than 1 in 10 students (7%) had taken a prescription drug without a doctor's prescription.

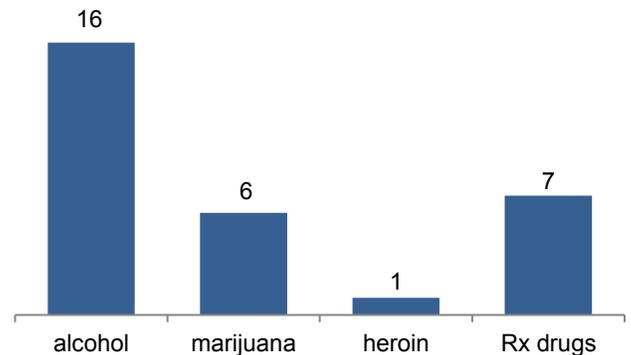


Figure 1: Percentage of students ever having used a substance.

Grades & Substance Use

Students were more likely to receive As and Bs in school if they had never consumed alcohol, used marijuana, used prescription drugs without a doctor’s prescription, or used heroin (fig. 2).

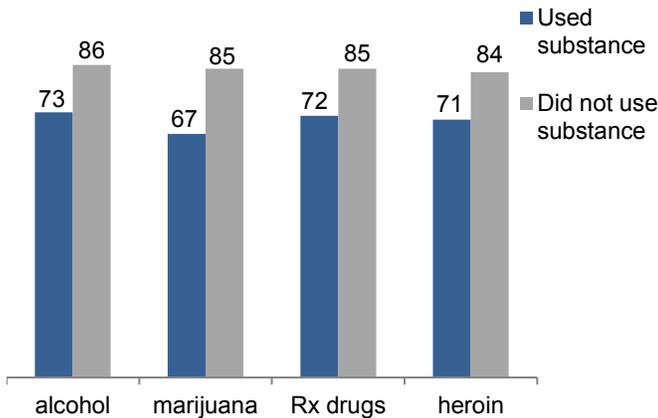


Figure 2: Percentage of students receiving mostly As and Bs by substance use.

Sad, Hopeless, or Anxious & Substance Use

Students were more likely to have ever felt sad, hopeless, or anxious if they had ever consumed alcohol (1.4 times as likely). Students were nearly equally as likely to have ever felt sad, hopeless, or anxious if they had ever used marijuana, used prescription drugs without a doctor’s prescription, or used heroin (fig. 3).

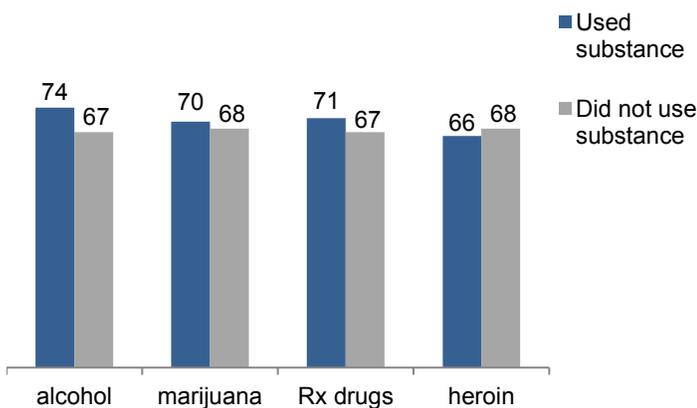


Figure 3: Percentage of students having ever felt sad, hopeless, or anxious by substance use.

Skipping School & Substance Use

Students were more likely to skip school if they had ever consumed alcohol (4 times as likely), used marijuana (6.5 times as likely), used prescription drugs without a doctor’s prescription (4.5 times as likely), or used heroin (6 times as likely) (fig. 4).

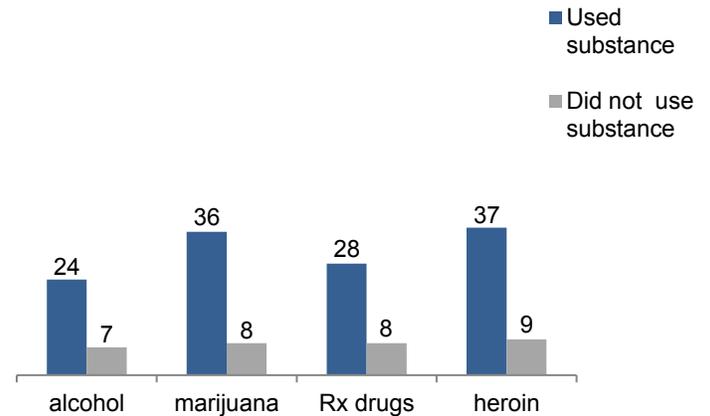


Figure 4: Percentage of students skipping school by substance use.

MORE INFORMATION

1. Principles of Adolescent Substance Use Disorder Treatment: A Research-Based Guide. (2014, January). Retrieved from <https://www.drugabuse.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide/introduction>
2. Substance Abuse. (2016, September 23). Retrieved from <http://www.hhs.gov/ash/oah/adolescent-health-topics/substance-abuse/home.html#>

For more information, please visit <http://www.vdh.virginia.gov/virginia-youth-survey/> or contact VYSrequest@vdh.virginia.gov

The 'Please Hear Me Out' card

a tool to maintain a positive relationship with your child

Building a strong, close relationship with your child is important now, and as he or she grows. Teens in Arlington tell us that fewer than 1 in 3 teens feel that they can talk to their parent or caregiver about difficult topics*.

Building the relationship, and the communication, start at any age and carries through a lifetime. We offer the Hear Me Out Card as a simple tool to help you and your family.

Hang the card on the fridge or other place where it is visible and invite your kids to hand it to you when they need you to listen. When they give it to you...

- **Breathe.** They are probably stressed, so keep things calm for both of you.
- **Thank them for coming.** This is exactly what you want: for your child to share their concerns and questions!
- **Let them talk.** Listen. *Just listen.* For every 5-minutes of conversation, you should talk less than 1 minute.
- **Use Reflective Listening.** Repeat back what they just said. It sends a *clear message that you're listening AND gives you a moment to breathe and be mindful of your response.*
- **Ask neutral, open-ended questions.** These open up the conversation!
 - o Can you say more? (easy to ask, non-judgmental)
 - o What do you think (or feel) about that?
 - o I wonder if there is another way to think about that? (*this could be a way to move them towards a different way of thinking, without imposing it on them.*)
- **Suppress your surprise.** If it is a topic that *really* makes you uncomfortable, do your best not to show it. Young people will test adult reactions to a particular topic. A calm response tells them it is safe to talk about this. *Once a parent indicates that a topic is taboo, a child will not bring it up again. Ever.*

The card is a reminder to...

...Parents (and other adults) to **listen** and be supportive when your child or teen has a question, problem or issue.

...Teens to **talk to a trusted and caring adult** when you have concerns or questions about a difficult topic or issue.

Why this? Why now?



One in three (29%) of Arlington teens (8th, 10th & 12th graders)* feel comfortable talking to parents or caregivers about difficult topics (alcohol, dating, sexual activity, drugs etc.).



Parents and caregivers are THE primary sources of information for young people and the most powerful prevention measure.



As teens talk (and listen) to their parents, risky behaviors drop, and Developmental Assets® rise!



HELP ME FEEL SAFE TO TALK

PLEASE HEAR ME OUT

I have a question or problem that might make you upset. So even though I'm still responsible for my actions, by accepting this CARD you agree to "LUV-Listen" and support me, staying calm and helping me find answers or solutions.

LUV LISTENING

L – LISTEN without judgment, with your ears, eyes and heart to understand my situation. Try to put yourself in my place.

U – UNDERSTAND: Repeat back what I say in your own words to show understanding. Ask me respectful questions.

V – VALIDATE my feelings by expressing empathy, even if you disagree. Express confidence in my ability to find solutions.

Back by
popular
demand!

Let's Talk about Touchy Topics:

Drugs, Alcohol, Vaping and more

November 14, 2018

6:00 - 8:00pm

Walter Reed Community Center

2909 16th St S, Arlington, VA 22204

The Arlington READY Coalition invites parents and teens to start the conversation NOW:

- Join us for an evening of talking, listening & working together.
- Learn & practice having meaningful conversations about drugs, alcohol & vaping.

November 14, 2018 | 6:00 - 8:00pm

Walter Reed Community Center

2909 16th St S, Arlington, VA 22204

[REGISTER AT WWW.APCYF.ORG](http://WWW.APCYF.ORG)

Who Should Attend? EVERYONE from ANY SCHOOL! Middle and High School Families!

We want to bring together parents, caregivers, teachers, students, all other interested adults and youth to gain some tips about having these conversations. REGISTER TODAY!

Resource Tables and Information Available beginning at 5:30.

Light Refreshments will be served.

De regreso
por demanda
popular!

Vamos a Hablar Acerca de Temas Delicados: Drogas, Alcohol, Vaping y más 14 de noviembre de 2018

6:00 - 8:00 pm

Centro Comunitario Walter Reed

2909 16th St S, Arlington, VA 22204

La Coalición READY de Arlington invita a los padres y adolescentes a comenzar la conversación AHORA:

- Únase a nosotros para una noche de hablar, escuchar y trabajar juntos.
- Aprende y practica tener conversaciones significativas sobre drogas, alcohol y vaping.

14 de noviembre de 2018 | 6:00 - 8:00 pm

Centro Comunitario Walter Reed

2909 16th St S, Arlington, VA 22204

REGISTRARSE EN WWW.APCYF.ORG

¿Quién debe asistir? ¡**TODOS de CUALQUIER ESCUELA!** ¡Familias de secundaria y preparatoria!

Queremos reunir a padres, cuidadores, maestros, estudiantes, todos los demás adultos y jóvenes interesados para obtener algunos consejos sobre cómo tener estas conversaciones.

¡REGÍSTRESE HOY!

Tablas de recursos e información disponible a partir de las 5:30.

Se servirán refrescos ligeros.