## CONTOOCOOK VALLEY REGIONAL HIGH SCHOOL

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May 10, 2018

Good morning Parents and Guardians,

Each year, we have the good fortune of sponsoring the ConVal Regional High School Junior/Senior Prom. It is a time of celebration, a time to dress up, to spend the evening with friends and classmates, to engage in one of the ritual transitions to adulthood.

For parents and our school staff, prom is a time to celebrate with seniors all that they have accomplished, to take hundreds of selfies, to share memories, and to ponder what is to come. Prom brings with it the hope that students will have the celebration they have dreamed of, but also some worry about their choices and about their safety.

Of particular concern during prom season are the risks associated with distracted driving as well as alcohol-related car crashes.

In preparation for this year's prom, we are collaborating with the Hancock Police Department in sponsoring "Fatal Choices," an educational program that was developed by the New Hampshire Division of Liquor Enforcement & Licensing. During the week leading up to prom, the juniors and seniors will attend a presentation by Hancock police officer John Minichiello who will talk about making good choices and building resilience.

In addition, students in our Health & Wellness classes will have an opportunity to engage in an activity designed to help them understand the dangers of driving while impaired. The participants will wear a pair of Fatal Vision Goggles, which will simulate a blood alcohol level from low to high impairment. A Mobile Simulation Unit will also be on hand for students to participate in a virtual impaired driving experience. The goal of the Fatal Choices program is to raise awareness about the dangers that come with drinking and driving.

We hope that by presenting students with the voices of experience — by a police officer, by teachers, and by other caring adults — we encourage them to make good choices, both for themselves and for their peers.

Thank you for reinforcing this message at home and for your help in making ConVal's 2018 Junior/Senior Prom a safe event.

Sincerely,