

Nurse's Nook - Prom Night

ARHS just finished selling tickets for this year's prom and the students are very excited. Prom night is an important night in a high school student's life; they take months to prepare and plan for the perfect night. Drunk driving is a tragedy that can happen anywhere at any time but prom night is a night that teens (even those that don't normally abuse substances) may feel pressured and tempted so it's important to talk to them about how to stay safe. Please read [this article](#) for some tips to help your teen stay safe on prom night.

Please remember that ALL the district's nurses have FREE medication disposal packets for you to safely dispose of any leftover medication that may be in your home.

Feel free to contact the nurse in your child's school with any questions or concerns you might have.