

October 2021
Vol 1 Issue 7

YOUTH BUREAU NEWS

A St. Lawrence County Monthly Newsletter



WHAT'S INSIDE

- National Bullying Prevention Month
- Fire Prevention Safety Tips
- Halloween Safety Tips
- National 4-H Week
- Upcoming SAT Test dates

THE MONTHLY CALENDAR OF EVENTS

October Calendar of Events provides some family friendly Halloween activities offered in St. Lawrence County. Also check out the after school activities and classes available.

WELCOME TO OUR SEVENTH EDITION

by Alexa Backus

We've been listening to your feedback and know there's a need for a central place to list events, activities, and helpful tidbits. We've reached out to many organizations and schools to gather information. Thank you to everyone who has provided us with your great events. Continue to *spread the word!* Share this newsletter and ask school personnel, community leaders, and parent influencers to contact us with news and events. We are looking for articles, written by teens, as well. Any future journalism majors? Contact us, please! We can be reached at slcouthbureau@gmail.com or (315) 379-9464.



When to take the SAT?

Most students take the test in the spring of their junior year. This will give you enough time to take the test twice if you would like. 67% of students improve their score the second time as you'll know your weak points and can prepare to retake the test.



How to Prep for the SAT

The best way to prep for your SAT is through classroom learning and taking courses that challenge you. You can take a free practice test [online](#) where you will receive a personalized score report that includes the areas where you're strong as well as areas that need improvement. The best way to prep for the SAT is to enroll in a [SAT Prep Course](#), which is also available online.

When to Start Preparing for the SAT

It's never too soon to start preparing. Most students begin preparing for the test in the spring or summer before their junior year, as it gives them time to find their weak points and practice them.



REGISTER NOW

SAT TEST DATES

SAT November 6, 2021
October 8, 2021 registration deadline

SAT December 4, 2021
November 4, 2021 registration deadline



The Princeton Review

Dozens of colleges to join Higher Education Night Oct. 5 in Potsdam

SUNY Potsdam will host the Northern Zone Counselors Association's Higher Education Night from 6 to 8 p.m. on Tuesday, Oct. 5, in Maxcy Hall Gymnasium. The event is free and open to the public. Masks are required regardless of vaccination status. The event is an opportunity for high school students and their families to meet representatives from participating colleges and to gather information. Financial aid representatives also will be available, providing details on the application process and the various types of financial aid available.

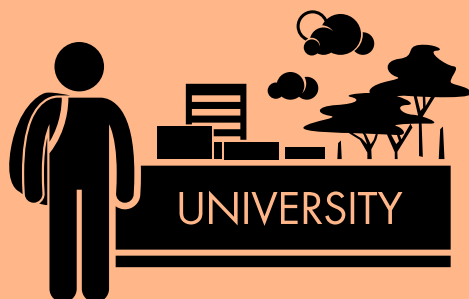
Students from high schools throughout Northern New York are encouraged to attend.

For more information, contact SUNY Potsdam's Office of Admissions at 315-267-2180.



The following institutions and organizations are scheduled to participate: Alfred State College, Army ROTC - Clarkson University, Bay Path University, Cazenovia College, Champlain College, Clarkson University, D'Youville College, Houghton College, Keuka College, LeMoyne College, Mohawk Valley Community College, Nazareth College, Niagara University, Northern Vermont University, Paul Smith's College, RAMP, Russell Sage College, and Sacred Heart University.

Also attending will be St. Bonaventure University, St. Elizabeth College of Nursing, St. John Fisher College, SUNY Brockport, SUNY Buffalo State, SUNY Canton, SUNY Cobleskill, SUNY Delhi, SUNY ESF, SUNY Geneseo, SUNY Morrisville, SUNY Polytechnic Institute, SUNY Potsdam - Admissions & Financial Aid, SUNY Potsdam Graduate & Continuing Education, The Clarkson School, University of Albany, University of New England, University of Rochester Utica College, and Wentworth Institute of Technology.



National Bullying Prevention Month



How to Observe

1 Students: Practice Empathy

— Reach out to new classmates this month — especially those who appear to be struggling. Report bullying when you see it and don't let others suffer in silence.

2 Teachers: Reward students who show respect

— Positive reinforcement works. Students who demonstrate thoughtfulness and respect for classmates, adults, and the school itself deserve your accolades.

3 Administrators: Plan bullying prevention programs

— Make sure parents, teachers, and students understand the problem and know how to confront it.

Why it's Important

1 Students feel safer

— That means parents worry less and teachers can focus on their work. Everyone wins when bullying stops.

2 A sense of teamwork

— Students. Parents. Teachers. School administrators. We're all in this together. Remember, one school principal can't stop this problem alone.

3 Back-to-school has a whole new meaning

— October brings fresh connections and new friendships, while setting the tone for the rest of the school year. Let's try to confront bullying as early as possible.



Three out of five home fire deaths result from fires in properties without working smoke alarms

FIRE PREVENTION

Awareness Week October 3 - October 9

If there is a fire in your home, You could have less than 2 minutes to get out safely once the smoke alarm sounds.

Smoke Alarm Safety & Tips



Install interconnected smoke alarms in your home for the best protection.

When one sounds, they all sound.

FEMA U.S. Fire Administration



Have working smoke alarms.

Put them on every level of your home, in every bedroom, and outside sleeping areas.

U.S. Fire Administration FEMA



Make sure everyone in your home knows the alarm sound and what to do if they hear it.

FEMA U.S. Fire Administration



Test your smoke alarms once a month.

A smoke alarm can save your life in a fire. Use the test button to make sure your smoke alarms are working.

U.S. Fire Administration FEMA



Replace your alarms after 10 years.

Smoke alarms do not last forever. If your alarms are 10 years old or older, replace them with new alarms.

U.S. Fire Administration FEMA

Fire Escape Plans



Make sure everyone in your home knows how to dial 911 or your local emergency number.

FEMA U.S. Fire Administration



Make a fire escape plan.

Talk to your family about what you should do if there is a fire. Practice your fire escape plan at least 2 times a year.

U.S. Fire Administration FEMA



Know 2 ways out of every room.

It is important to find 2 ways out of every room in the house in case one exit is blocked or dangerous to use.

U.S. Fire Administration FEMA



Choose an outside meeting place in front of your home where firefighters can easily see you.

FEMA U.S. Fire Administration



Smoke is poisonous.

Get low to the ground and go under the smoke to your exit if you must escape through smoke.

FEMA U.S. Fire Administration

Halloween

SAFETY TIPS



Always **CHECK CANDY** before letting your child eat it. Avoid homemade treats made by strangers.



Make sure your children's costumes are properly sized to **AVOID FALLS AND TRIPPING**.

Have children wear **REFLECTIVE MARKINGS** or carry a **FLASHLIGHT** so they can be seen.



Always **ACCOMPANY YOUR YOUNG CHILDREN** when they are trick or treating.

Use **NON-TOXIC MAKE-UP** on your child instead of a mask so vision is not limited.




Keep kids on a sidewalk or path and don't let them dash across the street or to the next house. Always walk together and cross at a street corner.



PennState Health
St. Joseph

ALTERNATIVE ACTIVITIES

-  In lieu of in-person house parties, host virtual Halloween events, e.g. virtual costume contests
-  Host drive-by Halloween events, e.g. neighborhood or town-based house decorating
-  Prepare candy scavenger hunts at homes with your household members.
-  Have a Halloween movie night with the people in your household



CTHouseGop.com/ Halloween



October 2021

A few National month observances:

- National Bullying Prevention Month
- Dropout Prevention Month
- Fire Prevention Month
- Mental Illness Awareness week Oct 3-9

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					National Homemade Cookies Day  1 Norfolk's Halloween Festival	Norwood Craft & Vendor Show  2 Norfolk Library Book Sale
3	National Taco Day  4	Higher Education Night  5 Adulging 101 for Teens	National Coaches Day  6	Trinity Catholic School Take Time Thursday  7	8	4-H End of the Year Celebration 9
10 "CREATURES OF THE NIGHT" HAUNTED WALK 	COLUMBUS DAY  11 Youth Activity Day	National Farmer's Day  12 Adulging 101 for Teens	NATIONAL STOP BULLYING DAY  13	14	15	Massena - Rocktober Fest  - Shine Haunted House "Creatures of the Night" Haunted Walk
17	18	19 SKILLS  Adulging 101 for Teens	20	21	22  Lawrenceville Haunted Bay	23 Lawrenceville - Haunted Bay  - Trunk and Treat Stuff a Bear "Creatures of the Night" Haunted Walk
Kids Halloween  24 Norwood American Legion 	25	NATIONAL PUMPKIN DAY  26 A Meeting of the Minds Adulging 101 for Teens	27	NATIONAL FIRST RESPONDERS DAY  28 	29 "Creatures of the Night" Haunted Walk 	Halloween Block Party  30 Halloween Fun Day
Halloween Fun Day  31 Halloween						

www.reallygreatsite.com

FAMILY & YOUTH CALENDAR OF EVENTS

- 10/1 Norfolk Halloween Festival
 - Library Halloween Stories 5PM, Candy Hunt in the park to follow
- 10/2 Norwood American Legion, Craft Show 10am-5pm
- 10/2 Norfolk Library Book Sale
 - 9am-12pm
- 10/3-10/9 Fire Prevention Week
- 10/5 Higher Education Night
- 10/5 Adulging 101 for Teens
- 10/7 Take Time Thursday
- 10/9 4-H End of the Year Celebration 1pm-3pm
- 10/10 Warrior Weekend
 - Creatures of the Night
- 10/11 Gouverneur Rec. Youth Activity Day
- 10/12 Adulging 101 for Teens
- 10/16 Rocktober Fest

- 10/16 Schine Theater Haunted House 1pm-8pm
- 10/16 Creatures of the Night
- 10/19 Adulging 101 for Teens
- 10/22-10/23 Haunted Bay
- 10/23 Trunk and Treat
- 10/23 Stuff a Bear Workshop
- 10/23 Creatures of the Night
- 10/24 Norwood Kids Halloween
- 10/26 A Meeting of the Minds
- 10/26 Adulging 101 for Teens
- 10/29 Creatures of the Night
- 10/30 Gouverneur Halloween Block Party 11am
- 10/30-10/31 Nicandri Nature Center Halloween Fun Day

SPECIAL INTEREST/FUN DATES

- 10/1 National Homemade Cookies Day
- 10/4 National Taco Day
- 10/6 National Coaches Day
- 10/11 Columbus Day
- 10/12 National Farmers Day
- 10/13 National Stop Bullying Day
- 10/16 National Sports Day
- 10/23 National Make a Difference Day
- 10/26 National Pumpkin Day
- 10/28 - National First Responders Day
- 10/31 - Halloween

SEPTEMBER 27TH-OCTOBER 27TH 2021

A Virtual 5K



**POWER IN NUMBERS
ST. LAWRENCE COUNTY
CARING & COMMITTED**

A virtual 5K promoting Suicide Awareness in St. Lawrence County. The first 100 online registrants will receive a gift from the St. Lawrence County Youth Bureau. Log your steps and post pictures on our Facebook & Instagram pages using

#SLCYouthBureau



REGISTER



5 Action Steps for Helping Someone in Emotional Pain



ASK

"Are you thinking about killing yourself?"



KEEP THEM SAFE

Reduce access to lethal items or places.



BE THERE

Listen carefully and acknowledge their feelings.



HELP THEM CONNECT

Save the National Suicide Prevention Lifeline number 1-800-273-8255.



STAY CONNECTED

Follow up and stay in touch after a crisis.



www.nimh.nih.gov/suicideprevention

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Call the National Suicide Prevention Lifeline or text the Crisis Text Line. Both services are free and available 24 hours a day, seven days a week. All calls are confidential.

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

CRISIS TEXT LINE |
Text HELLO to 741741
 Free, 24/7, Confidential

Veterans Crisis Line
1-800-273-8255 PRESS 1



Mark your calendars! National 4-H Week (October 3-9) is the perfect time to highlight the remarkable 4 H youth in our communities and showcase the incredible experiences that 4 H offers young people.



FIND YOUR SPARK

DISCOVER MORE AT 4-H.ORG




 October 9, 2021
 1:00-3:00
SAVE THE DATE
 4-H END-OF-THE-YEAR CELEBRATION
 Extension Learning Farm
 2043B SH 68



IT'S PAPER CLOVER TIME!

OCTOBER 6-17TH 2021

Funds support 4-H camp and leadership activities.



NYS4-H.ORG

TractorSupply.com



WARRIOR WEEKEND

HONORING and SUPPORTING the WARRIORS Among Us

OCTOBER 10th

A portion of the day's proceeds will be donated to support...

WOUNDED WARRIORS OUTDOOR ADVENTURE
RICHARD E. WINTER CANCER CENTER WARRIOR FUND
and NORWOOD VOLUNTEER FIRE DEPARTMENT



PIG ROAST
4 p.m. until gone
\$12 / person
Carry-out Only.

OUR HAUNTED TRAIL OPENS THIS WEEKEND!

CREATURES OF THE NIGHT

6:30-8:30 pm
\$10 / person
OCTOBER 10TH | 16TH | 23RD | 29TH



MORE INFO

529 & 530 Austin Ridge Rd. | Norwood | 301-524-8628

For questions please call 301.524.8628 or email Finenmaple@gmail.com

Kid's Halloween

Norwood American Legion

October 24th 1pm-2pm

Outside event (weather permitting)
1st 100 kids get a gift bag & beverage



THE VILLAGE OF MASSENA
IN COLLABORATION WITH
BRKK TEEZ
PRESENTS
Saturday, October 16th
ROCKTOBER FEST
1PM - 6PM
DOWNTOWN MASSENA



Come down and enjoy a Rock and Halloween event that will be sure to entertain

- Street Table Vendors - Trick or Treat for children dressed in costumes
- Life-size Candy Land
- Bounce houses
- Maple Brewing selling some of their best brews
- Live performance by Motley 315

If you are interested in becoming a vendor email tdrake@village.massena.ny.us

Haunted House
MASSENA
SCHINE THEATER
October 16th 1pm-8pm



Don't miss out on your chance to enter the Haunted Theater Walk! It will be a real theatrical freight. The cost is only \$5 per person. All the proceeds will be going to restoring the Schine Theater Marquee. Help us put back a beautiful Massena landmark. Masks will be required for all ages to enter the walk. You won't want to miss it!!!

Lawrenceville Volunteer Fire Department

Cost for haunted bay is \$2 per person or \$10 for a group/family of 6

TRUNK OR TREAT!

Saturday 10/23

6pm-9pm

HOSTED BY LAWRENCEVILLE REC COMMITTEE

If you would like to enter a car into the Trunk or Treat please contact Renee Burnell at (315)-261-3151

Concession will be available
Hosted by Lawrenceville Rec Committee



2ND ANNUAL HAUNTED BAY
DO NOT ENTER

- Friday 10/22 7pm-10pm
- Saturday 10/23 6pm-10pm



Halloween Fun Day

October 30 - October 31
10am - 4pm

GOODIES



GIVE AWAYS

CRAFTS



COSTUMES

ACTIVITIES

FREE ADMISSION

OUTSIDE EVENT



Take Time Thursday

Our "October Fun with Trinity Catholic School" Take Time Thursday will happen on *October 7, 2021 from 6pm-8pm* in our cafeteria.

There will be pumpkin decorating, board games and s'mores!

Covid precautions will be followed, and masks will be required for everyone while in the building. We ask that you bring your own board games to play, as we are not able to share those. The pumpkins and decorating supplies, and s'mores will be provided.

To ensure we have adequate supplies and spacing, we are requesting an RSVP by October 5th.

Please email Mrs. Behrens at kbehrens@rcdony.org, or call (315)317-4282.

Happy Halloween
JOIN US FOR A
HAUNTED TRAIL & MONSTER MASH!!
ON SATURDAY, OCTOBER 23rd
6-9 pm \$15 per car
PARISHVILLE BEACH!!!
HAUNTED TRAIL, HAYRIDE, DANCING,
FACE PAINTING, TRUNK OR TREAT,
FOOD, AND DRINKS
SPONSORED BY PARC
A PORTION OF THE PROCEEDS WILL BE DONATED TO THE PHCS
CLASS OF 2022

SAVE THE *date*
A MEETING OF THE MINDS
A CRITICAL CONVERSATION ON MENTAL HEALTH
TUESDAY, OCTOBER 26, 2021
TIME AND VIRTUAL MEETING LINK TO COME
For more information, contact Ellen at ellen@getthehealthyslc.org
Health Initiative
a BRIDGE to WELLNESS

When Life Gives You Lemons
Adulting 101 for Teens
Tuesdays • 6:00pm - 7:00 pm
October 5 through December 21, 2021
Use this link to participate:
https://bit.ly/HYDE_Adulting101
Brought to you by HYDE a project of the St. Lawrence Health Initiative, Inc.
(315)265-4760 x225
f @hydeadulting @
ellen@getthehealthyslc.org



NORTH COUNTRY CHILDREN'S MUSEUM

After School Class Series

Sept 29- Dec 10

\$95 for 10 class sessions | Member discount 10% off

info@northcountrychildrensmuseum.org
Scholarship spots available. Contact us!

Sewing

Wednesdays
4:10pm - 5:00pm
Grades 1-5



BOOK Arts

Wednesdays
3:10pm - 4:00pm
Grades K-5



THEATER WORKSHOP

Thursdays
3:10pm - 4:00pm
Grades K-5



Engineer's Lab

Clarkson Institute for STEM Ed

Thursdays
4:10pm - 5:00pm
Grades 2-6



WOODSHOP

Fridays
4:10pm-5:00pm
Ages 8-12



SPACE SCIENCE

Fridays
3:10pm - 4:00pm
Grades 1-5



NORTH COUNTRY CHILDREN'S MUSEUM

PreSchool Class Series

September 29- December 10

\$95 for 10 sessions | Member discount 10% off

info@northcountrychildrensmuseum.org
Scholarship spots available. Contact us!



TODDLER Yoga

For kids walking to Age 5

Wednesdays
10:15am - 11:00am

Engineer's Lab

Clarkson Institute for STEM Education

Ages 3-5

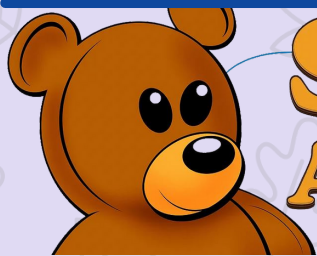
Thursdays
Thursdays
10:15am - 11:00am



TODDLER MUSIC

10 months to Age 4

Fridays
10:15am - 11:00am



Stuff A Bear

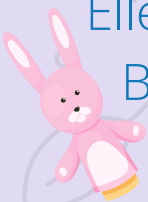
SATURDAY,
OCTOBER 23
11:00AM-12:30



STUFF YOUR OWN BEAR WORKSHOP

Ellen of 'EmBears will be offering a time to come and stuff a:

Bunny for \$8.00 Penguin for \$10.00 Bear for \$12.00



PRICE DOES NOT INCLUDE MUSEUM ADMISSION

NCCM's Dia de los Muertos (Day of the Dead) program

Saturday, October 30th from 11 am -12 pm

with SUNY Potsdam Professor Lydia Rodriguez

Come learn about this Mexican holiday and help us create an Ofrenda with paper flowers and skull cookie decorating

Multicultural Program Series is supported by the VanNess Family Fund of the Northern New York Community Foundation.



GOUVERNEUR RECREATION DEPARTMENT

Corner of Clinton Street & Trinity Avenue
315-287-0524



26th Annual Community Costume Spooktacular

Halloween Block Party

Village Park Green

Saturday, October 30th
11:00am

Monster Mash: Music & Entertainment
Main Street Costume Parade

Costume Contest Judging @ 11:30am
Prizes Awarded
Halloween Parade Main Street Block @ 12:00pm
Featuring Costume March
All Ages Welcome - Weather Permitting



After-School Recreation

Enrichment Program



Recreation Center Studio

{Bus transportation from school to Rec. Center}

Monday & Wednesday: Grades 2-4

Tuesday & Thursday: Grades UPK-1

After School: until 6:00pm



Participant Information Required

Only \$2.00 per session

Payments accepted weekly or monthly at Rec. Center.

Cash or Checks Payable:

Gouverneur Recreation Department
33 Clinton Street - Gouverneur, New York 13642
Attention Mr. Casey Canell, Recreation Director
{Parent pick-up at Recreation Center}

NO SCHOOL

Monday, October 11th

Open Rec. Studio

Youth Activity Day

12:00pm - 2:00pm

