

March 2022
Vol 2 Issue 3

YOUTH BUREAU NEWS

A St. Lawrence County Monthly Newsletter



Inside the Issue

Our SLC Youth Committee teens completed QPR training on 2/21. Check out pages 2 and 3 to learn more about it.

Thank you to everyone for making our 2nd Valentine's Card Drive a success!
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Thank You!

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Spring ahead Sunday, March 13th



On February 21st, sixteen Youth Committee teens completed QPR training, by Ed Sachs, with Reachout of St. Lawrence County. QPR is a training tool for emergency mental health intervention and equips attendees with skills to identify the signs of a person in crisis, how to open dialogue, and direct the person to proper care.

Q P R

Question
Persuade
Refer

Question, Persuade, and Refer

The 3 simple steps anyone can learn to help save a life from suicide.

Just as people trained in CPR and the Heimlich maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

For more information on QPR-

[CLICK HERE](#)



Thank You!

Thank you Ed Sachs, with Reachout, for offering such an informative QPR training!

About Reachout



Reachout is a free, confidential, non-judgmental crisis and information hotline serving residents of St. Lawrence County. They focus on crisis services and supportive listening, and they provide other services as needed. Reachout answers after-hours calls for many human services agencies in St. Lawrence County, and they connect callers with staff from other programs. Reachout operates a mobile crisis team that sends trained counselors to meet and assess people at risk at locations all around the county. Reachout teaches suicide intervention skills all around New York, and they've developed many programs to help make communities safer from suicide.



Reachout Hotline
315.265.2422



FEEDBACK

On QPR Training



QPR Training Experience by: Joanie Shaw

I believe that it is really important to teach members of our community about suicide and what we can do to prevent it. QPR training really helped me see what I could do to help the people around me who are struggling mentally, even if they don't show that they're hurting right away. Learning the QPR response helped me realize that somebody who acts completely fine externally can actually be hurting inside, and taught me that the community can do more than just tell them that they will be okay. I definitely feel as if QPR should be something taught in schools or as a community effort. The training is run by trained adult professionals, and that shows me that adults in our community are taking an active approach towards suicide prevention and trying to get everybody the help they need, no matter how young or old they may be. That is really important to me.

One thing I really liked about this training was that I was able to tie it into my personal experiences. As a friend of some people who struggle with their own mental health, I know they sometimes need support without hearing the same responses and questions as they would hear from an adult figure. This training helped me learn what I could do to give them the support they need from a peer perspective and persuade them that their life is worth living.

Joanie Shaw is a Junior at Harrisville and recently joined the St. Lawrence County Youth Committee. Thank you, Joanie!



Madill Pre-K Class in Ogdensburg Among Many Taking Part in Valentine Cards Program for Seniors



St. Lawrence County Youth Bureau organized a Valentine Day card program with nearly 1,200 cards distributed to older adults in the county. Madill Elementary School students in Ms. Jennifer Smith's Universal Pre-K class made Valentine cards for the holiday program. Photo submitted by St. Lawrence County Youth Bureau. Nearly 1,200 Valentine cards were received from all over the county to distribute to older adults in St. Lawrence County. In addition to schools, the Valentine cards were made by Girl Scout and Brownie troops, National Honor Society groups, local church organizations and individuals and families. The cards were distributed to older adults in the county enrolled in home delivered meals through the Office for the Aging, Hospice patients and their families, and residents at local Sunmount Developmental Disabilities homes. The Valentine Day program was organized by the St. Lawrence County Youth Bureau.

<https://www.northcountrynow.com/news/pre-k-class-madill-school-ogdensburg-takes-part-valentine-cards-program-0314864>



STUDENTS HELP BRIGHTEN VALENTINES DAY FOR OLDER ADULTS

By Emily Griffin (WWNY)

Roses are red;

This much we know true,

But sometimes on Valentine's Day, seniors feel blue.

So with markers and crayons and paper and glue,

St. Lawrence County students come to the rescue!

"We're making Valentine's cards for the elderly people," Hermon-DeKalb fifth grader Lydia Martin said. "We're just trying to be nice and trying to make people happy.

" Students make the cards by hand and add words to inspire,

For older adults who need something to admire.

"We are living through year two of the pandemic and there's still social isolation," said Alexa Backus, director of the St. Lawrence County Youth Bureau. "We still have a lot of feelings of loneliness, so we want to turn that around and put a smile on and brighten everyone's day."

"We are helping the elderly feel that somebody is there for them," said Kain Warner, another Hermon-DeKalb fifth grader. "It makes me feel happy that I know people will have a smile once they receive it."

The lesson today isn't history or math,
It's exposing these students to a positive path.

"They are the shining light in our community that we need. Especially in our long, dreary winters, to be a positive influence on the older community is really humbling to them," fifth grade teacher Michael Hammond said.

Across the county, 3,000 cards were made,
A lesson in compassion that needs no grade.

"Always be kind and give kindness to people," Kain Warner said.

Today – Valentine's Day – volunteers with the Office for the Aging were delivering those lovely cards to seniors in the area, something those Hermon-DeKalb students were very excited about. Schools and organizations across the county participated in this card drive through the St. Lawrence County Youth Bureau.



From the Washington Post

Your kids are hearing about Ukraine. Here's how to help them understand.

By Amy Joyce

March 1, 2022 at 9:00 a.m. EST

[CLICK HERE](#)

The day after Russia first attacked Ukraine, I passed the Russian Embassy with my 12-year-old son. People were gathered at its ominous gates, protesting that country's invasion. "What have you heard so far about Ukraine and what's happening?" I asked him. I was taking advice from experts who say when something scary happens, first ask how much our children know and go from there. My son knew a decent amount. And then I asked: "How do you get your information?"

"SportsCenter," he said.

He and his 14-year-old brother, who gets much of his news from Instagram, TikTok and texts from friends, had a grasp of what was happening, but they didn't understand why or how. They also are dodging a lot of misinformation.

If you think your kids don't know about Putin's war against Ukraine, you're wrong. They're hearing about it, and as their caretakers, we need to make sure information is correct — and that they aren't immediately anxious that we're on the verge of World War III.

"Most kids will have heard something about this on TV, radio, social media, from friends," says Richard Haass, president of the Council on Foreign Relations. And much like the Cuban missile crisis implanted itself on his 11-year-old brain forever, "this won't be something they'll forget," Haass says.

I spoke with several experts who explain how parents of tweens and teens should look to this terrible time as an opportunity to discuss global issues — and to help them understand how to help. Maybe we parents will learn a few things in the process.

Your kids are taking the news in. Now what?

"As much as we think our kids don't hear what we're anxious about, I think they do," says Caroline Netchvolodoff, vice president of education at the Council on Foreign Relations. "I have four sons. One of the things I've learned very clearly is kids do pick up on what their parents are anxious about.. They are aware."



Kids of different ages require different kinds of explanations and parental involvement, she says.

When Emma Humphries asked her 10-year-old what she had heard and what she thought was going on, her daughter said, “I heard we’re going to have a World War III.” Humphries, a former history teacher and now chief education officer at iCivics, a nonprofit that promotes civics education and provides educational resources for teachers, knew to frame what is happening in a historical way, comparing it to the previous world wars, and explaining how it is different. “Whenever you’re in a current moment and it feels scary or fraught, you can lean into the history and use that for the framework” of your conversation, she says.

For parents of older kids who are accessing Ukraine news via TikTok or other social media, now is the time to get involved. When they mention something they saw or read, sit with them while they show you where they gain their knowledge. Treating this as something you’re figuring out together will keep them from feeling like they have to hide it from you. “In this fog of war, we’re getting such incomplete information,” Humphries says. “So talk to them about their sources. Ask ‘Can we find this information in other places? Are they reputable?’ ”

It’s so easy for our tweens and teens to access information they assume to be true. Parents don’t have to hover, but checking in on sources and helping our kids understand what it means to be a reliable source is important, especially now. They may actually like sharing this with you, and you can learn together.

“We wish this wasn’t happening, we’re not happy it’s happening, but it’s happening and we should leverage it for these powerful conversations,” Humphries adds.

Find resources, meet them where they are

The Council on Foreign Relations and iCivics recently created “Convene the Council,” an online game for ages 12 and up, aimed at showing how the president of the United States makes foreign policy decisions. The Ukraine situation is an “extreme example” of a foreign policy challenge, Netchvolodoff says, but playing alongside your child as they worry and wonder about the situation in Eastern Europe can help provide them (and you) with more information about how things work. And more knowledge can mean more ease as they see pictures and videos and hear friends talking about what’s going on.

“In some cases, you’re co-learning” with your children, says Julie Silverbrook, senior director of partnerships at iCivics,



UKRAINE

"The good news is you've got something ... that will elicit questions from a younger person. It's a way for parents to say here's what's going on," Haass says. He suggests you take a moment and look at a map together. You can talk about the invasion and ask your tween or teen questions, so they understand that question so many are asking: Why should we care? "You can talk about freedom, about the importance of democracy," Haass says. "So much tends to be abstract. Here you have pictures and videos. Suddenly it doesn't seem so remote. It's all too graphic and real."

Lisa Remillard, a former television news reporter and anchor, now co-founder of digital network BEONDTV, has discovered how to reach the audience who needs her: TikTok. Her audience is mostly 16- to 30-year-olds, she says, and her videos about Ukraine are garnering millions of views. She says she wants to help bring short, fact-based news reporting to a generation that might not otherwise get it on social media. She kept seeing comments from her viewers asking why the United States is even involved in the Ukraine situation, and why they should care. "I tried to explain there's a humanitarian part of this. That didn't go too far. So I focused on how world events like this impacts the U.S." She has done videos about what Putin really wants, and more history-based videos about why the Soviet Union collapsed — as she realized her audience wasn't alive when that happened.

Tik Tok is the medium where so many of our young people are getting their news, and it's hard for them to discern what's factual. So this is a chance for parents to meet their kids where they are and point them to factual content. "They see these pictures everywhere, whereas when we were young, our parents just turned it off. At school we didn't see it. But these kids have their phones and it's everywhere," Remillard says. "So if we come to them, get down to the root basics of how these things work, it's going to be a better place to start from with them."

Stop scrolling, start doing

It's easy for any of us to scroll through Twitter and Instagram, to feel anxiety and sorrow and then ... what? "Any time you have a global crisis, if you look throughout world history, there has been an awakening that happens about your place as an individual, as a family, in the world," says Silverbrook. "The pandemic really illustrated that we're all interconnected. ... Now there's a feeling of a call to service for human kind."

During the pandemic, many children and parents did what they could to "flatten the curve" and protect front-line workers, she explains. "These moments, they call to us. It happened after 9-11, too." The current crisis is yet again "a call to service for families. So beyond the anxiety, it's an opportunity to better understand your role and what you can do. You don't have to be the president of the United States to make an impact."

Now is the perfect time to sit down with your children and figure out how they can help. Feeling as if they can have some impact during such a tumultuous time gives them agency and a feeling that they can make a difference. There are many vetted places that you can peruse together before you decide what to do, or how. Again, this is a good time to talk about legitimate sources.

"What we have here is a global teachable moment," Humphries says. "This is the type of moment that allows us to have those conversations."

3 Reasons to Talk to Kids About the War in Ukraine

1 To help children process difficult emotions that may arise. Although it might seem like a good idea to avoid an in-depth discussion to thwart increased anxiety or alarm, evidence suggests that having a supportive discussion about a stressful event can actually decrease distress. It's best to "name it to tame it." Children in families that are more expressive perceive less threat related to a stressor. Having these conversations provides you with the opportunity to help your child make sense of how they might be feeling and to provide reassurance.

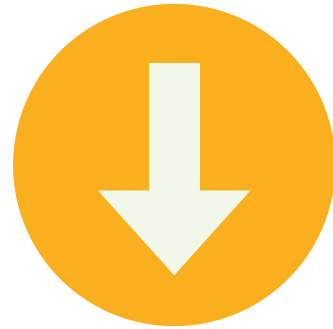
2 To combat misinformation. In this age of ubiquitous access to news and media, children and teens have likely already been exposed to some kind of information — pictures, video clips or news — about the invasion of Ukraine. Unfortunately, there has been a surge of misinformation and purposeful disinformation shared on social media apps routinely used by youth, such as TikTok and Snapchat. This makes it critical for parents and educators to keep children informed of the Ukraine invasion based on reliable information from reputable sources, and to provide opportunities for children to ask questions.

3 To model and encourage compassionate views towards others. Talking to children about the war in Ukraine can model a compassionate view towards fellow humans, regardless of distance or circumstance. Taking the time to talk with children about world events is an opportunity to engage in perspective-taking and to emphasize the importance of understanding the emotions, and contexts of others in a developmentally appropriate way. Asking an adolescent a question such as "what might someone else in this situation be feeling right now?" can support the growth of an empathic view of other's lives.

[Full Article & Additional Tips](#)



Are you a teen interested in government, policy issues, and research? Represent St. Lawrence County and join the NYS Governor's Youth Council!



NYS Governor's Youth Council

St. Lawrence County has a vacancy for the NYS Governor's Youth Council for the April 1, 2022 - March 31, 2023 term.

Click the link to access the online portal and apply <https://nysylc.secure-platform.com/a>

Members of the Youth Council virtually meet with their regional peers and Regional Representative, at least twice monthly. In addition, members will participate with statewide peers at youth led events. Members will work on policy issues outlined in the attached document and have the opportunity to present their research/recommendations to their peers as well as State officials. Policy proposals and recommendations will be combined sent to the Governor for review.

**Applications are due by
March 15th**



March -2022-

A few National Month observances:

- National Women's History Month
- National Nutrition Month
- National Social Work Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Dr. Seuss's Birthday 	2	3	4  National Anthem Day	5
6	7	8 International Women's Day 4-H Animal Workshop	9	10	11  Johnny Appleseed Day	12 National Girl Scout Day Islamic Holiday, Eid
13 Daylight Saving Time 	14	15	16 St. Patrick's Day  Scavenger Hunt 4-H Activity Night	17	18	19 Certified Nurses Day Potsdam Baseball Sign-ups Rock & Skate
20 First Day of Spring	21	22	23  After School Movie	24	25	26
27	28	29	30	31		

FAMILY & YOUTH CALENDAR OF EVENTS

- 3/8-4H Animal Workshop
- 3/12-Islamic Holiday, Eid
- 3/17-Scavenger Hunt
- 3/17-4H Activity Night
- 3/19-Potsdam Baseball Sign-ups
- 3/19-Rock & Skate
- 3/23-After School Movie

SPECIAL INTEREST DATES

- 3/2-Dr. Seuss's Birthday
- 3/4-National Anthem Day
- 3/8-International Women's Day
- 3/11- Johnny Appleseed Day
- 3/12-National Girl Scout Day
- 3/13-Daylight Saving Time
- 3/17-St. Patrick's Day
- 3/19-Certified Nurses Day
- 3/20-First Day of Spring

North Wind Farm Day Camp



CAMP

Registration will open on March 1 at 6:00 pm
Information and links can be found on our Facebook page

www.facebook.com/northwindslc

If you have any questions, please contact Jackie at
jtc292@cornell.edu

Potsdam Little League Baseball Sign-ups

Hosted by Potsdam, Olympia Sports

(7479 State Highway 11)

Saturday March 19, 2022

10am to 1pm

**Come Sign Up in store and receive a
15% discount when you purchase any
equipment!**

Some exclusions will apply

Levels:

- **Mini T - Pre-K (4 years old)**
- **T-Ball - Kindergarten aged**
- **Grasshopper - 1st and 2nd Grade**
- **American League - 3rd and 4th Grade**
- **National League - 5th and 6th Grade**

All leagues are for boys and girls



Madrid Waddington Youth Baseball and Softball Sign-ups



March 26 & March 27
6pm-7pm
@ Madrid Fire Station



Questions Email- madridnybaseball@gmail.com

Canton Pee Wee Spring Sports Sign-Ups

For More information and to sign up visit
<http://cpwi.website.sportssignup.com/>

Sign Up

Baseball



Tee-Ball - Pre-K & Kindergarten
Coach-Pitch - 1st & 2nd Grade
Junior Division - 3rd & 4th Grade
Senior Division - 5th & 6th Grade

Softball



Coach Pitch - 3rd & 4th Grade
Player Pitch - 5th & 6th Grade

Lacross



Girls Pre-K thru 6th Grade
Boys Pre-K thru 6th Grade

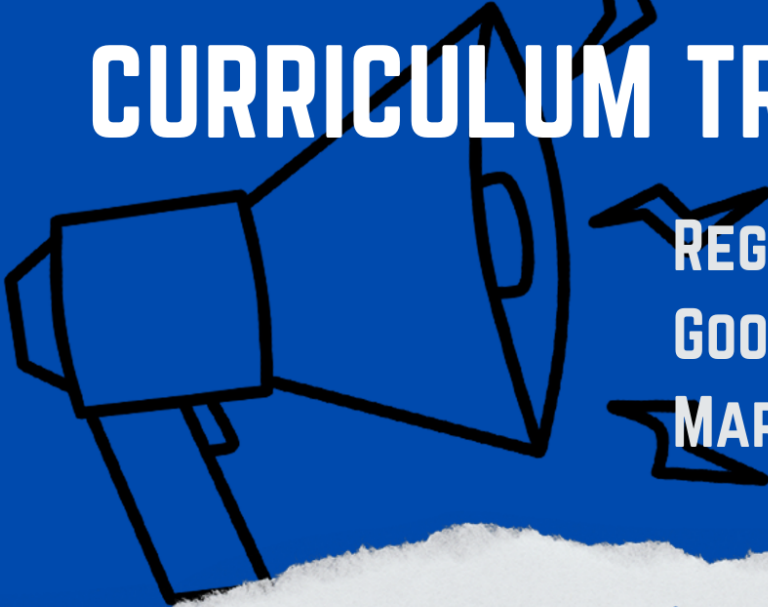
JOIN US!

**FOR AN IN-PERSON TRAINING
OPPORTUNITY!**

The Police Activities League of Massena is

Hosting The Mendez Foundation For:

**TOO GOOD FOR DRUGS™
CURRICULUM TRAINING**



**REGISTER ON THE
GOOGLE FORM BY
MARCH 1ST!**

Friday
March **18TH**

No Registration Fee!

From 8am-3pm

Lunch will be Provided!

**Where: Massena PAL
Clubhouse, 30 Bayley Rd.,
Massena, NY 13662**

for registration information visit the link:

https://docs.google.com/forms/d/e/1FAIpQLSeduRIYqqvZPaMI00ynC1840LBBgfrOEPLKjEWWWhGrEfmNbqg/viewform?usp=sf_link



Rock & Skate



Lockwood Arena

141 West River Street, Ogdensburg

Saturday, Mar 19th

2:00pm - 4:00pm

\$5 admission, includes skate rental.

A concession stand for purchase of sweets and cocoa will be available

Sponsored by the First Presbyterian Church of Ogdensburg

Ogdensburg Public Library

St. Patrick's Day Scavenger Hunt



**March 17
All Day**

Solve the clues and find prizes around the library

Mask Required inside the library

AFTER SCHOOL MOVIE

Wednesday
March 23 @ 3:30 pm



www.ogdlib.org
315 393 4325

North Country Children's Museum

March 12th, 11am - 12pm

Visitors can learn about the Islamic Holiday Eid that follows the month of Ramadan. The Islamic holidays and festivals follow the lunar calendar.

Find out about your neighbors' traditions with guest presenter Nayrouz Sadoun. Children and families will explore this cultural tradition through stories and making crafts. All are welcome! The Museum's cultural programs are included with admission and membership thanks to the generous support of the VanNess Family Fund of the Northern New York Community Foundation.

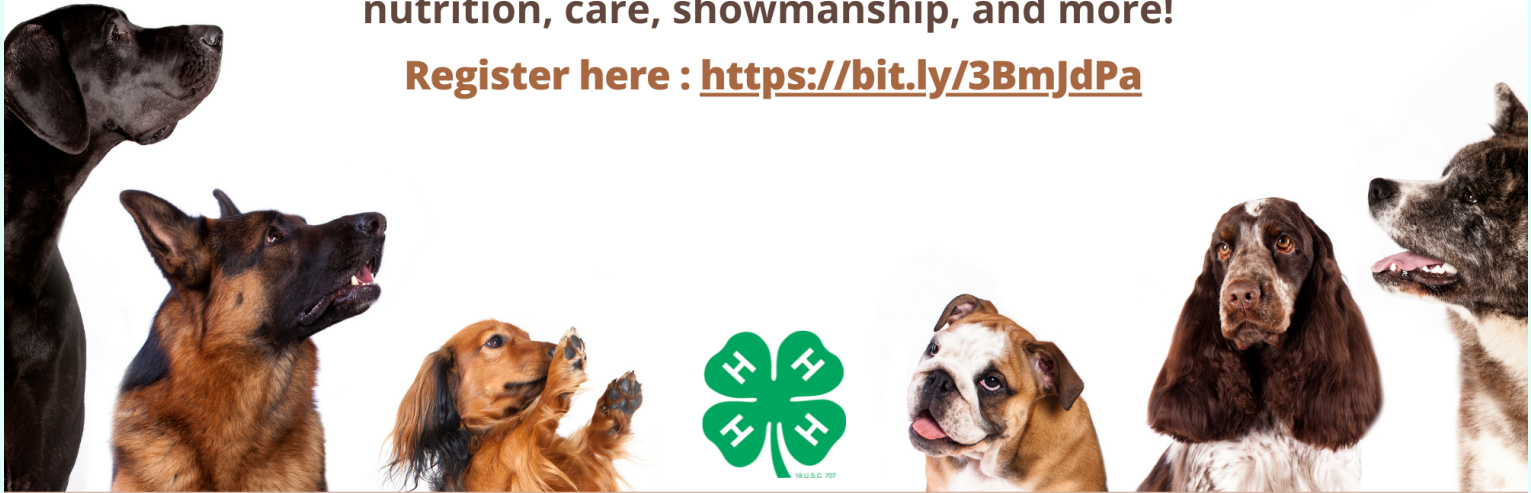


4-H Animal Workshop: *Dogs*

Tuesday, March 8th | 6 pm - 8 pm

Participating youth will learn about dog health, nutrition, care, showmanship, and more!

Register here : <https://bit.ly/3BmJdPa>



Cornell Cooperative Extension | St. Lawrence County

4-H Activity Night

Maple Madness

Thursday, March 17th

6 pm - 8 pm

"I pledge my health to better living."

For more information or to register visit:

v

https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?event=4hactivitynightmarch_240



Cornell Cooperative Extension | St. Lawrence County



4-H Public Presentations & Horse Communications

4-H Public Presentations is a nationally recognized element of the Cooperative Extension 4-H Youth Development Program. The public speaking event is one of 4-H's most beneficial and rewarding experiences. It is the program most often credited by 4-H alumni as having given them an edge above their peers in both college and professional careers. Through a progressive series of communication activities, youth develop poise; gain self-confidence before a group; learn to express ideas clearly; learn how to respond spontaneously to questions; and gain subject matter knowledge. 4-H Members throughout NYS, as well as the country, have an advantage in public speaking because they are given the opportunity to develop and hone their speaking and communication skills through the 4-H Public Presentation Program.

Participants can choose from the following types of presentations:

▶ **Demonstration:** This type of presentation requires you to talk while working on something. It can be cooking, sewing, building, etc.

▶ **Illustrated Talk:** This is slightly more formal, using a poster or technology to help you relay your message.

▶ **Speech:** This is for the more experienced speaker, you do not use posters or technology to get your point across.

▶ **Dramatization/Recitation:** A fun, confidence building experience -- it is like acting only with no props.

4-H County Presentations

St. Lawrence County Public presentations are being offered at the Extension Learning Farm on Saturday, March 12th from 9:00-1:00 pm in the Front Classroom. St. Lawrence County 4-H'ers can register to participate in St. Lawrence County's Public Presentations at the link below.

[REGISTER](#)

St. Lawrence County Horse Communications presentations are being offered at the Extension Learning Farm on Saturday, March 12th from 9:00-1:00 pm in the Back Classroom. St. Lawrence County 4-H'ers register to participate in St. Lawrence County's Horse Communications Presentations at the link below.

[REGISTER](#)