

YOUTH BUREAU NEWS

A St. Lawrence County Monthly Newsletter



Inside this Issue

I'M OVERWHELMED!

Tips and suggestions for managing a busy schedule and keeping overwhelming thoughts and feelings from sabotaging you.

MAY APPRECIATION

This month we celebrate Mother's Day, Teacher, Nurse, Receptionist, and School Principal Day/Week.

We also honor the Armed Forces and Memorial Day. Check out our low cost, and FREE, ways to honor your loved ones.

THE MONTHLY CALENDAR OF EVENTS

May's Calendar of Events provides some family friendly activities offered in St. Lawrence County.

We also invite all county youth, grades 6-12, to a virtual meeting on Wednesday, May 12th. Lastly, fill out our Needs Assessment Survey, please!

WELCOME TO OUR SECOND 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. Let's continue to be patient while people are getting to know this is available. *Please spread the word!* Share this newsletter and ask school personnel, community leaders, and parent influencers to contact us with news and events. We can be reached at slcouthbureau@gmail.com or (315) 379-9464.





You're invited!
Virtual Town Hall Meeting
for YOUTH grades 6-12
Wednesday, May 12th
7:00 pm

FOR YOUTH GRADES 6-12

YOUTH VIRTUAL MEETING



YOUTH PERSECTIVE:
We want to hear from YOU
"How are you doing?"



WE VALUE YOUR FEEDBACK

MAY 12, 2021

Wednesday 7:00 pm via ZOOM

[CLICK HERE TO REGISTER](#)



Facilitated by:
St. Lawrence County Youth Bureau,
SLC Community Services, and
SLC Youth Committee members

[Click to Register:](#)



IMPORTANT



For Funding Years 2022-2024

*St. Lawrence County
Youth Bureau
Needs Assessment Survey*

FOR ALL COUNTY YOUTH GRADES 5-12, PARENTS,
EDUCATORS, AND COMMUNITY LEADERS

Your feedback helps fund programs that
YOU want in St. Lawrence County!
We need to hear from you!

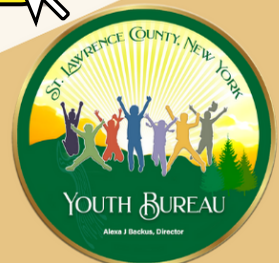
**I'm a student
(in grades 6-12)**

CLICK HERE



**I'm an
ADULT**

CLICK HERE



DON'T QUIT



HELP! I'M OVERWHELMED!

by Alexa Backus

Many high school students have been sharing that feelings of being overwhelmed are running high. It's understandable. It's been a long year of remote learning and social isolation. Sports and extracurricular schedules are starting to get busy on top of meeting the rigor of homework, paper, test, and project deadlines! Admittedly, we got used to a slower schedule. Ugh! Now what? Here are some tips and strategies to help you stay on track and not feel discouraged:

- **Make a daily and weekly "To-Do" list.** Include sports and extracurricular commitments, homework and project deadlines, test dates, and any other impending deadlines. Cross off each item once it's completed. That one act of deleting a checkbox can be very gratifying. Reward yourself with a positive self-care activity you enjoy. Be proud!
- **Talk it out.** Having a person you can talk to when you feel lost with commitments, or struggling with a problem, helps *a lot*. Being able to communicate and gain another's perspective could give you the added incentive to complete a project or put a worry to rest. *Who is your person?*
- **Let your teacher know.** Teachers are supportive and want to know if you are needing some extra guidance or review. It can be intimidating approaching a teacher in school. Instead, try sending an email. Plus it's great practice for college when you have to approach professors.
- **Practice Self-Care.** We've been hearing a lot about self-care. What does it mean to you? What brings you joy? Peace? For some, it's listening to favorite music, drawing, or walking down a long quiet road. It looks different to each individual. What your friends find relaxing may not bring you the same joy. *Find your joy and do that.*
- **Unplug and Sleep.** Being sleep deprived zaps energy, productivity, immunity, and focus. Unplug from your phone, computer, and tablet and get quality rest. You'll feel much less stressed.
- **Laughter.** It's the best! Watch a funny sit-com, movie, or call that one friend that gives you the biggest guttural laughter.

We'd love to hear from you! What do you do to stay on top of your busy schedule? What's your self-care routine?



SAT TEST DATES

SAT May 8, 2021

(Past registration deadline)

SAT June 5, 2021

Register by May 6th

ACT TEST DATES

ACT June 12, 2021

Register by May 7th

ACT July 17, 2021

Register by June 18th



“I had the epiphany that laughter was light, and light was laughter, and that this was the secret of the universe.”

-Donna Tartt



There are Apps you can use to reduce anxiety. Mindshift is free and great for teens. ([Click here](#))

HOW TO HONOR YOUR LOVED ONES THIS MONTH WITHOUT OVERSPENDING

by Alexa Backus

This month we have many people to celebrate. School Principal Day May 1st, Mother's Day May 9th, Teacher Appreciation week May 3rd-7th, Nurses Week May 6th-12th, and Memorial Day on May 31st. (Check out our calendar for a complete list.) How can we honor these special individuals without overspending? Here are a few suggestions:



Volunteer at their favorite cause

Make your own Mother's Day card

Offer to make a bulletin board at school

Let Mom choose movie for "Movie Night" at home

Turn in late assignments (your Mom AND teacher will LOVE it!)

Write a thank you note to your teacher or principal

Help with spring weeding and mulching

Do the dishes without being asked to do so

Offer to help clean or organize your teacher's classroom

Make chocolate covered strawberries for Mom

Volunteer answers in the classroom (Your teacher will smile)

Offer volunteer time to your school principal

Clean your room

Make a coupon book of free chores you'll do for Mom

Free babysitting for your nurse or teacher

Do a public thank-you to Nurses

Offer to do spring yard clean up to your nurse neighbor

Ask your school PTA to honor your principal

Ingredients

- 1/2 package semi-sweet chocolate chips
- 1/2 package white chocolate chips
- 1/4 cup half and half
- 1 teaspoon vanilla extract (optional)
- approximately 25 strawberries

Directions

Rinse strawberries and dry completely.

Melt chocolate in microwave, stirring occasionally, until smooth.

Mix in half and half and vanilla.

Push a toothpick into the stem end of the strawberries. Dip strawberries into the melted chocolate. Turn strawberry upside down and push the toothpick into a styrofoam block so the chocolate will dry evenly. (Or place on wax paper) Allow to set.

After chocolate has set on berries, melt white chocolate and drizzle over the dipped strawberries.

Allow to set (again) and serve.

Chocolate Covered Strawberries

TO HONOR YOUR MOM



**Q: Why should teens get the COVID 19 vaccination?**

"Covid-19 infection can cause significant illness in people of any age, including teenagers. Although most younger people have a milder infection, some are not so lucky and become very ill. Others have a mild initial illness, then develop "Long-Hauler" syndrome. Those with "Long-Hauler" syndrome can have symptoms (cough, headache, fatigue) that last for weeks or months. Vaccination protects you, as an individual, from getting sick, but also helps to prevent the spread of the infection in the rest of the community. By getting vaccinated, you are protecting your family, your teachers, and other older members of the community."

Q: Which vaccine is the safest for teens? What are the side effects in teens?

"At this time, only the Pfizer vaccine is approved for 16 & 17 year olds. For those 18 and older, all 3 available vaccines are considered to be safe. We expect that all 3 vaccines will be approved for younger teens later this spring or early summer. The potential side effects (24-48 hours of sore arm, headache, low grade fever, muscle aches) are the same as for young adults. Many people don't have any side effects from the vaccine."

Q: "What should I do when my parents don't want me to get vaccinated but I want it?"

"You should explain your reasons for wanting to be vaccinated and ask them what their concerns are. Ask them to make you an appointment with your Pediatrician/Family Doctor (attend with your parents) to discuss your interest in vaccination."

Q: "I fear the vaccine. Any advice?"

"The virus is much scarier than the vaccine. More than 230 million doses of the vaccine have been administered in the United State with a great safety record. The vaccines were carefully studied before the vaccine rollout began-thousands of volunteers participated in 3 phases of trials to confirm that the vaccines are safe and effective."

Q: "How do I talk to my friends, who will NOT consider getting vaccinated, but I support it?"

"Educate yourself with reliable information and engage them in discussion. Talk about the importance of safeguarding your health and the health of people you care about in the community. Additionally, the vaccination increases the number of activities that are safe for teens to participate in, increasing their opportunities to socialize with their friends."



The St. Lawrence County Youth Bureau supports
Get Caught Reading Month!

Email your Read Aloud video or pictures
to slcyouthbureau@gmail.com
(They will be posted on our FB page)



Follow us!
[St. Lawrence County Youth Bureau](#)

**DREAM
BIG**
-Read



**AN AMAZON
RECOMMENDATION...**

One of Us Is Lying

Hardcover – May 30, 2017
by Karen M. McManus (Author)
4.6 out of 5 stars -13,671 ratings
Book 1 of 2: One of Us is Lying Series

Pay close attention and you might solve this.

On Monday afternoon, five students at Bayview High walk into detention:

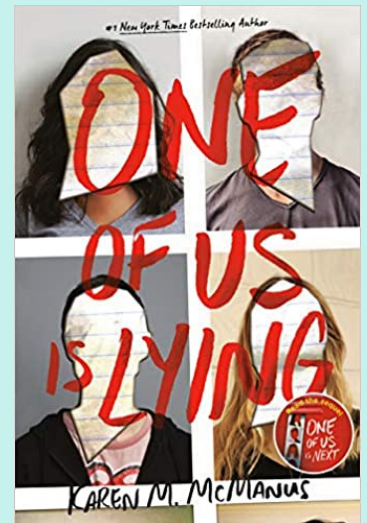
Bronwyn, the brain, is Yale-bound and never breaks a rule.

Addy, the beauty, is the picture-perfect homecoming princess.

Nate, the criminal, is already on probation for dealing.

Cooper, the athlete, is the all-star baseball pitcher.

And **Simon**, the outcast, is the creator of Bayview High's notorious gossip app.



Only, Simon never makes it out of that classroom. Before the end of detention Simon's dead. And according to investigators, his death wasn't an accident. On Monday, he died. But on Tuesday, he'd planned to post juicy reveals about all four of his high-profile classmates, which makes all four of them suspects in his murder. Or are they the perfect patsies for a killer who's still on the loose?

Everyone has secrets, right? What really matters is how far you would go to protect them.

May

-2021-

A few National Month observances:

- National Mental Health Awareness Month
- National Foster Care Month
- National Get Caught Reading Month
- National Older Americans Month
- Teacher Appreciation Week May 3rd-7th
- Nurses Week May 6th-12th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						School Principal's Day
2	3	4	5	6	7	8
World Laughter Day  HAHHA!		National Foster Care Day 	Teacher's Day 	National Nurses Day 		Honey Dew Acres Derby Day Festival 10AM-4PM 
9	10	11	12	13	14	15
Happy Mother's Day 	National Clean Your Room Day 		National Receptionists Day 			International Day of Families Armed Forces Day 
16	17	18	19	20	21	22
				National Rescue Dog Day 		
23	24	25	26	27	28	29
		National Missing Children's Day 	Taste of Camp Ogdensburg Dobisky Center 5:30-7:00 			
30	31					
	Memorial Day 					

St. Lawrence County Calendar of Events for families

FAMILY & YOUTH CALENDAR OF EVENTS

• 5/08 Honey Dew Acres Derby Day Festival 10-4

Horse demonstrations, carnival games, wagon rides, pony rides, concession stand, and much more. There will be a DJ and the famous cakewalk.

12 and under free
Adults \$5

Many free activities and ticketed activities.
Tickets \$1 each or 25 for \$20

• 5/26 Taste of Camp Dobisky Center, Ogdensburg

Come play games, sing camp songs and get creative with nature by making fairy houses! Learn about the outdoors and get a glimpse of the exciting activities we offer at both day camp and resident camp.

This event is open to girls in grade levels K-3 and is \$5 per girl.

SPECIAL INTEREST DATES

- 5/01 School Principals Day
- 5/02 World Laughter Day
- 5/04 National Foster Care Day
- 5/05 Teacher Appreciation Day
- 5/03-5/07 Teacher Appreciation Week
- 5/06-5/12 Nurses Week
- 5/06 National Nurses Day
- 5/09 Mother's Day
- 5/10 National Clean Your Room Day
- 5/12 National Receptionist Day
- 5/15 Armed Forces Day
- 5/15 International Day of Families
- 5/20 National Rescue Dog Day
- 5/25 National Missing Children's Day
- 5/31 Memorial Day



Email your events
to slcyouthbureau@gmail.com



Youth Bureau Trash Dash 5K

April 24th and 25th

Over 90 participants, including 60 youth

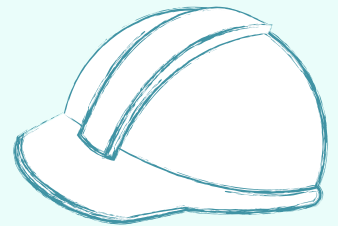
Our county is much cleaner because of everyone's hard work and commitment!

Don Chambers & SLC Highway Department
Brooks Bigwarfe & SLC Sheriff's Department
County Attorney- Stephen Button
Adam Simmons, SLC Weights & Measures
Legislator Terminelli
Legislator Haggard
Members of our Youth Advisory Board
PAL of Massena and Zach Monroe
Members of our Youth Committee
Members of SLC EMC
Cole Siebels
Rebekah Zuhlsdorf
Gouverneur National Honor Society
Fostering Futures
Heuvelton Boy Scouts
Heuvelton Girl Scouts
Hershey's
All participants
All Adult Volunteers

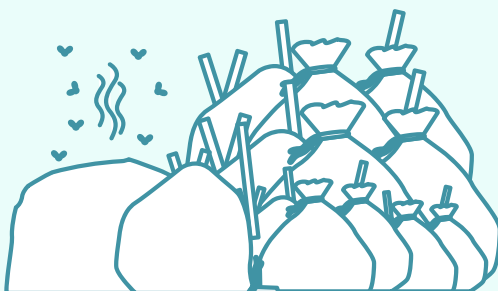
thank you ♥



Potsdam Crew



Canton Crew



ST. LAWRENCE COUNTY

TRASH DASH



April 24th & 25th 2021



PAL of Massena



Heuvelton Boy Scouts



Gouverneur NHS



Thank you, Hersheys

GREAT

Awesome work,
Heuvelton Girl Scouts
for cleaning up the
Heuvelton school
grounds and walking
trail!

