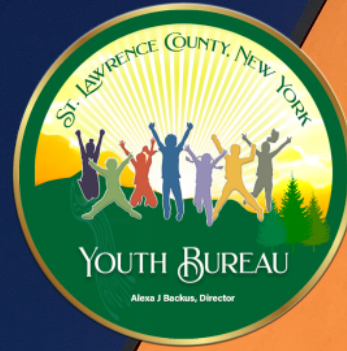


Youth Bureau Newsletter

Issue 6 | September 2021

Created by SLC YB Summer Interns



WELCOME TO OUR SIXTH 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 are looking for articles, written by teens, as well. Any future journalism majors? Contact us, please! We can be reached at slcyouthbureau@gmail.com or (315) 379-9464.

What's inside?

- **Transitioning from Online Learning to In-School Learning**
- **Suicide Prevention Month**
- **9/11 Remembrance Day**
- **And More!**



Featured articles



Transitioning From Online Learning to In-Person Learning

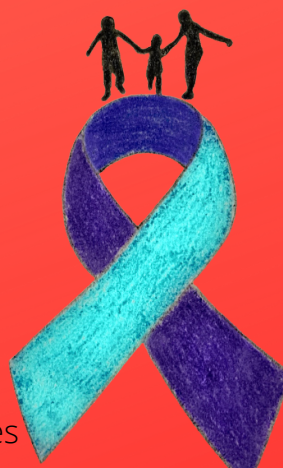
By: Tavon Hubbard

With COVID dialing down and people getting vaccinated, we see schools opening up to In-Person learning again. Going to online learning was a big change but we all grew accustomed to it. Now going back to in-person school, learning can be a little overwhelming, but it is a change that can be overcome easily. With online learning, kids didn't really have to do much work, unlike in-person traditional learning. Going from doing little work to full-time work can make some kids struggle. But with the right mindset, accomplishing good grades is rather simple. Seeing your friends that you haven't seen in a while due to the pandemic is possible with this switch back to normal learning. Student's mental health can also change due to the switch, interacting with others can improve their mood and mindset greatly. One of the largest challenges about going back to school is the fact that students became comfortable with the sense of not doing work which can be vital to their education. Students need to go back to normalcy if they want their education to go back to normal.





The month of September is suicide prevention month. With the past year we have seen suicides that have been impactful to the North Country. Suicide is one of the leading killers of teens in the world. They feel as if they aren't loved and people aren't there for them. But there are many people to talk to and many things to do that'll help. If you feel like you might be thinking about suicide, **STOP** what you're doing and talk to your parents, doctor, therapist, friends or anyone else you trust. If none of these are available to you, give the Suicide Hotline a call, 800-273-8255.





9/11 A DAY TO REMEMBER



Why 9/11

9/11 IS IMPORTANT BECAUSE ITS A TRIBUTE TOO THE 2.977 PEOPLE WHO LOST THEIR LIVES DURING THE TERRORIST ATTACK ON THE WORLD TRADE CENTER, PENTAGON, AND A FAILED HIJACKING OF A PLANE THAT CRASHED NEAR SHANKSVILLE, PENNSYLVANIA

9/11



Aftermath

AFTER THE ATTACKS OF 9/11 THE UNITED STATES BEGAN A WAR ON TERROR. THE ACTIVE PRESIDENT AT THE TIME GEORGE BUSH HAD DECLARED THE WAR ON TERROR STARTING WITH AN INVASION OF AFGHANISTAN. THIS WAR WAS SUPPORTED BY THE AMERICAN PEOPLE AND LEAD TO THE DEATH OF OSAMA BIN LADEN



9/11 MEMORIAL IN NYC



A PICTURE TAKEN AFTER THE SECOND TOWER WAS HIT



How to Deal with Social Anxiety

By: Christopher Rodriguez

IF YOU'RE LIKE ME, YOU GET NERVOUS IN SOCIAL SITUATIONS. WHETHER IT'S BEING ASKED TO GO OUT WITH A GROUP OF PEOPLE, OR JUST A ONE ON ONE CONVERSATION, MY HEART STARTS BEATING FASTER, I GET ALL SWEATY, AND I STUTTER MORE WHICH LEADS TO MORE ANXIETY! IF THIS SOUNDS EXACTLY LIKE YOU, THEN YOU'RE NOT ALONE. IN FACT, YOU HAVE HELP! HAVE NO FEAR, THE DE-STRESSOR PERSON IS HERE! SORRY, I COULDN'T HELP MYSELF. ANYWAYS, ONWARD, TO THE HELP!

SO, THE FIRST TIP FOR GOING INTO SOCIALLY STRESSFUL SITUATIONS, YOU'VE PROBABLY HEARD A GAZILLION TIMES. BUT, CONTROLLING YOUR BREATHING WORKS! TAKE SLOW, CALM, DEEP BREATHS, AND KEEP DOING THAT, IT WILL HELP YOU, I PROMISE. IT CAN EVEN PREVENT YOU FROM FEELING DIZZY OR EVEN NAUSEOUS, AS HYPERVENTILATING CAUSES EXACTLY THAT.

THE SECOND TIP IS TO START SMALL. DON'T RUSH SOCIAL SITUATIONS, LIKE IMMEDIATELY GOING TO A HUGE PARTY AFTER BEING AT HOME IN QUARANTINE. INSTEAD, START OFF WITH A FRIEND OR TWO, AND WORK YOUR WAY UP. AND IF YOU'RE MORE COMFORTABLE IN GROUPS, START OFF IN A SMALL GROUP, AND WORK UP OR DOWN.

FINALLY, THE LAST TIP IS TO THINK LOGICALLY ABOUT THE SITUATION. WHAT IS THE EVIDENCE THEY DON'T LIKE ME? WHY DO I FEEL THIS WAY? WHAT CAN I DO TO WORK AROUND MY FEAR? ALL OF THESE QUESTIONS ARE VALID IN A SOCIAL SITUATION WHERE YOU DON'T KNOW WHAT TO DO.

IF YOU'RE EVER UNCOMFORTABLE WITH PEOPLE, REMEMBER TO TAKE BREATHS, DON'T RUSH IT, AND THINK LOGICALLY. AND IF YOU NEED TO LEAVE, THERE'S NO SHAME IN LEAVING! YOU DO WHAT'S BEST FOR YOU, AND DON'T TORTURE YOURSELF BECAUSE YOU FEEL PRESSURED BY OTHERS.



Tips For Parents

By: Tavon Hubbard

With the school year coming right around the corner and you're about to send your children to school, there are some things that you can help your children prosper throughout the school year; as your child is transitioning from online learning to in-school learning, it can be tricky. As a parent, you should encourage your children to focus more in class and help them when necessary. Children need to be reminded that school is back to traditional teaching and it requires more effort and focus.

Implementing a steady and consistent sleeping schedule is also a core part to helping your child grow mentally and physically. Also making sure that your student gets the most beneficial and healthy breakfast so their brain can absorb the new material they will be learning during the school day.



- **MAKE SURE YOUR CHILD IS WELL RESTED**
- **HELP OUT WITH HOMEWORK WHEN NEEDED**
- **HELP YOUR CHILD FIND A GOOD NUTRITIOUS BREAKFAST**
- **MAKE SURE YOUR CHILD IS FOCUSED AND BEHAVING IN THE CLASSROOM AND AT HOME**

Helping Elementary Students

One of the most effected age groups and students by Covid is the elementary. These students have been doing the same things as the older kids but the only difference is, these kids have less focus and for them to go into a new system can be tricky.

For elementary students, getting back into the classroom can be challenging but it is not impossible.

When a teacher is teaching in the classroom, you should be mentally present and focused on the task at hand. Don't talk while the teacher is talking either.

Being respectful is very important during the classroom time so you and your classmates can learn new things each day.

- **STAY FOCUSED IN CLASS**
- **BE RESPECTFUL WHILE THE TEACHER OR CLASSMATES ARE SPEAKING**
- **EAT A HEALTHY BREAKFAST**
- **MAKE SURE YOU HAVE A GOOD SLEEP SCHEDULE**



Tips for Student Athletes

With Fall Sports beginning, many students have found themselves congested with sports and prepping for school. It is good for students to participate in sports because it helps keep the students healthy and active throughout the school year. But sometimes these students find it difficult to balance their work and their sports life.

To be successful in both aspects of school and sports, you need to try twice as hard as the average student. Games and practices can take up some study time, but this doesn't give you an excuse, you can still find the time to do your class work. Sports is a luxury when you are in school. If you want to participate in sports, you need to be a very focused student that has good grades.

- Focus on your school work just as much as sports
- Try not to overwhelm yourself



Why Schooling is Important

Some people may wonder why schooling is one of the most important things in our lives and in our country. There are people who push it to the side and don't want anything to do with learning. With the time wasted pushing away the schooling, these people could have a stable and excellent learning experience.

Instead of pushing schooling away, students can learn many new things and use them to their advantage in the real world. You can also learn great social skills which can help you profusely. Interacting and learning with other students can also help the mind. Without social interaction, sometimes students can develop mental health issues that can easily be avoided.



HISTORY OF TEACHING AND LEARNING

BY: TAVON HUBBARD



TEACHING HAS BEEN AROUND SINCE ROUGHLY 561 B.C., STARTING WITH CONFUCIOUS IN CHINA. CONFUCIOUS WAS A CHINESE PHILOSOPHER AND A PRIVATE TEACHER, WHO TRAVELED CHINA AND TAUGHT PEOPLE MANY THINGS. IN ANCIENT GREECE TIMES, THE GREEKS HIRED PRIVATE TUTORS FOR THEIR CHILDREN TO BE EDUCATED. THEN SOMETIME IN THE MIDDLE AGES, UNIVERSITIES SUCH AS CAMBRIDGE WERE FOUNDED AND TEACHERS REQUIRED TRAINING.

AS YOU CAN SEE, EDUCATION HAS BEEN AROUND FOR THOUSANDS OF YEARS AND STILL HOLDS IT'S IMPORTANCE TODAY. ALTHOUGH OVER THE YEARS, THERE HAVE BEEN SOME ADJUSTMENTS TO THE LEARNING SYSTEM IN THE WORLD AND IN THE UNITED STATES. IN 1837, WHEN THE NEW SECRETARY OF EDUCATION IN MASSACHUSETTS WAS APPOINTED, HE CREATED A STABLE YET BASIC ORGANIZED SYSTEM OF EDUCATION THAT GAVE STUDENTS THE BASIC CONTENT OF LEARNING. HIS NAME WAS HORACE MANN. MANN BELIEVED IN A FREE, UNIVERSAL, AND NOT POLITIC-BASED EDUCATION FOR ALL STUDENTS IN AMERICA. OVER THE DECADES, THE U.S. HAS ACCOMPLISHED WHAT HE STARTED. THE LARGEST PUBLIC SCHOOL SYSTEM IN THE COUNTRY RESIDES IN NEW YORK CITY, WHERE THERE ARE ABOUT 1.1 MILLION STUDENTS WITH 1,700 PUBLIC SCHOOLS AND A BUDGET OF \$25 BILLION.





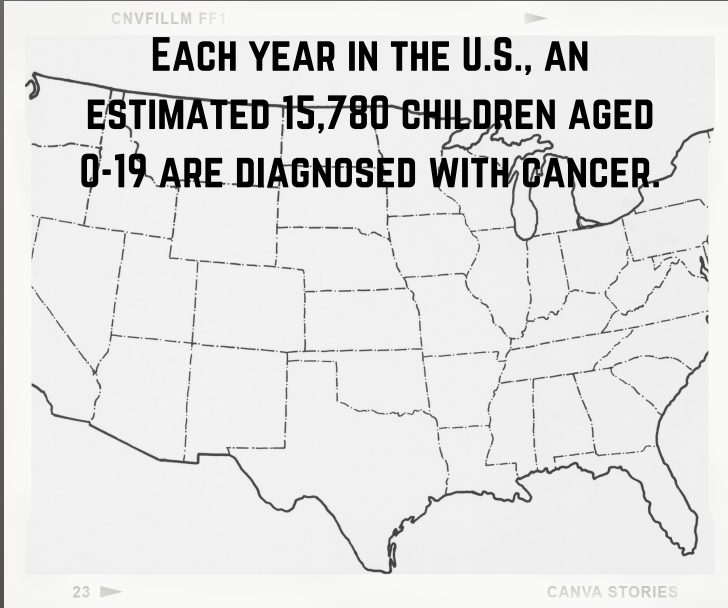
LABOR DAY IS A DAY FOR ALL THE HARD-WORKING AMERICAN CITIZENS. THIS NATIONAL HOLIDAY WAS CREATED IN THE LATE 19TH CENTURY BY THE LABOR MOVEMENT OF THE TIME. AMERICANS ALSO LOOK AT IT AS THE END OF SUMMER, WITH SCHOOL GETTING BACK INTO SESSION. SOME OTHER BACKGROUND ON LABOR DAY IS THAT WITH THE INDUSTRIAL REVOLUTION WAS AT ITS PEAK, WORKERS WERE FORCED TO 12-HOUR SHIFTS AND WORKED 7 DAYS A WEEK. THERE WAS EVEN CHILD LABOR AND THE CHILDREN MADE PENNIES COMPARED TO THE ALREADY HORRENDOUS WAGE THAT WAS IN PLACE BACK THEN.

MOSTLY THE POOR AND IMMIGRANTS WERE EXPOSED TO HORRIBLE WORKING CONDITIONS. BUT WITH LABOR UNIONS COMING AROUND IN THE LATE 1800S, THEY WERE BECOMING MORE VOCAL AND GOING ON STRIKE AGAINST THEIR EMPLOYERS TO COMPEL THEM TO GIVE THE WORKERS BETTER HOURS, WORKING CONDITIONS, AND A BETTER SALARY. SOME OF THESE STRIKES AND PROTESTS WEREN'T PEACEFUL. THE HAYMARKET RIOT IS A GOOD EXAMPLE FOR THIS, WHERE MULTIPLE CHICAGO POLICE OFFICERS AND WORKERS WERE KILLED.

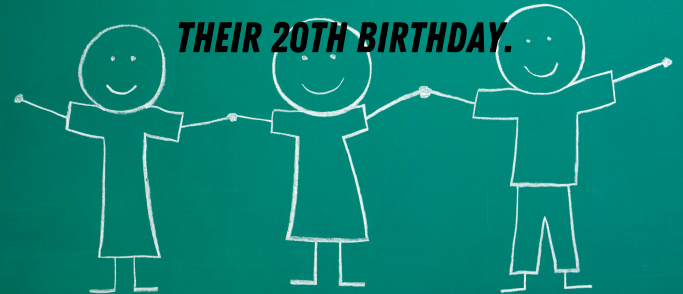
ALTHOUGH NO ONE KNOWS WHO HAD THE ORIGINAL PLAN OF LABOR DAY, THE PRESIDENT AT THE TIME, GROVER CLEVELAND SIGNED THE LAW THAT MADE IT A NATIONAL HOLIDAY. SOME PEOPLE GIVE THE CREDIT TO THINKING OF THE HOLIDAY TO, PETER J. MCGUIRE OR THEY SPECULATE IT WAS MATTHEW MAQUIRE.



CHILDHOOD CANCER AWARENESS MONTH



APPROXIMATELY 1 IN 285 IN THE U.S. WILL BE DIAGNOSED WITH CANCER BEFORE THEIR 20TH BIRTHDAY.



Globally there are more than 300,000 children diagnosed with cancer each year.

CANCER REMAINS THE #1 CAUSE OF DEATH BY DISEASE FOR CHILDREN IN AMERICA.

The American Childhood Cancer Organization (ACCO) was founded in 1970 by parents of children and adolescents diagnosed with cancer. As the nation's oldest and largest grassroots organization dedicated to childhood cancer, ACCO is committed to shaping policy, supporting research, raising awareness, and providing free educational resources to kids with cancer, survivors, and their families. Additionally, ACCO is the sole U.S. member of Childhood Cancer International (CCI) and has helped support more than half a million families over the past 50 years. Help make childhood cancer a national health priority because kids can't fight cancer alone®.

Visit www.acco.org for more information

September 2021

A few National month observances

- Suicide Prevention Month
- Baby Safety Month
- National Self Care Awareness Month
- Sept 1-4, National Childhood injury Prevention week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 International Bacon Day Ives Park Concert Series & Art Market
5 30th Annual Old Fashioned Harvest Days	6 Labor Day Last Day of State Fair	7	8	9 Teddy Bear Day 	10 Heuvelton Labor Day Weekend	11 Massena Baptist Church Car Wash Rensselaer Falls Fall Festival 9/11 REMEMBRANCE DAY
12 GRANDPARENT'S DAY 	13 Positive Thinking Day 	14 Step Family Day 	15	16	17 Citizenship Day 	18 NATIONAL CHEESEBURGER DAY  Potsdam Porch Fest
19 Garden Share's 7th Annual Fight Hunger 5K	20 NATIONAL PEPPERONI PIZZA DAY 	21	22	23	24	25 National Hunting and Fishing Day 
26 Johnny Appleseed Day 	27	28 Ask a stupid question day 	29	30		

www.reallygreatsite.com

FAMILY & YOUTH CALENDAR OF EVENTS

- 9/3 - 9/5 Heuvelton Labor Day Events
- 9/4 Ives Park Concert Series & Art Market
More Info [HERE](#)
- 9/4 - 9/5 30th Annual Old Fashioned Harvest Days
- 9/4 Walk with a Doc
- 9/10 - 9/11 Fall Community Clothing Giveaway
- 9/11 Massena Baptist Church Car Wash
- 9/11 Rensselaer Falls Fall Festival
- 9/18 Potsdam Porch Fest
- 9/19 Garden Share's 7th Annual Fight HUNGER 5K
More Info [HERE](#)

SPECIAL INTEREST/FUN DATES

- 9/4 International Bacon Day
- 9/6 Labor Day
- 9/9 Teddy Bear Day
- 9/11 Remembrance Day
- 9/12 Grandparents Day
- 9/13 Positive Thinking Day
- 9/14 Step Family Day
- 9/17 Citizenship Day
- 9/18 National Cheeseburger Day
- 9/20 National Pepperoni Pizza Day
- 9/25 National Hunting and Fishing Day
- 9/26 Johnny Appleseed Day
- 9/28 Ask A Stupid Question Day

walk™ WITH a DOC
Gouverneur

Saturday, September 4th, 2021
10:00 - 11:00 AM
Gouverneur Fairgrounds Track

**Accessible for all walkers, strollers and wheelchairs*

Join a variety of St. Lawrence County healthcare providers for a **FREE**, fun walk! Discover a new, safe place to walk, learn about health, and meet new friends! **The event is open to all and is for people of all abilities!**



Community Health Center
of the North Country
a BRIDGE to WELLNESS
St. Lawrence County Community Health Improvement Plan

Questions?
rbabowicz@chcnorthcountry.org | (315) 713-9369

We are a local chapter of an international 501(c)3. Learn more at walkwithadoc.org.

Heuvelton Labor Day Weekend Events

FRIDAY, SEPTEMBER 3RD

The Cross Country Band

7 to 11 p.m. at the Amvets Post 1997

SATURDAY, SEPTEMBER 4TH



Kids Fishing Derby
7 to 11 a.m. (ages 3-15)
Heuvelton Boat Launch

Craft Fair
9 a.m. to 2 p.m.
Heuvelton Fire Hall



Free Ice Cream Social
11 a.m. to 1 p.m.
at the State St. Deli

"Sun Run" walk/run
Registration begins at 7 a.m.

Race at 8 a.m.

Montroy Contracting,
26 Annette St.

\$10/person



Baby Contest 10 a.m.
newborn to 24 months
In the churchyard at St. Raphael's Church



St. Lawrence Valley Paddlers Remington II Canoe
Race; check in at 9 a.m., race at 10 a.m.
West Front St. in Rensselaer Falls



Heuvelton Free Library Quilt Show
10 a.m. to 3 p.m. at Pickens Hall (third floor)

Duck Race 12:00 p.m.
at the flat rocks on the River Road



Concert at the Boat Launch \$10 cover charge

Fulton Road Band from 4 to 7 p.m., DJ Mike Macaulay from 7 to 7:45 p.m.,
Another Fine Mess from 8 to 11 p.m.

With a break in between for fireworks at dusk

SUNDAY, SEPTEMBER 5TH

Lea's Diner 4th annual breakfast buffet



Parade at 1 p.m. with theme "Life's a Beach."

Big Wheel Races for ages 3-8
will begin following the
parade



Another Fine Mess
Doug's Tavern
After the parade Until 7 p.m.



Chicken barbecue 2 p.m.

Amvets Post 1997

\$12 for adults, \$6 for children



[CLICK HERE](#)

Local food vendors will be at various locations on State Street

Art Market
12 PM to 6 PM

NORTH COUNTRY ARTS FESTIVAL

Musical Performances
12 PM to 8 PM

Potsdam Porchfest,
12 PM
Saturday, September
4th



In addition, there will also be a performance
on September 18th from 6PM to 8PM.

Kidz Bounce Littles host a number of classes
for children and adults at the
Edwards United Methodist Church on Main Street

Thursdays @ 5:00 p.m.

- Hemp jewelry creation class for ages 7 and up
Cost is \$20

Thursdays after school

- Creative readers club Sept. 9 until Oct. 7
Cost for 5 weeks is \$30.

Thursdays from 6 to 6:30 p.m.

- Rainbow art character and t-shirt design class held weekly
Cost \$35 per family

For more information call
315-276-8423 Or [CLICK HERE](#)

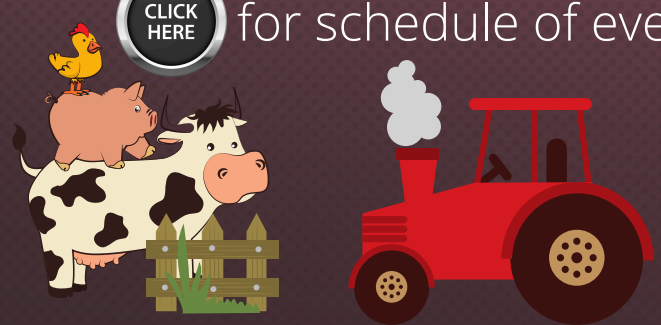


St. Lawrence Power and
Equipment Museum hosting 30th
annual Old Fashioned Harvest
Days in Madrid
1755 State Highway 345

September 4th and 5th
Admission is \$5 for ages 12 and older



for schedule of events



Rensselaer falls Kid's fishing Derby

- *****
- For Ages 3 - 15
- Top 2 fish will become REPLICAS!!!
- Prizes and Giveaways
- Hot Dogs and Drinks while supplies last! **FREE!**



- *****
- Saturday September 11th
- Registration from 7am - 7:55 am @Falls in Rensselaer Falls
- Rules @ 7:55 and fishing starts at 8AM (Anywhere in St. Lawrence Co. as long as you register FIRST!)



****FOR MORE INFORMATION CONTACT
STEPHEN LAROSE @ (315) 323-2519**



Gouverneur Recreation Department

Corner of Clinton Street & Trinity Avenue

{315.287.0524}

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}

Fall Community Clothing Giveaway

Friday & Saturday September 10th & 11th

9AM-3PM each day



Massena Baptist Church

5 Dover St. (corner of Andrews and Dover) Massena, NY.
Call/ text Diane at 315-250-8707 with ?'s or to donate.

Monetary Donation box available and proceeds go back to community for school supplies and other needs.

SATURDAY 9/11 ONLY AT MASSENA BAPTIST CHURCH



\$5 Suggested Donation sponsored by church youth, 1/2 of the proceeds will go to the fire department to thank them for their service.

GardenShare's

7th Annual

Fight Hunger 5K



Sunday, September 19

12:30 PM

Family-friendly 5K walk/run to help fight hunger in St. Lawrence County!

At The Remington Trail
on Sullivan Drive in Canton

Registration is open!

Click here to sign up or to pledge for a runner/walker:

<https://runsignup.com/fighthunger5k>

Rensselaer Falls Fall Festival

September 11 @ 3:30 PM

Live Music by
Singer-Songwriter
Shawn Stoddard

Family Fun/Live Music/Fireworks