

YOUTH BUREAU NEWS

A St. Lawrence County Monthly Newsletter



Inside the Issue

"BUSYNESS" BURN-OUT

Tips and suggestions for avoiding family burn-out as schedules are filling up with extracurricular activities

COLLEGE CORNER

Are you a high school student and confused about whether you should take the SAT for college admissions? Check out our article!

THE MONTHLY CALENDAR OF EVENTS

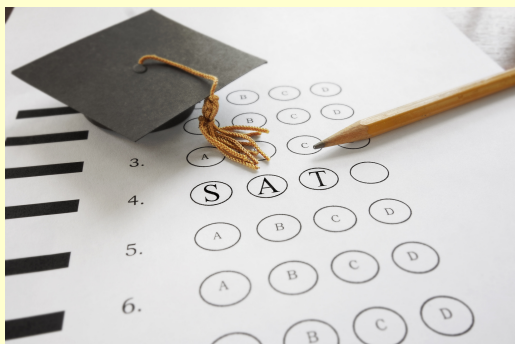
April's calendar of events will provide some family friendly activities offered in St. Lawrence County.

WELCOME TO OUR FIRST EDITION

by Alexa Backus

The Youth Bureau is excited to bring you our first newsletter. We've been listening to your feedback and wanting a central location for a kid & family friendly calendar of events. We've been reaching out to many organizations, and schools, to gather April's events. Let's be patient for a few editions while people are getting to know this is offered. *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 slcyouthbureau@gmail.com or (315) 379-9464.





COLLEGE CORNER: SHOULD I TAKE THE SAT FOR COLLEGE ADMISSION?

by Alexa Backus

There have been a lot of COVID cancellations this past year, including college admission tests such as the ACT and College Board's SAT. Now, we are consistently seeing, in the news, that colleges are making test score submission optional with some colleges eliminating the submission altogether. What does this mean for high school students?

First, *do your research*. Colleges are offering three options for test score requirements-**test optional**, **test flexible**, and **test blind**.

Test Optional: You get to decide whether you submit an ACT or SAT scores. Colleges will look at the score but will weigh in on other factors such as your GPA, extracurricular activities, letters of recommendations, and personal essay.

Test Flexible: Colleges allow the applicant to submit other test scores such as AP and PSAT scores.

Test Blind: Students are not required to submit any test scores.

Before you start doing a happy dance, there are some points to seriously consider. SAT and ACT scores are still mandatory for scholarship consideration. Many scholarships will look at two factors: your GPA and SAT score. By not submitting these test scores, you could be losing out on thousands of scholarship dollars.

Also, a high test score helps to offset a lower GPA. Many students, during their high school career, may have faced a difficult semester or two, causing their GPA to drop. By submitting a healthy SAT score, you can offset a bruised GPA.

Essentially, don't limit your choices. Understandably, it's stressful taking the SAT and worrying about test scores. However, challenge yourself to take it. Study and complete practice tests a few months ahead of a test date and build your confidence. After all, it's great skill-building for college! Start today by taking a [practice SAT](#).



SAT TEST DATES

SAT May 8, 2021

Register by April 8th

SAT June 5, 2021

Register by May 6th

ACT TEST DATES

ACT June 12, 2021

Register by May 7th

ACT July 17, 2021

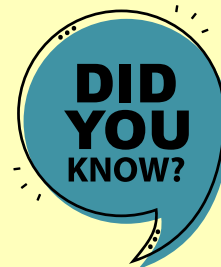
Register by June 18th

“

The will to succeed is important, but what's more important is the will to prepare.

-Bobby Knight

”



There are Apps you can use to practice SAT questions? Check out [Varsity Tutor's app](#)



HOW TO AVOID THE SHOCK OF "BUSYNESS"

by Alexa Backus

Now that activities, sports, and classes are starting to meet, in person, many families are reporting this transition to be a little tougher than expected. Many children have gotten used to remote learning and not having as busy schedules. What can you do, as a parent, to help support your children transition back to a busier spring schedule? Here are a few suggestions:



Establish a daily routine.

Children appreciate and do better with routine. Develop a weekly and daily schedule. Review with your child(ren) consistently. This helps alleviate anxiety children sometimes feel and helps develop strong organizational skills.



Don't over-schedule

We are all excited to get back to our lives pre-COVID and we feel we missed *a lot*. Don't be over ambitious and over-schedule with too many activities. Add activities over time to avoid a meltdown.



Talk with your children.

Engage your children in conversation. Ask them how they are doing. Family dinnertime is a great time to connect with family members.



Practice family self care.

Practicing self care is healthy for everyone. Sometimes your children may need a 30 minute cartoon fest, an afternoon nap, or a special treat. That's okay they're fueling their emotional tank. What's your favorite self-care activity?

Self-Care

ACTIVITIES TO DO TOGETHER

- Write positive notes to each other
- Watch a good movie
- Cook a new recipe
- Do a 30 minute online yoga session
- Study cloud shapes
- Declutter toys
- Practice mindfulness
- Volunteer
- Play board games
- Talk about friendships
- Do one random act of kindness
- Write a thank you note
- Go on a family walk
- Brush your cat/dog
- Listen to music

Do a 5K together

YOUTH BUREAU TRASH DASH

ST. LAWRENCE COUNTY

TRASH DASH



#SLCTRASHDASH

April 24th & 25th 2021

CLICK





April

-2021-

A few National Month observances:

- National Child Abuse Awareness
- Keep America Beautiful Month
- National Autism Awareness Month
- National Volunteer Month
- National Stress Awareness Month
- Global Youth Service Day April 23rd-25th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Norwood Municipal Park Egg hunt
4 Easter Bunny @ Brier Hill Fire Station 	5 Vet Science Class	6 Gardening Class	7 Wildlife Exploration Lunch -N- Munch	8 Nature Journaling	9 Cooking Class	10
11	12	13	14 Lunch -N- Munch	15	16 Garden Share Virtual Trivia Night	17
18	19	20	21 Lunch -N- Munch	22 	23	24 Youth Bureau Trash Dash 5K 
25 Youth Bureau Trash Dash 5K 	26	27	28 Lunch -N- Munch	29	30	

St. Lawrence County Calendar of Events for families

FAMILY & YOUTH CALENDAR OF EVENTS

- April 24th & 25th
St. Lawrence County Youth Bureau
[Virtual Trash Dash 5K](#)

[Register HERE](#)

SPECIAL INTEREST DATES

- April 1st-April Fool's Day
- April 2nd-World Autism Awareness Day
- April 6th-National Student-Athlete Day
- April 7th-World Health Day
- April 11th-National Pet Day
- April 21st-National Kindergarten Day
- April 22nd- Earth Day
- April 23rd-Take Our Daughters and Sons to Work Day
- April 28th-National Super Hero Day

Cornell Cooperative Extension | St. Lawrence County

Spring Break Specials

Join in the fun at the Cornell Cooperative Extension Learning Farm, Canton, during the upcoming Spring Break. Monday, April 5th through Friday, April 9th! Extension Educators will provide hands-on workshops for youth in five exciting topic areas: Vet Science, Gardening, Wildlife Exploration, Nature Journaling and Cooking! Class times are listed below. Please click the links below to register for each class.

Class Information:
The cost is \$5.00 per class. Please click on the classes below that you would like to register in.

[Vet Science Class](#) from 10:00-12:00 on Monday, April 5th
[Gardening Class](#) from 10:00-12:00 on Tuesday, April 6th
[Wildlife Exploration](#) from 10:00-12:00 on Wednesday, April 7th
[Nature Journaling](#) from 10:00-12:00 on Thursday, April 8th
[Cooking Class](#) from 10:00-12:00 on Friday, April 9th



FOR CURRENT CLASS LISTINGS AND TO REGISTER VISIT:
[HTTP://STLAWRENCE.CCE.CORNELL.EDU/](http://stlawrence.cce.cornell.edu/)
 OR CALL 315-378-8192 EXT. 261.


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So! Let's LUNCH-N-MUNCH together!

Join SNAP-Ed Nutritionist, Wanda Collins, in this adult class series where you'll learn new skills and create simple, low-cost, "good for you" foods!

April 7th
April 14th
April 21st
April 28th

Wednesdays
12 pm-1pm
On Zoom
[Register here!](#)



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