



YOUTH BUREAU NEWS

A St. Lawrence County Monthly Newsletter

June 2024

Vol 4 Issue 6



Inside the Issue



Finals are coming up soon! Check out this month's tips and suggestions for ending the school year well!

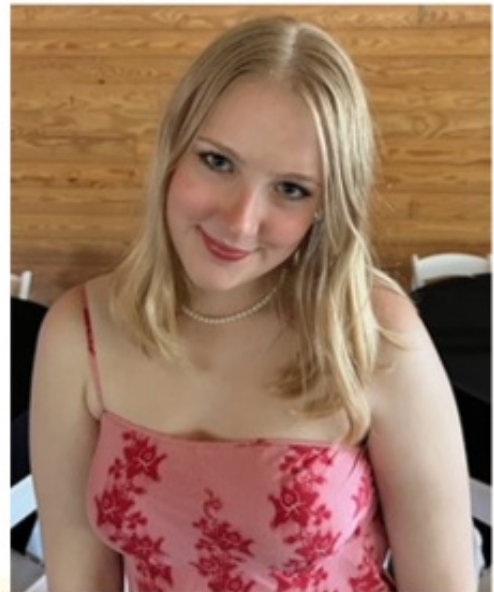
Congratulations, area graduates! Wishing you all the best as you celebrate your high school graduation this month! A special "job well done" to our Teen Ambassador graduates!



Check out this month's upcoming events for fun-filled activities!

Class of
2024

Congratulations, Teen Ambassador Zoe McLean, on your high school graduation! Wishing you the best luck on your future endeavors!



- 1. Name:** Zoe McLean
- 2. Age:** 18
- 3. Graduating High School:** Colton-Pierrepoint Central
- 4. College plans:** Attend the Fashion Institute of Technology for Advertising and Marketing Communications this fall
- 5. Career plans:** Become a stylist or do social media marketing for a fashion or beauty brand
- 6. Serving as a Teen Ambassador has meant:** Having a direct influence on positively impacting my community and instilling change
- 7. Words of encouragement or advice for teens/underclassmen:** Find trusted adults and manage your time wisely

Class of
2024

Congratulations, Teen Ambassador Kerisa Burns, on your high school graduation! Wishing you the best luck on your future endeavors!



- 1. Name:** Kerisa Burns
- 2. Age:** 17
- 3. Graduating High School:** Norwood-Norfolk Central
- 4. College plans:** Double major in sociology and political science with a track in pre-law; potentially minor in Spanish while attending SUNY Cortland
- 5. Career plans:** Becoming a family attorney in order to help families navigate the courtroom
- 6. Serving as a Teen Ambassador has meant:** Being able to play a larger role in my community, help those who are in need and give back to a community who has shaped who I am today
- 7. Words of encouragement or advice for teens/underclassmen:** It is important to be kind to those around you, as you never know what they are going through. But it is equally important to be kind to yourself and take time to appreciate the accomplishments you have achieved.

Class of 2024

Congratulations, Teen Ambassador Dominic Fiacco, on your high school graduation! Wishing you the best luck on your future endeavors!



1. Name: Dominic Fiacco

2. Age: 17

3. Graduating High School:
Norwood-Norfolk Central

4. College plans: I plan to develop my leadership skills and enter the military field through West Point. I hope to serve my country wherever and whenever possible.

5. Career plans: I want to pursue a career in the military as an officer. I will major in data analytics at West Point in hopes of acquiring a high level math focused job during my time in the military.

6. Serving as a Teen Ambassador has meant: Being a Teen Ambassador has meant leading the younger generation to becoming stronger mentally and assisting anyone in need. The St. Lawrence County Youth Bureau has helped me develop my leadership skills and has enabled me to plant a seed of courage into younger kids, so they can grow up to be brave and not be afraid of expressing their emotions or dealing with problems.

Class of 2024

Congratulations, Teen Ambassadors
Macy White & Emalyn Kulp,
on your high school graduations!
Wishing you the best luck on your
future endeavors!



- 1. Name:** Macy White
- 2. Age:** 18
- 3. Graduating High School:** Edwards-Knox Central
- 4. College plans:** Attending North Country Community College
- 5. Career plans:** Radiology
- 6. Serving as a Teen Ambassador has meant:** Meant a lot for being able to spread awareness to younger kids, in my school, by being part of the Gizmo project
- 7. Words of encouragement or advice for teens/underclassmen:** Stay consistent and always remember you don't know what others are going through and treat everyone with respect



- 1. Name:** Emalyn Kulp
- 2. Age:** 18
- 3. Graduating High School:** Gouverneur Central
- 4. College plans:** Attending SUNY Delhi for a BS in Nursing and to continue swimming!
- 5. Career plans:** Nursing
- 6. Serving as a Teen Ambassador has meant:** I got to encourage and help improve movements that involved teens and, for that, I'm grateful.
- 7. Words of encouragement or advice for teens/underclassmen:** To make great accomplishments, you have to step out of your comfort zone



GRADUATES, WE HONOR YOU!

Congratulations



ENJOY YOUR TIME!

Recently, some area high school graduates confessed they feel stressed and ill-prepared for their next steps. Some grads are heading off to college in August while others are starting jobs or, perhaps, doing both. Without a doubt, this is a stressful time. As with any life transitions, they can be unpredictable and topsy-turvy. However, transitions can be adventurous, fun, educational, and life changing. Here are a few tips to ward off graduation jitters and embrace *your time*:

- **Spend quality time with your people.** Summer will quickly pass. Spend quality time with family and friends doing activities you enjoy. Take pictures and make memories!
- **Be easy on yourself.** Some students may already know their college major, career, or trade. It's okay if you do not. Realistically, many people change their college major or career path. It's okay to do so. Now is the time to reflect on your interests and strengths.
- **Don't compare yourself.** Too often, we have a tendency to compare ourselves to others. *As long as you are always striving to be your best, that is enough.*
- **Make new relationships.** Be open to making new friendships. If you are attending college, get to know your resident assistant (if you are living on campus.) Also, build a positive working relationship with your college academic advisor. They can be a big help! If you are starting a new job, get to know your direct supervisor. (Same reason as resident assistant & college advisor.)
- **Learn how to manage your money.** Listen to the advice of your parents or teachers on this topic.
- **Talk it out.** It's okay to reach out to your parents or friends when you are feeling unsure and need some support. Have at least one support person you can talk to about *anything*.
- **Be proud of your accomplishments.** Enjoy your graduation and pat yourself on the back for a job well done! *Congrats! Job well done!*

BELIEVING IN YOU

A graduation poem
by Catherine Pulsifer

Never stop believing in yourself.
When others doubt, don't you.
Do what you love to do,
No one knows better than you.

Life is too short to live others' dreams
Follow your own dream
Push yourself to reach your goals
And live the life you once dreamed.

Trust your instincts.
Be true to yourself.
You know what is right for you.
Never give up or give in.

Forget the words "I don't know how".
You can learn,
You can research,
You can do.

Your mind is powerful.
When you believe you can.
You will find a way
You won't waste a day.

Persist and persevere
Do not fear
Because if you believe in you
You will find dreams can come true.

May all your dreams turn into goals,
Believe in yourself.
And remember, all of life is a choice.
The decision is up to you.

Believe in Yourself, Dare To Be
Whatever You Want To Be!

Class of 
2024

HELLO, FINALS



TIPS FOR KEEPING YOUR COOL DURING JUNE FINALS



Congratulations, you've made it to the end stretch of the school year which means finals are coming up quickly! Here are some tips and strategies to consider when getting ready for end of semester tests and projects:

- **Know your test final and project dates.** Put them into your calendar so you don't overlook any important deadlines. Ask your teacher about study guides and test content. This allows you to effectively plan your study time. *Do this now.*
- **Chunk your study time.** Focus, concentration, and stamina are strongest when doing short, powerful study bursts. For example, study hard for 40 minutes and then take a 20 minute break. Study another 40 minutes and then *another* 20 minute break. You'll find that you get a lot done when you study hard, free from distractions (especially your cell phone), and then reward yourself with a snack or texting break.
- **Schedule a study group with your peers.** Consider studying via Zoom and do screen shares to review content together.
- **Involve the senses when studying.** "See it, hear it, say it, feel it." Students have a much easier time remembering content when they are actively studying. Write out notes and test questions. Use highlighters and markers. Recite facts out loud so you can hear your voice. These strategies are much more effective than merely reading notes.
- **Practice Test Questions.** Often test questions can be pulled out of textbooks, notes, & study guides. Plus, many teachers use these questions when developing finals. *Check them out.*
- **Use study apps for engagement.** Download some top rated apps for studying such as StudyBlue Flashcards & Quizzes, Go Conqr, My Study Life, and Evernote. Many apps are free to use and promote organization, time management, memorization techniques, and motivation.
- **As always, unplug, practice self-care, and get sleep.** Take care of yourself during finals and good luck! *You've got this!*



SAT TEST DATES

SAT August 24, 2024

Register by August 9th

COLLEGEBOARD.ORG

ACT TEST DATES

ACT July 13, 2024

Register by June 7th

ACT September 14, 2024

Register by August 9th

ACT.ORG

— “ —

“All progress takes place outside the comfort zone.”

-Michael John Bobak

— ” —

OFFICIAL DIGITAL SAT PREP
ON KHAN ACADEMY:



HELL Summer

Orange Cream Pops

- 4 cups orange juice
- 1 cup vanilla Greek yogurt
- 1/4 cup honey
- 2 teaspoons orange zest
- 1 1/2 teaspoons vanilla extract

6- 4 ounce popsicle molds

1. Bring o.j. & honey to a simmer in a saucepan, whisking occasionally, over medium-high heat. Cook until reduced to 2 cups, about 25 minutes. Let cool completely.

2. Add the orange-honey mixture, yogurt, orange zest, and vanilla to a blender and puree until smooth. Pour into six 4-ounce pop molds. Freeze until set, at least 4 hours or overnight.



WHAT IS THE TICK BLITZ?

Purpose

We are conducting a Tick Blitz in the western and northern regions of New York State to understand where different tick species are present in the state and track their expansion.

How Does it Work?

- Individuals who register to participate will attend online and/or in-person trainings to learn how to properly and safely collect ticks in their community
- Volunteers will receive a kit in the mail or pick one up at their local Cornell Cooperative Extension office. The kits will have everything they need to collect and return tick samples and protect from tick bites.
- Volunteers will collect ticks at a dedicated location of their choosing at least once between June 16 and June 29, 2024
- Collected ticks will be mailed back to Cornell University where they will be identified by our team of entomologists. Results will be made available online and shared with event volunteers.



TICK BLITZ
Community-Based Science



NORTHEAST REGIONAL CENTER FOR
EXCELLENCE IN VECTOR-BORNE DISEASES

HOW DO I SIGN UP?

The first step to registration is to watch our short informational video. This video provides an overview of what to expect as a volunteer in the Tick Blitz program.

TICK BLITZ INFORMATIONAL VIDEO



After watching the video, you can register to participate. You can also contact us at tickblitz@gmail.com for more details..

2024 Saints Volleyball Camp

St. Lawrence University

Canton, NY



Day clinic for Grades 5-8

(three hours a day for each age group)

Monday-Wednesday, July 8th - July 10th

- **Grades listed apply to the 2024-2025 school year.**
- **Camp is limited to the first 30 campers in the morning and the first 30 in the afternoon.**
- **No new registrations will be accepted after July 1st, even if space still allows.**
- **Link to Register: <https://tinyurl.com/SLUBrownCamp>**

THE NY ARNG CHILD & YOUTH PROGRAM

JUNE 25TH @6PM

ROGER THAT: COMMUNICATION COUNTS!

Being a military child offers its own unique challenges.

Join C&Y for a workshop with the Red Cross where children can connect with other military Kids and discuss communication strategies within their military family and other settings.

Parents are encouraged to attend as well!

TO SIGN UP SCAN THE QR CODE
OR CLICK THE LINK BELOW
[HTTPS://LINKTR.EE/NYARNGCYS](https://linktr.ee/nyarngcys)



NYSYOUTHCOORDINATORS@GMAIL.COM



UPCOMING EVENTS

Click on **E**vents for More Information or to **E**nlarge

SLC "ARTS & SEEK"

An Arts Scavenger Hunt
Discover Art in YOUR Community!

Search Times:

June 14 at 12:00 PM to June 17 at 12:00 PM

Winners Announced:

June 18 by 6:00 PM via email and social media

register at slcartscouncil.org/shop

PRIZES FOR 7 CATEGORIES!

\$5 PER PARTICIPANT

\$20 DONATION FOR 2 DAY HEAD START



St. Lawrence Health invites you to



Saturday, June 8, 2024

4:00 - 5:00 pm

Clarkson's Munter Trail, Potsdam

Meet behind the Stewart's Shop at 26 Maple St., Potsdam

A Celebration of Pride Month: St. Lawrence Health's Commitment to Diversity, Equity, and Inclusion

Join PA Dawn White from Potsdam Primary Care, Infectious Disease specialists Dr. Daniel Soule and NP Jamie Gibson, and members of the St. Lawrence Health DEI Committee to learn about our commitment to providing quality and compassionate care to all community members. Enjoy a walk along the Raquette River while meeting members of our healthcare team. Water, healthy snacks, and giveaways will be provided.

The event is FREE and open to people of all ages and abilities.



ST LAWRENCE HEALTH
An Affiliate of Rochester Regional Health

a BRIDGE to WELLNESS
St. Lawrence County Community Health Improvement Plan

Questions?
Contact Carolyn
at 315-261-5406

For more information, visit:
Walkwithadoc.org/join-a-walk/locations/stlawco/



Parent and Family Engagement within the FBA and BIP Process

JUNE 12TH, 2024

Email Contact:
bleboeuf@cccnc.org

4:00-6:00 PM VIA ZOOM

Participants will be able to understand:

- The definitions and purpose of both a Functional Behavior Assessment (FBA) and Behavior Intervention Plan (BIP)
- How the FBA and BIP should begin and the process
- Who is on the committee that creates each process and the timeline
- The role of parents, families, and caregivers as part of the BIP Teams

To sign up:

<https://tinyurl.com/mr37acaf>

Or Scan:



New York State Education Department
Office of Special Education
Educational Partnership
School-Age Family and Community Engagement Center
NORTH COUNTRY



SUMMER BASH!

CELEBRATE THE LAST DAY OF SCHOOL WITH THE CHILDREN'S MUSEUM, SLC ARTS & WPBS. FREE COMMUNITY EVENT. COME PARTY WITH US!

TUESDAY
JUNE 25
12PM-2PM

GARNER PARK, POTSDAM
ALONG THE RIVER NEAR THE MUSEUM

ACTIVITIES, GAMES, MUSIC, TREATS,
AND
CLIFFORD THE BIG RED DOG!



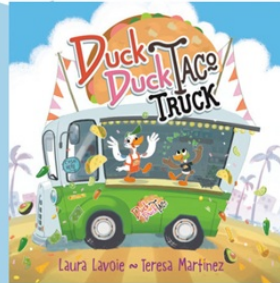
CHILDREN'S BOOK AUTHOR SERIES

Saturday, June 15th
11:00am to 12:30pm



LAURA LAVOIE

BOOK READING & STEAM ACTIVITY



Two food trucks staffed by sworn enemies: ducks vs. geese. But soon, Goose becomes overwhelmed by hungry crowds. He sure could use some extra wings to help out! Will these foes find a solution and become feathered friends?

FREE WITH ADMISSION



Ogdensburg Public Library

June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Tie Dye 11:00 am
2 Closed	3	4 Music and Movement 11:00 am	5	6 Story Time 11:00 am	7	8
9 Closed	10	11 Music and Movement 11:00 am	12	13 Story Time 11:00 am	14	15
16 Closed	17	18 Music and Movement 11:00 am	19 Closed	20 Story Time 11:00 am	21	22
23 Closed	24	25 Music and Movement 11:00 am	26 Lego Play 5:00 pm	27 Story Time 11:00 am	28	29

Music and Movement

A preschool movement class for socialization and learning!
Ages 18m-5

Tuesdays @ 11:00 am

Story Time

Stories, songs, crafts and activities.
Ages 2-5

Thursdays @ 11:00 am

Take Home Crafts

Crafts available for pickup at the front desk.

Monday—Saturday

Lego Play

Ages 6 and up

Build with Lego blocks and solve our monthly Lego challenge

June 26 @ 5:00 pm

Tie Dye

5 and up
Tie dye a t-shirt in library park.
Please bring your own prewashed shirt.

June 1 @ 11:00 am

Summer Reading!

Summer reading is starting in July! Don't forget to pick up your summer reading log at the circulation desk.

July 1—August 13



Clifford Visits Applewood Orchards

Event in Rensselaer Falls, NY by WPBS-TV and Applewood Orchards on Sunday, June 16 2024 with 268 people...

[facebook.com](#)



Free Art Workshop for Kids and Families

Event in Cranberry Lake, NY by Clifton Community Library on Saturday, June 8 2024

[facebook.com](#)



Bicycle Helmet Giveaway

Event in Potsdam, NY by Potsdam Police Department on Wednesday, June 19 2024 with 116 people interested.

[facebook.com](#)



7th Annual Rensselaer Falls Fire & Rescue Dept. Color/Walk Run

Event in Rensselaer Falls, NY by RFFR Truck Refurbishment and 2 others on Sunday, June 9 2024 with 405 people...

[facebook.com](#)



Ogdensburg River Fest 2024

Event in Ogdensburg, NY by Ogdensburg International Seaway Festival on Saturday, June 15 2024 with 1.4K people interested and 118 people going. 33 posts in the discussion.

[facebook.com](#)



Flag Day Parade

Event in Gouverneur, NY by Gouverneur Chamber of Commerce on Saturday, June 15 2024

[facebook.com](#)



SLC Youth Bureau | 80 State Highway 310 | Canton, NY 13617 US

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