



YOUTH BUREAU NEWS

A St. Lawrence County Monthly Newsletter

March 2024 Vol 4 Issue 3



Inside the Issue



Eight St. Lawrence County Teen Ambassadors visited Albany and attended the Annual Youth Leadership Forum & Legislative Day. Read about their experience!

Did you participate in Five Hour Free (from Social Media) Friday on March 1st? Read about Teens and Social Media Use and commit to reducing your social media time.

Check out this month's Upcoming Events for opportunities & activities! Adam FC Fletcher offers a workshop on the 19th for adults working in youth-serving organizations!



THE ST. LAWRENCE
COUNTY
YOUTH BUREAU'S
4TH ANNUAL
TRASH DASH

APRIL
27-28
2024

Details coming soon!

SAVE
THE
DATE

ST. LAWRENCE COUNTY

TRASH DASH



#SLCTRASHDASH

April 27-28, 2024

The St. Lawrence County Youth Bureau announces

MODERN YOUTH LEADERSHIP

A WORKSHOP BY ADAM FC FLETCHER



About the Workshop

Young people everywhere are demanding new norms, seeking new opportunities and preparing us for a new way of being that has never been seen before. **This is Modern Youth Leadership.** In many cases, the adults who support young people don't know where to go, how to behave or what to do. In this hands-on, engaging workshop participants identify what the current landscape is and how our programs and organizations can responsibly, and effectively, respond to it.

Adam F.C. Fletcher facilitates this workshop for all adults, including youth workers, organizational leaders, parents and educators who want to engage young people today, but need new learning, new thinking and new ways to make connections. As the leader of the Freechild Institute for Youth Engagement for more than 20 years, through dynamic research and practice, Adam has found powerful patterns, created meaningful tools, and launched massive programs affecting the lives of more than 1,000,000 children and youth *worldwide*.

Fletcher's 2023 book, *Steps to Youth Leadership in Modern Times*, will be used as a guide and participants will learn about:

- o Authentic youth voice
- o Effective youth programs
- o Infusing youth leaders
- o Empowering new change

Participants will leave inspired, empowered, and ready to take action in their programs, organizations and communities. Learn how to make space, create opportunities, and effectively infuse **Modern Youth Leadership** every day.



 **Tuesday, March 19th**
10am - 2pm

 **Human Services Building (Upstairs Conference Room)**
80 State Highway 310
Canton

REGISTER TODAY

Open for 20 Attendees

- Free to attend thanks to grant funding from The Association of New York State Youth Bureaus
- Each attendee receives a copy of Fletcher's book *Steps to Youth Leadership in Modern Times*
- A light lunch is included

SCAN ME



CLICK HERE

Sponsored by:
The Association of
New York State
Youth Bureaus
and
The St. Lawrence County
Youth Bureau



<https://adamfletcher.net>

Thank you!

FOR CONTRIBUTING
TO A SUCCESSFUL
VALENTINE'S DAY
CARD DRIVE 2024!

Some Card Contributors:

- Canton Middle & High School FACS students
- Citizens Advocate
- Claxton Hepburn
- Gouverneur High School
- Jolly Ranchers 4-H Club
- Little River Community School
- The Arc Massena Day Hab
- JW Leary Jr High-Massena
- Madison Elementary, Massena
- John F. Kennedy Elementary, Ogdensburg



Youth as Solutions

The Youth Committee's initiative, Five Hour Free (from Social Media) Friday was a success due to the support of Youth as Solutions with National Youth Leadership Council and the hard work of Teen Ambassadors, Anant Bansal, Zoe McLean, and Prudence Cutwa who serve as Team Leaders for Youth as Solutions.

Youth as Solutions provided monthly training for our three Ambassadors and Youth Bureau Director, Alexa Chase. During the monthly virtual check-ins, we met other Youth as Solutions partners and teens representing schools and organizations throughout the US.

Free from Social Media
Free from Cell Phones
100
The # of times, on average, teens pick up their phones everyday.
500
The # of minutes, on average, teens spend on their phone everyday.
8
The # of hours, on average, teens spend on their phones everyday.

Don't be average.
Unplug and Unwind.

Five Hour Free Friday
Friday, March 1st
4:00 to 9:00 pm

The Journal of American Medical Association Pediatrics, January 2023

THANK YOU!

Proud to be a 2023
Youth as Solutions Team!
Addressing health needs through Community Health.

COMMUNITY HEALTH
nylc
national youth leadership council

During the monthly check-in meetings, our Ambassadors (Team Leaders) learned how to complete a teen-led community service project based on meeting the needs in our local community. They've also learned about the Student Service Learning Cycle using the IPARD method. (Investigation, Planning & Preparation, Action, Reflection, Demonstration)

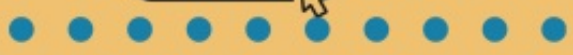
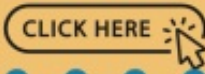
Our Teen Ambassadors also received a \$500 grant from Youth as Solutions which helped pay for advertising costs and magnets which were distributed to area schools prior to Five Hour Free Friday.

Our Ambassadors will be working on a 3 minute video as a wrap up summary of Five Hour Free Friday.

Youth as Solutions can be found on Facebook **@National Youth Leadership Council** and on Instagram **@nylcorg**. (Click on each icon to view their social media platforms.)



For more information, click here for their website:



JOIN
NOW

St. Lawrence County
Youth Bureau
now recruiting



Teen Ambassadors

from the following schools:

- Canton
- Clifton-Fine
- Madrid-Waddington
- Gouverneur
- Harrisville
- Hammond
- Hermon-DeKalb
- Heuvelton
- Lisbon
- Ogdensburg
- St. Lawrence Central
- Massena
- Parishville-Hopkinton

Why become a Teen Ambassador?:

- Learn about important issues impacting our communities
- Develop a stronger skill set when dealing with tough topics such as teen suicide prevention
- Receive annual QPR (Question, Persuade, Refer) training
- Gain leadership skills
- Learn about county government & the legislative process
- Complete community service projects
- Have exposure to career paths within local government
- Gain confidence and motivation
- Feel empowered and have a voice
- Build peer to peer relationships
- Gain public speaking experience (Interviews!)
- Annual trip to Albany for Legislative Day & Youth Leadership Forum
- Be part of a team and make new friends



SCAN ME



Students 8th-11th grades
APPLY TODAY!

Contact Alexa Chase
AChase@stlawco.gov
315.379.9464

2024 YOUTH LEADERSHIP FORUM AND LEGISLATIVE DAY

Albany, New York
February 5-6, 2024

Monday, February 5th Youth Leadership Forum “Champions of Change: Empowering the Next Generation of Advocates

SLC Teen Ambassadors in attendance:

- Anant Bansal, Potsdam Central
- Anya Bansal, Potsdam Central
- Elif Cetinkaya, Potsdam Central
- Prudence Cutwa, Lisbon Central
- Angiolina Hukovic, Morristown Central
- Emalyn Kulp, Gouverneur Central
- Taha Ait Maatallah, Potsdam Central
- Zoe McLean, Colton-Pierrepont Central

Monday’s Workshops:

- Exploring Relationships Around You and How to Promote Healthy Ones
- Soulful Connections: Harnessing Empathy & Energy
- Advocacy 101: Empowering Individuals with skills and knowledge to become most effective advocates

Tuesday, February 6th Legislative Day Meetings:

- Senator Dan Stec
- Assemblyman Scott Gray

Topics of Discussion:

- Add \$3 million, above what was appropriated in the Executive Budget, for the Youth Development Program (YDP), a critical funding stream that allows Youth Bureaus and community-based organizations across the state to provide services to over 1.3 million youth annually.
- Add \$10 million for the Statewide Youth Teams Sports Funding. Last year’s budget created a new program to increase statewide youth team sports which was administered by Youth Bureaus in every county across New York state. Sports positively affect aspects of personal development among youth such as self-esteem, goal setting, and leadership skills. Also, sports programs address mental health challenges, obesity prevention and overall wellness.
- Maintain funding of \$200,000 for the NYS Youth Council. ANYSYB receives a grant through the Office of Children and Family Services (OCFS) to assist in the administration of this Council which has proven positive for New York’s youth serving members.
- Impact of Social Media use on teens and Five Hr. Free (from Social media) on Friday, March 1st 4 to 9 pm.





2024 Annual Youth Leadership Forum

Albany, New York

February 5th and 6th

Eight St. Lawrence County Teen Ambassadors joined the Youth Bureau at this year's Annual Youth Leadership Forum at the State's Capital:

- Anant Bansal, Potsdam Central
- Anya Bansal, Potsdam Central
- Elif Cetinkaya, Potsdam Central
- Prudence Cutwa, Lisbon Central
- Angiolina Hukovic, Morristown Central
- Emalyn Kulp, Gouverneur Central
- Taha Ait Maatallah, Potsdam Central
- Zoe McLean, Colton-Pierrepont Central



Ambassador's feedback:

"I had an exceptional experience at Albany. It was a great honor to meet our Senator Daniel G. Stec and Assemblyman Scott Gray. As the youngest of the group, I felt so lucky to have this experience. I was able to listen and really understand some ongoing issues in our society. Overall, I wish to keep doing this every year!"

-Anya Bansal, Potsdam Central

"We attended workshops about advocacy, healthy relationships, and mental health. The second day, we met with Senator Stec and Assemblyman Gray and discussed continued funding for Youth Bureaus around the state. It was a great experience for me and my peers and a great bonding experience for the youth ambassadors."

-Prudence Cutwa, Lisbon Central

"I learned how state senators' meetings worked with organizations vouching for their needs and what needs to occur (in this dialogue) for the desired result. There has to be advocating with a mix of friendly dialogue. I'm grateful for those meetings and this opportunity."

-Zoe McLean, Colton Pierrepont Central

"I had a great time during the Youth Bureau's trip to Albany. During the workshops, I got to experience different perspectives on mental health and relationships, and learned a lot about advocacy as well. I also had an enjoyable time participating during the Trivia evening!"

On the second day, we met with Senator Stec and Assemblyman Gray. We discussed youth as leaders and the implementation of youth in leadership roles, the lack thereof in many places, and how to focus on getting more youth leadership roles in the future. Thank you for letting us go on this trip!"

-Taha Ait Maatallah, Potsdam Central

thank you



Sponsored by:
The Association of
New York State
Youth Bureaus

TEENS AND SOCIAL MEDIA USE: WHAT'S THE IMPACT?

Article published on January, 18, 2024
by staff members at Mayo Clinic. To view:

[Click Here](#)

Social media is a term for internet sites and apps that you can use to share content you've created. Social media also lets you respond to content that others post. That can include pictures, text, reactions or comments on posts by others, and links to information.

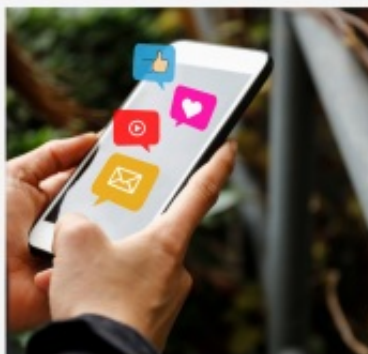
Online sharing within social media sites helps many people stay in touch with friends or connect with new ones. And that may be more important for teenagers than other age groups. Friendships help teens feel supported and play a role in forming their identities. So, it's only natural to wonder how social media use might affect teens.

Social media is a big part of daily life for lots of teenagers. How big? A 2022 survey of 13- to 17-year-olds offers a clue. Based on about 1,300 responses, the survey found that 35% of teens use at least one of five social media platforms more than several times a day. The five social media platforms are: YouTube, TikTok, Facebook, Instagram and Snapchat.



Social media doesn't affect all teens the same way. Use of social media is linked with healthy and unhealthy effects on mental health. These effects vary from one teenager to another. Social media effects on mental health depend on things such as:

- What a teen sees and does online.
- The amount of time spent online.
- Psychological factors, such as maturity level and any preexisting mental health conditions.
- Personal life circumstances, including cultural, social and economic factors.



Here are the general pros and cons of teen social media use, along with tips for parents.

Healthy Social Media

Social media lets teens create online identities, chat with others and build social networks. These networks can provide teens with support from other people who have hobbies or experiences in common.

This type of support especially may help teens who:

- Lack social support offline or are lonely.
- Are going through a stressful time.
- Belong to groups that often get marginalized, such as racial minorities, the LGBTQ community and those who are differently abled.
- Have long-term medical conditions.

Sometimes, social media platforms help teens:

- Express themselves.
- Connect with other teens locally and across long distances.
- Learn how other teens cope with challenging life situations and mental health conditions.
- View or take part in moderated chat forums that encourage talking openly about topics such as mental health.
- Ask for help or seek healthcare for symptoms of mental health conditions.

These healthy effects of social media can help teens in general. They also may help teens who are prone to depression stay connected to others. And social media that's humorous or distracting may help a struggling teen cope with a challenging day.

Unhealthy Social Media



Social media use may have negative effects on some teens. It might:

- Distract from homework, exercise and family activities.
- Disrupt sleep.
- Lead to information that is biased or not correct.
- Become a means to spread rumors or share too much personal information.
- Lead some teens to form views about other people's lives or bodies that aren't realistic.
- Expose some teens to online predators, who might try to exploit or extort them.
- Expose some teens to cyberbullying, which can raise the risk of mental health conditions such as anxiety and depression.

What's more, certain content related to risk-taking, and negative posts or interactions on social media, have been linked with self-harm and rarely, death.

The risks of social media use are linked with various factors. One may be how much time teens spend on these platforms. In a study focusing on 12- to 15-year-olds in the United States, spending three hours a day using social media was linked to a higher risk of mental health concerns. That study was based on data collected in 2013 and 2014 from more than 6,500 participants.

Another study looked at data on more than 12,000 teens in England between the ages of 13 to 16. The researchers found that using social media more than three times a day predicted poor mental health and well-being in teens.

But not all research has found a link between time spent on social media and mental health risks in teens. How teens use social media also might determine its impact. For instance, viewing certain types of content may raise some teens' mental health risks. This could include content that depicts:

- Illegal acts.
- Self-harm or harm to other people.
- Encouragement of habits tied to eating disorders, such as purging or restrictive eating.

These types of content may be even more risky for teens who already have a mental health condition. Being exposed to discrimination, hate or cyberbullying on social media also can raise the risk of anxiety or depression.

What teens share about themselves on social media also matters. With the teenage brain, it's common to make a choice before thinking it through. So, teens might post something when they're angry or upset, and regret it later. That's known as stress posting. Teens who post content also are at risk of sharing sexual photos or highly personal stories. This can lead to teens being bullied, harassed or even blackmailed.

Protecting Your Teen

You can take steps to help your teens use social media responsibly and limit some of the possible negative effects. Use these tips:

- **Set rules and limits as needed.** This helps prevent social media from getting in the way of activities, sleep, meals or homework. For example, you could make a rule about not using social media until homework is done. Or you could set a daily time limit for social media use. You also could choose to keep social media off-limits during certain times. These times might include during family meals and an hour before bed. **Set an example by following these rules yourself.** And let your teen know what the consequences will be if your rules aren't followed.
- **Manage any challenging behaviors.** If your teen's social media use starts to challenge your rules or your sense of what's appropriate, talk with your teen about it. You also could connect with parents of your teen's friends or take a look at your teen's internet history.
- **Turn on privacy settings.** This can help keep your teen from sharing personal information or data that your teen didn't mean to share. Each of your teen's social media accounts likely has privacy setting that can be changed.
- **Monitor your teen's accounts.** The American Psychological Association recommends you regularly review your child's social media use during the early teen years. One way to monitor is to follow or "friend" your child's social accounts. As your teen gets older, you can choose to monitor your teen's social media less. Your teen's maturity level can help guide your decision.
- **Have regular talks with your teen about social media.** These talks give you chances to ask how social media has been making your teen feel. Encourage your teen to let you know if something online worries or bothers your teen. Regular talks offer you chances to give your child advice about social media too. For example, you can teach your teen to question whether content is accurate. You also can explain that social media is full of images about beauty and lifestyle that are not realistic.
- **Be a role model for your teen.** You might want to tell your child about your own social media habits. That can help you set a good example and keep your regular talks from being one-sided.
- **Explain what's not OK.** Remind your teen that it's hurtful to gossip, spread rumors, bully or harm someone's reputation – online or otherwise. Also remind your teen not to share personal information with strangers online. This includes people's addresses, telephone numbers, passwords, and bank or credit card numbers.
- **Encourage face-to-face contact with friends.** This is even more important for teens prone to social anxiety. Talk to your child's healthcare professional if you think your teen has symptoms of anxiety, depression or other mental health concerns related to social media use. Also talk with your child's care professional if your teen has any of the following symptoms:
 - Uses social media even when wanting to stop.
 - Uses it so much that school, sleep, activities or relationships suffer.
 - Often spends more time on social platforms than you intended.
 - Lies in order to use social media.



Your teen might be referred to a mental healthcare professional who can help.

JOIN THE YOUTH MENTAL HEALTH ADVISORY BOARD

*Advocate for positive change in your
community & throughout New York State!*

The Youth Mental Health Advisory Board (YMHAB) plays a crucial role in informing policies for the Office of Mental Health, Office of Addiction Services and Supports, and advising the Governor. Your voice matters, and we are dedicated to empowering young people to make a difference!

Requirements:

- Middle or High School student interested in mental health, including with lived experience
- Application Process: Fill out the application for the Youth Mental Health Advisory Board (YMHAB)
- Commitment: Attend at least 4 meetings per year, 2 of which will be in-person in Albany (compensation, travel, hotel, meals covered).



APPLY NOW!
bit.ly/3tQ9RAN

*Fill out the YMHAB
Application and we
will contact you for
an interview.*

**Families
Together**
in NYS **YouthPower!**

Check out the PAL video below to learn all the ways that your continued support is helping us to help the kids of our community.



Police Activities League

PAL



of
Massena

WE ARE



Healthy Shamrock Shake

A better option over the fast food mint shake!

SIMPLE RECIPE

Ingredients

- 1 cup ice
- 1/2 frozen medium banana
- 1/2 cup plain or vanilla Greek yogurt
- 2 cups baby spinach
- 4 fresh mint leaves (or 1/4 tsp. peppermint extract)
- 1/2 teaspoon vanilla extract
- 3/4 cup milk any kind or non-dairy alternative

Optional additions

- 1/8 teaspoon xanthan gum helps thicken the shake
- additional sweetener of choice maple syrup, honey, sugar, stevia, monk fruit, 5 medjool dates
- whipped cream for topping
- cacao nibs/reduced sugar or sugar free chocolate chips for topping

Directions

- Add all ingredients to a high-powered blender in the order listed, including xanthan gum if using.
- Blend until smooth.
- Pour into glass and top with whipped cream and/or cacao nibs/chocolate chips if desired.

Notes

For more of a shake consistency/taste, substitute reduced sugar vanilla ice cream or frozen yogurt.

Nutrition

Serving Size-One | Calories: 451kcal | Carbohydrates: 54g | Protein: 25g | Fat: 16g | Saturated Fat: 4g | Polyunsaturated Fat: 10g | Cholesterol: 25mg | Sodium: 349mg | Fiber: 8g | Sugar: 13g



Nurture with Nourishment

For parents/guardians wanting to provide nutritious and engaging mealtimes for their families. Join us for six “how-to” sessions to gain confidence in nourishing your households.



**Thursdays at 4:30pm starting
February 15th-March 21st**



**Diabetes Conference Room
Claxton-Hepburn Medical Center
214 King St., Ogd. NY, 13669**



**QUESTIONS?
CONTACT KRISTINE
315-379-9192 EXT. 222
KAD286@CORNELL.EDU**

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider. Please contact the Cornell Cooperative Extension of St. Lawrence County office if you require accommodations.



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THOUGHTS AND EARN
\$\$\$**

TAKE A SURVEY ABOUT NUTRITION
AND PHYSICAL ACTIVITY



INTERESTED? SCAN THE QR CODE TO
SEE IF YOU ARE ELIGIBLE TO
PARTICIPATE



Writing Workshop Opportunity

If your organization, public library, or school would like to sponsor a writing workshop, please contact the Youth Bureau at rzuhlsdorf@stlawco.gov or call 315.379.9464. We have a skilled writer who has offered her time and talent!

STIRLING HARBOR FOUNDATION
PRESENTS

SUMMER 2024

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MARITIME MEMORIES
LEGENDS OF THE SEA
DIGITAL PHOTOGRAPHY



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AND FINANCIAL
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AND AVAILABLE
ON A FIRST-COME,
FIRST-SERVE
BASIS

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SHF is a nonprofit 501(c)(3)

Click on [Events](#) for More Information or to [Enlarge](#)

April Break Camp

\$195 per camper with 10% discount for members.
Contact us about scholarships.



SPECIAL EFFECTS ARTS CAMP

Mon, April 1-Fri, April 5
9AM-3PM
Grades 1-5



Explore the art of special effects through stage makeup, set design, optical illusions, camera tricks, green screens, and more!

10 Raymond Street, Potsdam
info@northcountrychildrensmuseum.org

TOTAL ECLIPSE

AT THE CHILDREN'S MUSEUM

SATURDAY SCIENCE PROGRAMS FROM 11AM-12PM

MARCH 9: MAKE YOUR OWN BALLOON ROCKET
MARCH 16: THE CUP DROP EXPERIMENT
MARCH 23: ANTI-GRAVITY GALAXY IN A BOTTLE
MARCH 30: MAKE AND LAUNCH A ROCKET
APRIL 6: POP A BALLOON USING THE SUN'S ENERGY

MONDAY APRIL 8TH

1:00PM - 3:30PM

GARNER PARK, POTSDAM

ACTIVITIES & ECLIPSE OBSERVATION
WITH SOLAR ECLIPSE VIEWING GLASSES



A NIGHT IN HOLLYWOOD

GALA

A BENEFIT SUPPORTING
THE ST. LAWRENCE COUNTY ARTS COUNCIL

SATURDAY, MARCH 9, 2024

Join the St. Lawrence County Arts Council at St. Lawrence University's Eben Holden Conference Center for our "A Night in Hollywood" Gala.

A benefit supporting the Arts in the North Country. Celebrate the Golden Age of Hollywood as we honor prominent local artists in the film and performing arts fields.

Tickets are \$100 per person and include dinner and a show, featuring a performance by a local dance troupe.

For more information and to purchase tickets, please visit slcartscouncil.org/gala



**4TH ANNUAL
NORTH COUNTRY KIDS EXPO**
SATURDAY MARCH 16TH
SUNY CANTON ROOS HOUSE

BRING YOUR FAMILY FOR A DAY OF PLAY AND LEARN ABOUT ALL OF THE GREAT WAYS TO ENJOY AND ENTERTAIN YOUR FAMILY THROUGHOUT THE YEAR IN THE NORTH COUNTRY!

THE EXPO IS A DAY OF FUN DAY FOR FAMILIES WITH PLAY ZONES, EXHIBITS, DEMONSTRATIONS, VENDORS, AND SPECIAL INTERACTIVE ENTERTAINMENT! EXPERTS AND REPRESENTATIVES WILL BE AVAILABLE TO SHARE RESOURCES AND INFORMATION ON AREA OPPORTUNITIES FOR FAMILIES, FROM HEALTH CARE, TO AFTER SCHOOL ACTIVITIES, TO REGIONAL ATTRACTIONS. A GREAT OPPORTUNITY FOR PARENTS AND GUARDIANS TO LEARN WHILE KIDS PLAY!

ADMISSION:
KIDS (12 AND UNDER) FREE
\$5 ADMISSION FOR 13 AND OLDER (CASH ONLY)



**EASTER
Buffet**

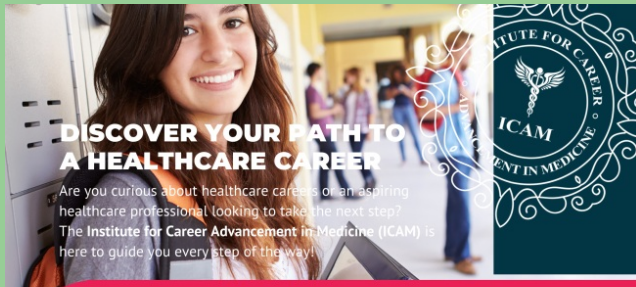
SUNDAY MARCH 31ST

SEATINGS 11AM | 1PM | 3PM

EASTER BUNNY PHOTOS | EASTER EGG DECORATING
KIDS GAMES | KIDS PRIZES

RESERVATIONS REQUIRED
315-714-2639

WWW.STAYSTLAWRENCE.COM



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A HEALTHCARE CAREER**

Are you curious about healthcare careers or an aspiring healthcare professional looking to take the next step? The Institute for Career Advancement in Medicine (ICAM) is here to guide you every step of the way!

WHY CHOOSE ICAM?

Explore Your Options

ICAM helps you explore a wide range of healthcare careers based on your skills and interests.

Find Opportunities

Discover local, regional, and state-wide experiential programs, training opportunities, and potential employers.

Discover Your Path

ICAM provides the tools and resources to discover your unique career journey.

Expert Guidance

Get guidance from experienced career guides and mentors in your field of interest.

THESE ARE ALL JOBS IN HEALTHCARE

- Accounting
- Engineers
- Lab Technician
- Housekeeping
- Tech Support
- Medical Illustrators
- Athletic Training
- Mechanics
- Art Therapist
- Cooks
- Administrators
- Environmentalist
- Construction workers
- Marketing
- Plumber
- Drivers
- Communications
- Carpenter

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FESTIVAL**



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COMMUNITY CENTER
61 BEACH STREET
9AM - 1PM

FRIDAY
MARCH
15

GAMES | LIVE MUSIC | PRIZES | ACTIVITIES & MORE!
by JOEY COLLINS!



Cornell Cooperative Extension
St. Lawrence County



2024 NATIONAL NUTRITION MONTH
A CAMPAIGN BY
THE ACADEMY OF NUTRITION AND DIETETICS



A service of Community Health Center
of the North Country

Plus other Community Partners!

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider. Please contact the Cornell Cooperative Extension of St. Lawrence County office if you require accommodations.

Ready Set FUN

Good morning! We hope you've had a wonderful holiday season and a great start to the year! WPBS-TV is starting out with a new date for our annual children's literacy festival, Ready Set FUN! This year, our flagship event will be held on Saturday, **March 23, 2024** at the Salmon Run Mall from 10am to 2pm. The theme will be Silly Summer Sun! so start thinking up great ways to celebrate the summer during a chilly March day! The application will be sent out later this month. Individual insurance will be required for each participating vendor, per Salmon Run Mall. We hope you'll join us for a great day of community, education and fun!

Ogdensburg Public Library March 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 Closed	4	5 Music and Movement 11:00 am	6	7 Story Time 11:00 am	8	9 Closed
10 Closed	11	12 Music and Movement 11:00 am	13 Trap a Leprechaun 5:00 pm	14 Story Time 11:00 am	15 St. Patrick's Day Scavenger Hunt 3:00 pm-4:45 pm	16 Celtic Dreams: A collection of musical performances 7:00 pm Tickets \$10
17 Celtic Dreams: A collection of musical performances 3:00 pm Tickets \$10	18	19 Music and Movement 11:00 am	20 Lego Free Play 5:00 pm	21 Story Time 11:00 am	22	23 Closed
24 Closed	25	26 Music and Movement 11:00 am Eclipse Lecture 2:30 pm	27 Pinhole Camera 5:00 pm	28 Story Time 11:00 am	29 Closing at Noon for Good Friday	30 Closed

Music and Movement A preschool movement class for socialization and learning! Ages 18m-5 <i>Tuesdays @ 11:00 am</i>	Story Time Stories, songs, crafts and activities. Ages 2-5 <i>Thursdays @ 11:00 am</i>
Take Home Crafts Take and make crafts available for pickup at the front desk. <i>Monday-Friday All Month</i>	Trap a Leprechaun <i>5 and up</i> Make a trap to catch a leprechaun. <i>March 13 @ 5:00 pm</i>
Leprechaun Scavenger Hunt <i>4 and up</i> Search the library for clues to solve a break in. <i>March 15 3:00 pm-4:45 pm</i>	Eclipse Lecture <i>Adults</i> Dr. Benjamin Roulston Clarkson Professor and PhD in Astronomy will speak about the upcoming eclipse. <i>March 26 @ 2:30 pm</i>

315-393-4325



March 13 | 9:00 AM-12:00 PM

How to Foster and Support Self-Determination in All Students

Self-Determination is a research-based predictor of post-school success in the areas of education, employment, and independent living. The purpose of this training is to foster and support the development of self-determination skills for students of all ages utilizing a collaborative school and family approach. It provides participants with foundational concepts, resources, and strategies to implement and incorporate practices that promote the development of self-determination throughout a student's day and across all ages.

Signup



March 19 | 4:00-6:30 PM

Student Involvement with the Individualized Education Program (IEP) for Families

To promote and encourage student and family involvement in the IEP development process and Committee on Special Education (CSE) meetings. Tools, resources, and research-based content are embedded throughout the training. Group participation and interaction from families will be encouraged.

(This session is presented in collaboration with the North Country RPC.)

Signup



March 28 | 4:00-6:00 PM

New York State Alternate Assessment (NYSAA): Essential Information for Families of Students with Disabilities

The purpose of this training is to educate families of students with disabilities on the essential information of NYSAA including, what NYSAA is, what the test entails, and how it will affect a student's postsecondary planning. Additionally, the training will review all state assessment options, the eligibility and decision-making process, and graduation/student exit options.

Signup

Virtual Workshop:

BOUNDARIES & DISCLOSURE IN HARM REDUCTION WORK

with the National Harm Reduction Coalition

Join us to learn how to establish personal and professional boundaries and avoid transference issues with people who use drugs.

MARCH 28, 2024
1 PM - 3 PM

Questions: sherlick@ahihealth.org

REGISTER HERE
BY MARCH 25TH



DISCLAIMER: This event is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1,000,000 with 0 percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.

Potsdam High School
27 Leroy St.
Potsdam, NY 13676

CONCUSSION OUTREACH PREVENTION & EDUCATION

Date:
March 5, 2024

Time:
6:00-7:30pm

Cost:
FREE

Meet Our Speakers



Brian Atkins
MS, ATC
Assistant Athletic Director/Head Athletic Trainer
St. Lawrence University



Payam Hadian
MD
St. Lawrence Health System



Michelle Kellen
M.Ed
Professional Development Manager
Brain Injury Association of New York State

Discussion And Insights

Learn valuable information on how to prevent concussions and to successfully reintegrate a concussed student into the classroom

SCAN FOR MORE INFO & TO REGISTER



CEU Credits available. Visit registration link for more information.



Rural Health Exploration Program

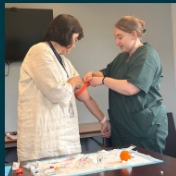


What is the Exploration Program?

Students are placed at participating facilities to learn what it is like to work in health care. The students spend 30 hours at the facility shadowing medical staff. They also complete a project to support the facility. This could be anything from content creation to inventory.

NAHEC helps to recruit students, coordinate placements, collect the student's onboarding paperwork, and conduct the Pre and Post assessments.

Scan here to apply



The Students

Through this program, students are provided an opportunity to explore their interests and learn about the fields they plan to enter. Students who participate are eligible for our Bruce C. Potter Memorial Scholarship.

CONNECTING STUDENTS TO CAREERS, PROFESSIONALS TO COMMUNITIES, AND COMMUNITIES TO BETTER HEALTH.

Contact bryn@nahecnet.org

STUDENT & PARTNER SPOTLIGHT

Anthony Fiacco

"Being a part of NAHEC's program and having the opportunity to observe in the surgical department was an amazing experience. Not only were the NAHEC representatives and staff very accommodating and constantly present and aware of the students from my personal experience, but they also made the process of applying and acquiring the proper and necessary paperwork very streamlined."



Midwife Sunday Smith

"Having a shadowing student from NAHEC helps me keep costs to the patient down because small, one-time projects can be completed on an as-needed basis. This also exposes students to different models of care, which can assist them in honing how they wish to specialize in health care. I am interested in reviewing any additional candidates you have for consideration of placement at my birth center"



SLC Youth Bureau | 80 State Highway 310, Canton, NY 13617 315-379-9464

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