



YOUTH BUREAU NEWS

A St. Lawrence County Monthly Newsletter

September 2024

Vol 4 Issue 9



Inside the Issue

Suicide Prevention Month

- Chalk the Walk
 - Sept. 14-21
- Color Run
 - Sept. 14



September Holidays

- Labor Day - Sept. 2nd
- Suicide Prevention week - Sept. 8-14
- World Suicide Prevention Day - Sept. 10
- Patriot Day - Sept. 11

Anti Bullying

Explore the different forms of bullying, its effects, and what can be done to prevent it.

BE A FRIEND NOT A BULLY





"Being a Teen Ambassador means being able to give back to my community and one of the ways to accomplish that is helping those improve their mental health."

-Kerisa Burns,
Norwood Norfolk Central



"Being a teen ambassador has allowed me to prove that teens are able to positively impact my community and impress adults with my contributions."

-Alivia Sochia
Parishville Hopkinton Central



"It's incredible being a Teen Ambassador and given a spotlight to successfully empower my community and myself!"

-Elif Centinkaya
Potsdam Central



Become a TEEN AMBASSADOR

for THE ST. LAWRENCE COUNTY YOUTH BUREAU

- Leadership
- Civic Engagement
- Community Service
- Friendship
- Advocacy
- Voice
- Impact

Students 8th-11th grades
APPLY TODAY!

SCAN ME



"My experience in the Youth Bureau has been positive and impactful. The opportunities are irreplaceable!"

-Anant Bansal
Potsdam Central

JOIN NOW

Contact

Alexa Backus Chase
achase@stlawco.gov



TO BE THE LEADERS OF TOMORROW, STUDENTS NEED TO LEARN ESSENTIAL SKILLS — TODAY

The74

BY AMY MEUERS AUGUST 26, 2024

The views expressed here are those of the author.



Featuring St. Lawrence County Teen Ambassadors!

... KEEP READING



Students from the National Youth Leadership Council's Youth as Solutions program shared findings from their projects at the organization's National Service-Learning Conference in St. Paul in April. (National Youth Leadership Council.)

In a 2023 poll conducted by the U.S. News-Harris Poll survey, 86% of Americans voiced deep disappointment in society's leaders, believing them ill-equipped to handle today's crises and failing to reflect the values cherished by everyday Americans. Moreover, a significant number feel that instead of advancing society, the nation's current leaders are hindering progress, and in some cases, making things worse. Recent findings from an NPR/PBS News/Marist National Poll reveal that 60% of Americans do not want their kids to be president of the United States — a position that was once regarded as the pinnacle of influence and an aspiration by families across the nation. These findings paint a stark picture: America is facing a profound leadership crisis.

Great leaders are nurtured, not born. They arise from a combination of education, mentorship, encouragement and practical experience.

Service learning — an approach where students apply academic and civic knowledge and skills to address real community needs — provides young people with the vital hands-on experiences needed to develop leadership skills.

These include investigating real community issues, designing effective programs and implementing those solutions in real life. Such real-life experiences immerse students in curiosity, creativity and empathy — all of which are essential for effective leadership. Programs that provide service learning can help develop these skills and empower young people to effect positive change in their schools and neighborhoods.

One such program was launched in 2022 by the National Youth Leadership Council for students in grades 6 to 12. This program invites teams of at least two

students, plus an adult mentor, to create service-learning projects in one of four focus areas: education equity, community health, environmental justice or civics and democracy.

Teams take a deep dive into an issue affecting their community by investigating, exploring and understanding specific needs to identify a meaningful and impactful project to take on. Since its launch, the program has served 1,420 students across 29 states and 71 schools and organizations, fostering essential leadership

skills and values, and empowering young people — with their boundless energy, creativity, and passion for change — to lead from an early age. Developing projects based on community needs hones collaboration skills with peers and local partners. It builds young people's understanding of systemic

issues and root causes, fosters a sense of civic responsibility, taps into empathy and offers opportunities for action and advocacy.

Across the nation, students have used service learning to tackle issues like water conservation, recycling and distracted driving.

One student team in New York investigated the negative impacts of the overuse of social media by teens. They developed a “5 Hour Free Friday” campaign, which encourages teens to disconnect from social media and technology for five hours on Fridays in an effort to improve mental health and self-esteem. The team’s efforts resulted in local media attention, sparking important conversations in St. Lawrence County about social media’s impact. Upon presenting their campaign to their local board of legislators, over 100 community members signed up to participate.

Don't be average.
Unplug and Unwind.



Another student team from northern California focused on the lack of financial education resources among underprivileged communities. They developed a free curriculum and offered free in-person and online financial literacy workshops for kids between the ages of 7 and 11. These efforts can help families start to build generational wealth, close economic gaps and ease financial instability.

A team from New Jersey known as H2O Heroes embarked on a mission to investigate access to water in places around the world where it is scarce. They found that women and girls are predominantly responsible for collecting water in households where there is no indoor plumbing. In rural India, for example, women and girls walk an average of 2 miles daily, often bearing the heavy burden on their heads. This not only leads to severe health problems, but prevents them from pursuing employment and education, reinforcing the cycle of poverty. In response, the students committed to raising funds to support Wells on Wheels, an initiative that provides water households in India. The leadership team hosted a Water Summit for fifth- and sixth-graders in their school districts, ran a fund-raising contest and sold reusable water bottles.

Research demonstrates that students engaged in service learning exhibit improved self-esteem, academic performance, civic engagement and social skills. For instance, during the pandemic, student leaders from Chicago collaborated with a local health organization and the Centers for Disease Control and Prevention on a bilingual campaign to help stop the spread of COVID-19 in the Latino community. One student who spoke to the leadership council about the experience remarked, “I realized that youth can be a force for global change. This experience opened my eyes to the daily issues affecting our world.”

Such experiences have the power to create the next generation of leaders this nation needs; leaders who respond to the challenges of the world while embodying values like empathy, integrity, transparency, respect and commitment.

Now, more than ever, teens need to be empowered with the education, mentorship and opportunities needed to become the transformative leaders the nation urgently requires. Delaying leadership education until college or adulthood risks wasting young people’s potential. The question is not whether America can afford to invest in the leadership development of today’s youth, but whether it can afford not to.



Amy Meuers is CEO of the National Youth Leadership Council

2024 St. Lawrence County Chalk the Walk and Have the Talk September 14th-21st

Spread Awareness

- * Chalk messages of hope & resilience outside your home, business, school, or church
- * Help promote suicide prevention, mental wellness, and stigma reduction & start conversations around mental health

Need Chalk?

- * Chalk is available! Email STLCSAC@stlawco.gov to inquire about receiving some.

Enter the Contest!

- * Enter online by scanning:
- * Winners will be announced 10/13/24



Let's Get Social!

- * Post your chalk art to your Facebook or Instagram
- * Tag [@St. Lawrence County Suicide Awareness Coalition](#) & hashtag [#stlcyouarenotalone](#)



[#stlcyouarenotalone](#)



Click Video Below!





Suicide Awareness and Prevention



01

Suicide is death caused by injuring oneself with the intent to die. A suicide attempt is when someone harms themselves with the intent to end their life, but they do not die as a result of their actions.



02

One way to help is to learn the **warning signs** of someone who is considering suicide:

- Discussing suicide
- Obtaining harmful materials
- Withdrawn from social events
- Intense mood swings
- Fixation on death
- Feeling trapped



03

Risk Factors are certain characteristics and quality that lead to a higher risk of suicide:

- Mental health issues
- Family history
- Chronic illness or pain
- Previous suicide attempts
- Substance abuse
- Access to lethal means
- Isolation
- Recent loss or trauma
- Impulsivity

05

The **suicide rate statistics** are significant, especially in teens:

- 3rd leading cause of death for teens
- 49,476 American deaths in 2022
- 13.2 million seriously considered suicide in 2022

04

There are ways that you can help someone who is in need, and contribute to **preventing suicide**:

- Strengthen economic support
- Promote healthy connections
- Create safe spaces
- Teach coping skills
- Improve mental health care
- Support those at risk
- Lessen harms




The logo for the 988 Suicide & Crisis Lifeline, featuring the number 988 in a large, bold, white font on a dark blue background, with the words "SUICIDE & CRISIS LIFELINE" in a smaller, white, sans-serif font below it.


988

**SUICIDE
& CRISIS
LIFELINE**

988 SUICIDE AND CRISIS LIFELINE

An illustration of a woman with long black hair, wearing a purple shirt and blue pants, sitting on a rock. She has a sad expression and is looking down. Blue raindrops are falling around her.

The 988 Suicide and Crisis Lifeline offers free and confidential emotional support to individuals facing suicidal crisis or emotional distress around the clock, seven days a week throughout the United States. This Lifeline consists of a national network comprising over 200 local crisis centers, combining custom local assistance and resources with national standards and top practices. Since its establishment, the Lifeline has undertaken various efforts to enhance crisis services and promote suicide prevention through inventive public messaging, mental health best practices, and powerful collaborations.

An illustration of a person with dark skin and curly hair, wearing a blue long-sleeved shirt and blue pants, sitting on the ground. They have their hands on their head and a distressed expression. There are some stylized plants and flowers around them.

If you suspect someone is suicidal, including yourself, trust your instincts and offer support by reaching out.

HAPPY LABOR - DAY - SEPTEMBER 2, 2024

LABOR DAY IS A FEDERAL HOLIDAY OBSERVED IN THE UNITED STATES ON THE FIRST MONDAY OF EVERY SEPTEMBER. IT IS DEDICATED TO HONORING AND ACKNOWLEDGING THE AMERICAN LABOR MOVEMENT AND THE EFFORTS AND CONTRIBUTIONS OF WORKERS TO THE PROGRESS AND ACCOMPLISHMENTS OF THE NATION. YOUR HARD WORK IS TRULY APPRECIATED.



09-11 PATRIOT DAY

WE WILL NEVER FORGET

NATIONAL DAY OF REMEMBRANCE



ON SEPTEMBER 11TH EVERY YEAR, PATRIOT DAY IS A SOMBER REMEMBRANCE OF THE LIVES LOST DURING THE TRAGIC EVENTS OF 2001. IT'S A DAY TO PAY TRIBUTE TO THE COURAGEOUS HEROES WHO PUT THEIR LIVES AT RISK TO SAVE OTHERS AND TO CONTEMPLATE THE ENDURING UNITY AND RESILIENCE THAT CHARACTERIZES OUR NATION.

AS WE TAKE A MOMENT TO HONOR THE VICTIMS AND THEIR LOVED ONES, LET'S ALSO RENEW OUR COMMITMENT TO NURTURING A COMMUNITY FOUNDED ON COMPASSION, EMPATHY, AND UNDERSTANDING. TOGETHER, LET'S WORK TOWARDS A WORLD WHERE ACTS OF TERRORISM CAN NEVER AGAIN DISRUPT OUR SENSE OF SECURITY OR WEAKEN OUR SHARED HUMANITY.

IN TIMES OF HARDSHIP, LET'S DRAW STRENGTH FROM OUR SHARED HISTORY AND DRAW INSPIRATION FROM THE COUNTLESS BRAVE AND KIND ACTS WITNESSED ON THAT UNFORGETTABLE DAY.



**TOWER OF VOICES
FLIGHT 93 NATIONAL
MEMORIAL**



**THE TRIBUTE IN LIGHT
AT THE WORLD TRADE CENTER**



**PENTAGON MEMORIAL
ARLINGTON, VIRGINIA**

What is Bullying?

Bullying is when one person or a group of people intentionally hurt or harm another person repeatedly. It can then lead to developing mental health issues. Bullying can take place in the following ways:

Physical Bullying



Intentionally causing harm or injury to another person through physical force.

Verbal Bullying



The use of words to harm, intimidate, or humiliate someone.

Psychological Bullying



The use of verbal and non verbal behaviour to harm an individual.


Cyberbullying



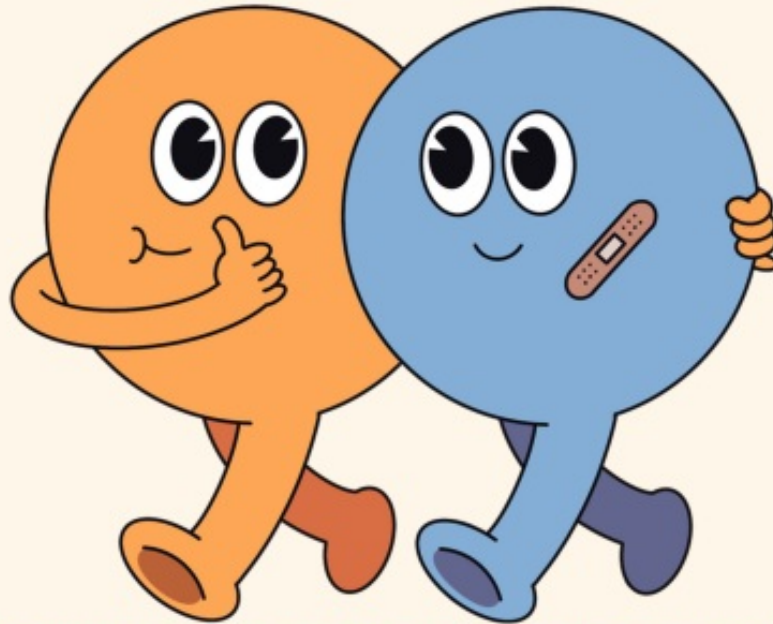
The use of technology such as social media apps to send hurtful messages.

How to help

- If you or someone you know is experiencing bullying, report it by speaking to a teacher, a counsellor or an adult you trust
- Treat others with care and respect because you don't know what else they are going through
- As a student, avoid being alone or being in vulnerable positions
- Encourage others to do the right thing by sharing the effects of bullying

To learn more - [CLICK HERE](#) 

BE A FRIEND NOT A BULLY



**KINDNESS IS OUR SUPERPOWER. TOGETHER, WE CAN STAND UP AGAINST BULLYING AND MAKE
OUR WORLD A SAFER, MORE INCLUSIVE PLACE
IF YOU OR SOMEONE YOU KNOW IS BEING BULLIED, THERE ARE THINGS YOU CAN DO TO KEEP
YOURSELF AND OTHERS SAFE FROM BULLYING.**

[#StopBullying](#) [#ChooseKindness](#) [#StandUp](#)



recipe card



ORIGINAL RECIPE [CLICK HERE](#)

DIFFICULTY

ONE PAN LIGHTENED HAMBURGER HELPER

CATEGORY

Back to School Dinner

PREP TIME

10 Minutes

COOK TIME

25 Minutes

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 pound ground turkey
- 3 cups chicken broth
- 1 cup milk
- 1 cup tomato sauce
- 1/2 teaspoon paprika
- 1/2 teaspoon dried oregano
- 10 ounces pasta
- 1 cup shredded sharp cheddar cheese
- salt and pepper to taste

Directions

Place a large pot over medium-high heat and add in 1 tablespoon of olive oil. Add in diced onion, garlic and ground turkey; season with salt and pepper and break up the meat, cooking until no longer pink, about 5-8 minutes.

Next, add in the chicken broth, milk, tomato sauce, paprika and dried oregano; stirring until well combined. Next stir in the pasta and bring to a slight boil; you'll cook **UNCOVERED** until the pasta is nice and tender, about 10-12 minutes and most of the liquid (but not all!) is absorbed.

Remove from heat and stir in the sharp cheddar cheese and add additional salt and pepper, to taste. Serve immediately with fresh parsley and red pepper flakes on top, if desired! Serves 4-6.

Nutrition

Serving: 1 serving (based on 6)

Calories: 446cal

Carbohydrates: 41.7g

Protein: 25.5g

Fat: 20.3g

Saturated Fat: 6.7g

Fiber: 2.7g

Sugar: 3.3g



Upcoming Events

Click on Events for more information or to enlarge

Liberty™ in partnership
with the Massena School District

BENEFITTING
ST. LAWRENCE COUNTY
SUICIDE AWARENESS COALITION

COLOR RUN

**SATURDAY
SEPTEMBER 14**

9:00 AM

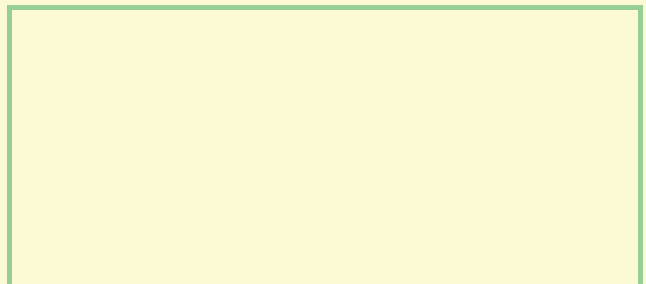
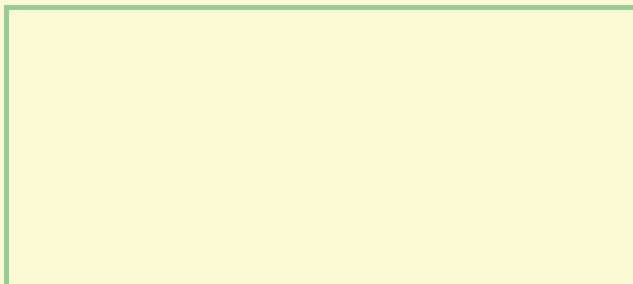
FREE
T-Shirt to first
20 Registrants
\$20 ADULTS
\$10 (12 and Under)

John Story
Trail at MCHS
Starting at
the bottom of
Churchill Ave.

TO REGISTER:

SCAN  **OR CLICK**

- ✓ **Stay and Chalk the Walk**
- ✓ **Event benefits the St. Lawrence County Suicide Awareness Coalition**
- ✓ **Order your white t-shirt (or wear your own)**





SEPTEMBER 28, 2024

10:00 AM-5:00PM
\$5 ADMISSION FEE

176 JOHNSON ROAD RENSSELAER FALLS, NY 13680



HUMANS
don't
HIBERNATE
5k & Fun Day

JOIN THE ST. LAWRENCE COUNTY PUBLIC HEALTH DEPARTMENT FOR A FAMILY FRIENDLY 5K AND FUN DAY CELEBRATING THE KICK-OFF OF OUR HUMANS DON'T HIBERNATE CAMPAIGN!



NICANDRI NATURE CENTER :: 23 ROBINSON BAY ROAD MASSENA, NY 13662 :: **SEPT. 22**

DAY OF REGISTRATION OPENS AT 9AM - RACE STARTS AT 10AM

We were meant to explore, experience, and embrace life!



#NNYHUMANSDONTHIBERNATE



FOR MORE INFORMATION CONTACT JSLOAN@STLAWCO.GOV

**Ogdensburg Public Library
September 2024**

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

Music and Movement

Ages 18m-5
A preschool movement class for socialization and learning!
Tuesdays @ 11:00 am

Take Home Crafts

3 and up
Reusing and recycling crafts available for pickup!
Monday—Saturday All Month

Backpack Tags

5 and up
Make a tag to decorate your backpack.
Sept 11 @ 5:00 pm

Story Time

Ages 2-5
Stories, songs, crafts and activities.
Thursdays @ 11:00 am

Tie Dye

5 and up
Bring your own shirt to dye in library park.
Saturday Sept 7 @ 11:00 am

Lego Play

5 and up
Complete the monthly Lego challenge.
Sept 25 @ 5:00 pm

315-393-4325



a Day at the Farm

**KELLY FARMS
2221 KELLY ROAD
RENSSELAER FALLS, NY**

**SEPT 28, 2024
11AM-3PM**



Fall Afterschool Class Series Sept 25 - Dec 13



\$95 for 10 class sessions | Member discount 10% off
info@northcountrychildrensmuseum.org
Scholarship spots available. Contact us!



**Planet Protectors!
Environmental Science**

Wednesdays
4:15pm - 5:00pm
Grades K-5



**Rage Art:
Break It & Make It!**

Thursdays
3:30pm - 4:15pm
Grades K-5



MUSIC & ART

Thursdays
4:15pm - 5:00pm
Grades K-5

**CHEMISTRY &
ENGINEERING
LAB**

Fridays
4:15pm - 5:00pm
Grades K-5



Drama Club!

Fridays
3:30pm - 4:15pm
Grades K-5

NORTH COUNTRY CHILDREN'S MUSEUM



Early Childhood Fall Class Series Sept 25- Dec 13

Ten Classes, \$95 per student with a parent/caregiver.
10% members off. Contact us about scholarships!



**BIG BANG
SCIENCE**

Wednesdays
10:15am - 10:45am
Ages 3-5



**TODDLER
MUSIC**

Thursdays
10:15am - 10:45am
Ages 4 and under

**MAKE A MESS!
ART**

Thursdays
10:15am - 10:45am
Ages 2-5



**CREATIVE DRAMA &
MOVEMENT**

Fridays
1:00pm - 1:30pm
Ages 2-5



10 Raymond Street, Potsdam
info@northcountrychildrensmuseum.org

Children's Book Author Series Colleen Farwell



Book Reading & STEAM Activity

'I Will Carry You' reflects on the love an Indigenous mother has for her child and how that bond continues through time. The sweet profound journey that resonates with adults and children alike.

Free with Admission & Membership
Saturday, Sept 21st 11:00am - 12:30pm



Tunisian Cardboard City

September 1st - 20th
Open Hours

Build a Tunisian cardboard city!
Explore North African tile designs
with felt, and engineer a sail car!



BUBBLE PALOOZA

SUNDAY SEP 20TH
11AM-2PM



Celebrate Worldwide Day of Play at
NCCM's Bubble Palooza: make giant
bubbles, step inside a bubble, bounce
unpoppable bubbles, and more!



SATURDAY, SEPTEMBER 7, 10AM-4PM

FREE Admission to Craft Fair!
Lots of local vendors! Live Music!
Apples, Cider, Donuts, Oh My!
Want to be a vendor? Contact us!



176 JOHNSON ROAD, RENSSELAER FALLS / APPLEWOODORCHARDS.CO / 315-344-7002

BIKE SAFETY DAY

Sunday, September 22nd
10 a.m. - 2 p.m.

Join us outside of the Children's Museum
for a fun, free event!

Ride our bike safety course,
paint with your bike tires,
free helmets (while supplies last),
snacks, and more!

Bring your bike and join us!



In partnership with the Potsdam Police Department



craft/vendor Fair Brasher Stockholm Recreational

Event in Brasher Falls, NY by Michelle A. Crump on Saturday, September 21 2024 with 527 people interested and 29...

 facebook.com



Pinch Pots Ceramic Workshop - Youth

Crafts event in Canton, NY by TAUNY on Saturday, September 7 2024

 facebook.com



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

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