

JANUARY 2019

Happy New Year!

Congratulations! You've made it almost halfway through the year—time to recharge and remember to take care of you.

Use these helpful self-care tips to keep yourself going strong through the remainder of the year.

Remember, if you have concerns or are concerned about someone else, reach out to your school counselor or any trusted adult, we are here to help!

- ♦ **Sleep:** Consistent and adequate sleep every night will help keep you alert and healthy. Remember, electronic devices will disrupt sleep patterns so be sure to put those away before bed time.
- ♦ **Exercise:** Get moving! Regular exercise has lots of benefits for your body and mind. Just 3 times a week can make a big impact.
- ♦ **Nutrition:** Things like eating breakfast and drinking enough water are so important. Don't skip out on either!
- ♦ **Socialize:** Balancing school work with fun is also important. Spend time with others, get involved in activities, try something new, and enjoy it!
- ♦ **Time management:** Reduce stress and worry by using a planner, keeping organized and staying ahead of deadlines.
- ♦ **Social media:** Be aware of the potential negative effects of the overuse of social media. Reducing time on or taking a break from social media can have a positive impact on overall health and wellness.



Students, Parents, and Families, please feel free to contact us by email or phone with any questions.

Programs and Events

PathStone Youth Mentoring Program **Ages 14 to 17**

A program to assist youth with: grades, attendance, life skills, planning for life after high school, learning how to live a healthy lifestyle and much more. For more information contact: Katie Malik, Mentor Coordinator, at kmalik@pathstone.org or 585-340-3718 or visit the office located at 15 Prince Street.

STAR Sisters Together Achieving Results **Grade 9**

Local mentoring program, mission is helping young women succeed. Visit www.sisterstogether.org for more information and to apply.

S.W.A.T (Spreading Wellness Around Town) Youth Council

Ages 14 and up

SWAT is a youth council that meets each week with community leaders, and other professionals to talk about topics and issues that youth care about. SWAT is a way for youth voices to be included, and heard. Contact (585) 753-2638 for more information.

Academic Assistance and Tutoring

Urban League Afterschool Academy **Grades 7-9**

Academic program focused on preparing students for college, work, and life. For more information call (585) 325-6530 ext. 3049.

Boys & Girls Club **Grades 7-9**

Afterschool program focusing on Homework Help, Sports, Arts. Email cwatson@bgcrochester.org or call 585-328-3077 for more information.

January Regents Preparation from Castle Learning **Grade 9**

Sign in to your Castle Learning Student Center, then click "Self Study" on the left, then click the button for "Regents Exams" and select the subject area and specific exam needed for review.