

SEPTEMBER 2018

Welcome Back to School!

A new school year brings so many new opportunities: new teachers, new classes, new peers to meet, new activities to get involved with, just to name a few! Best of all, it is a fresh start to be and do your very best. Use these back to school tips to help start the year off on the right foot. Let's make this a great year!

- Use an agenda or planner! This will help to keep track of all your school work, activities and personal plans so nothing is missed.
- Know the rules! Understand and follow the class expectations for each class you have on your schedule.
- Get organized! Use folders, notebooks and binders from the beginning to keep your class materials in place.
- Create a goal! What do you want to achieve this year?
- Get in a routine! Need an alarm clock to wake up? Need to get everything ready the night before? Make a plan that works for you and stick to it!
- Get ready to study! Plan time to do homework, prepare for quizzes/tests and seek out teachers for help when needed.
- Take care of you! Make sure to eat breakfast, drink plenty of water and get enough sleep every night.

Welcome Back
LEARN to School
WONDER
experiment Grow
Play shine SHARE
INSPIRE
Explore DREAM
MAKE FRIENDS Have
enjoy PRETEND Fun
imagine
practice SMILE
sing try new things

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

SEPTEMBER 2018

Programs and Events

American Red Cross Leadership Program **Grade 9**

Program for Monroe County students in 9th-12th grades with a 2.5 GPA and good attendance who are looking to be a leader and create change in their community; meetings take place each Wednesday from 3:30pm-6:00pm, October—Spring 2019
Application Deadline is Friday, September 28th!

For more information and to apply go to: www.redcross.org/rocyouthleadership

Rochester Children's Scholarship Fund **Grade 9**

Scholarship opportunity for qualified students, required GPA and income to qualify.
Visit www.rcsf.info for additional information.

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.

Please visit our webpage at www.sotarochester.org,
click on Counselor Corner, Foundation Tab

SEPTEMBER 2018

SOTA Counseling Corner
Foundation Grades 7-9

Meet Ms. Rosekrans from the Center for Youth!

Prevention Counseling

at

School of the Arts

Why Prevention?

Research conducted by the National Institute of Mental Health and the Centers for Disease Control and Prevention shows that early intervention can prevent many adolescent risk behaviors.

Amber Rosekrans is the Chemical Dependency Prevention Counselor from the Center for Youth at SOTA. She is in school to provide counseling and case management services to youth ages 12-20. Ms. Rosekrans is available to assist with identifying students with issues related to substance use/abuse, problem gambling and other risk factors that inhibit healthy youth development. She provides support to staff and students through classroom workshops, individual and group counseling, as well as crisis intervention.

Project SUCCESS is a prevention education series, presented by the Center for Youth counselor, to seventh graders at SOTA during their advisement time. The curriculum is designed to increase students' knowledge of the negative effects of substance use, decrease favorable attitudes about alcohol, tobacco, and other drug use and correct wrong perceptions about the prevalence and acceptability of substance use while increasing resistance and other social skills. The prevention education series consists of the four topics relevant to youth development, building social and refusal skills, and healthy behaviors. Each topic will be covered in two class periods to allow ample time for interactive lessons and group discussions. The Project SUCCESS prevention education series is designed to encourage students to gain information, ask questions, and seek support from trusting adults in their lives. For further information about Project SUCCESS or the Center for Youth, please contact Amber Rosekrans at 585-242-7682 x3320.

Prevention Education Series Schedule:

Being an Adolescent-September/October
Alcohol, Tobacco and Other Drugs-October
Relationships: Friendships and Family-November
Skills for Coping-December

Upcoming Events:

**Part 1 Prevention Series*
**Curriculum Night-9/12*
**Red Ribbon Week-10/23-10/31*

Please visit our webpage at www.sotarochester.org,
click on Counselor Corner, Foundation Tab