November is National Gratitude Month
Having gratitude is more than saying “thank you”, it is appreciating the things that you have. Gratitude also allows us to focus clearly on important aspects of our lives, rather than dwelling on the negatives that might bring us down. Most importantly, having gratitude builds character and helps us build and maintain relationships throughout our lives. Taking just a few minutes out of your day to reflect and remember what and who you have can make you happier. Some things that you might be grateful for are family, friends, pets, teachers, colleagues, life, good health, and more. Being grateful is more than just being thankful, it is admiring all of the things and people in your life. Never take anything for granted because you’ll never know how much you appreciate someone or something until you can’t have it anymore.

-Mattie Lomoglio

Research has shown that gratitude can enhance our moods, decrease stress, and drastically improve our overall level of health and wellbeing.

On average, grateful people tend to have fewer stress-related illnesses and experience less depression and lowered blood pressure, they are more physically fit, they are happier, have a higher income, more satisfying personal and professional relationships, and will be better liked.

Grateful kids are even more likely to get A’s in school.

Start a gratitude journal. Write about someone or something you’re thankful for every day. You’ll find your appreciation for those around you grows deeper and fonder the longer you keep it. When you read back on what you’ve written, you’ll be able to reflect on the relationships and their accomplishments.

Share your gratitude with others. Letting someone know you’re grateful for their care, service, or friendship often lifts their spirits or lifts a burden.

Show your appreciation by giving back to your community, neighborhood, or favorite organization.

To learn more, click or scan the QR code.
As a junior in high school, I have started to think about college and what I want to do after high school. Recently I did a campus tour of the University of New Hampshire (UNH) and I absolutely loved it! It is located in the small town of Durham, New Hampshire and is ranked the second-best college in the state. From club sports teams, movie nights, pools, and campus and community jobs, UNH has several opportunities and resources for student involvement both on and off campus. The undergraduate enrollment is around 15,000 students, making it a diverse and richly populated school. I had many doubts as to if I was going to like UNH because it was further away from home than I wanted, and I was afraid that I was going to get lost on campus because it is a bigger university. However, the moment I stepped on the campus all of my doubts and worries went away. It had a very welcoming feel to it, and the campus was very organized and easy to navigate. One of the coolest features of the university is that you can take a train to Boston, and it only takes about an hour! UNH also has a transit bus that transports students to wherever they desire. The different transit options that UNH offers is really helpful, especially because they don’t allow first year students to have a car on campus. With GPAs of all different levels, there are several scholarships that are available for UNH students. UNH also provides several great opportunities to study abroad and internationally.
What is peer pressure and how does it effect others?

Peer Pressure is predominately found in middle and high school cliques or popular groups of students who are trying to convince others to do harmful or dangerous things.

Peer pressure can introduce teens to harmful and unhealthy habits and trigger different addictions and hobbies. Although there are positive effects of peer pressure, the negative effects are far more extensive and impactful. The effects of peer pressure can be life changing and can affect a teen's future in more ways than they might think. Teaching your child about the dangers of peer pressure can prepare them in the event where they are in an uncomfortable situation. It can also make it easier for them to exit the situations efficiently, stay out of trouble, and speak out if they are a victim of peer pressure.

How does Peer Pressure effect mental health?

Depression is one of the most common mental health illnesses. Peer pressure is one of its several causes. Some of the negative effects of peer pressure are drug and alcohol abuse. It can be difficult to understand why and how people are peer pressured. Although there is no way to prevent yourself or your child from becoming a victim of peer pressure, it is possible to not let it affect you. Surrounding yourself with people who want to see you succeed and practicing efficient refusal skills can help you to
BE CONFIDENT.
BE BRAVE.
BE KIND.

The New York State Office of Mental Health is excited to share the newest educational resource about 988 in New York! The 988 Palm Cards explain what happens when 988 is contacted by call, chat, or text and includes a helpful flow chart that is easy to understand. The 988 Palm Cards also include a QR code to learn more information about 988.

What should you do?

- Surround yourself with good people
- Tell a trusted adult if you are in an uncomfortable situation
- Practice effective and necessary refusal skills, don't be afraid to say "no"
- Be confident
- Hear advice and ideas from others but, make decisions only for the benefit of yourself!

UPCOMING EVENTS

Thanksgiving Craft Show
Ogdensburg Free Academy
November 19th
10am - 4pm
Parade & Fireworks to Follow
The North Country Family and Community Engagement (FACE) Center provides Special Education support and resources to families, preschools, school districts, and community partners.

All services are free and confidential

The following learning opportunities for families and caregivers will be offered in November.

- Specially Designed Instruction: A Guide for Families and Caregivers
  11/8/22 2:00-3:30 PM (Virtual)

This training package is the fourth in a suite of trainings on the development and use of specially designed instruction (SDI) for students with disabilities. This foundational level training is intended to develop participants’ basic understanding of specially designed instruction in order to increase knowledge of parents and other family members as engaged meaningful partners in the special education process and the education
For more information or if you have any questions please contact Rebecca Sanger at rsanger@measinc.com

Click HERE to register

- **Student-Directed Individualized Education Program (IEP) for Families**
  11/15/22 4:00-6:30 PM (Virtual)

This training is intended to promote and encourage student and family involvement in the Individualized Education Program (IEP) development process and Committee on Special Education (CSE) meetings. Participants will identify ways to build and encourage their child’s self-determination skills in order to meaningfully participate to the greatest extent possible, in their own educational planning and active involvement in annual review meetings. The Student-Directed IEP approach can be utilized at any age from K-12th grade. Tools, resources, and research-based information will be provided.

For more information or if you have any questions please contact Theo Gossou at tgossou@ccccnc.org

Click HERE to Register

FACE November Newsletter

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Canton, New York 13617
315-379-9464
Website

Unsubscribe slcyouthbureau@gmail.com
Update Profile | Constant Contact Data Notice
Sent byslcyouthbureau@gmail.com in collaboration with

Constant Contact
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