



# NORTH CEDAR JR/SR HIGH

## CLARENCE IOWA

**Dear Caregivers,**

I am pleased to inform you about our upcoming "NC Wellness Week" at the Jr/Sr High School. Providing opportunities that support overall health and wellbeing.

### **Monday October 5<sup>th</sup> - ISTEP (Iowa Students Together for Empowering Peers) Resource Table**

Opportunity for all Jr/Sr High Students During Lunch - Join the club!

Empowering young Iowans to build healthy, confident futures by promoting mental wellness, positive relationships, and safe choices through knowledge and awareness. ISTEP GOALS: Build leadership skills and confidence to positively influence peers. Increase awareness that supports informed, positive decisions. Promote mental and emotional well-being. Prevent bullying and support healthy, respectful relationships. Reduce risks related to suicide, alcohol, tobacco/nicotine, and other substances.

### **Wednesday October 7<sup>th</sup> - Anti Tobacco / Substance Use Prevention Resource Table - Community Family Resources**

Opportunity for all Jr/Sr High Students During Lunch

"The best way to prevent misuse or addiction to alcohol, tobacco, and other drugs is to never start using them. Teaching youth, adults, and communities about healthy behavior and lifestyles is one way we can decrease risky behaviors and prevent addictions. Research based programming focuses on preventing misuse of alcohol, tobacco, other drugs, and gambling. Education is the key to understanding addictive behaviors. Substance use prevention strategies such as education and youth development are just a few of the ways we can work to prevent youth from becoming involved with substance use."

### **Wednesday October 7<sup>th</sup> - Presentation with Community Family Resources**

Opportunity for High School Students in Ms. Moorman, Mr. Hess and Ms. Barnes 4<sup>th</sup> Hour Classes.

Presentation by: Beth Salyars, Prevention specialist. Research based programming focuses on preventing misuse of alcohol, tobacco, other drugs, and gambling. High school students will attend a presentation overviewing the harms of substance use including vaping and oral nicotine pouches. Students will be provided with prevention information and education.

### **Resources & Regulation - Opportunity For all North Cedar Caregivers K-12**

Tuesday October 6<sup>th</sup> & Thursday October 8<sup>th</sup> from 1:30-8pm Located in Ms. Emily's Office (Room 107 Jr/Sr High School Clarence, IA).

Stop by during PT conferences at any time. Ms. Emily will be available to provide an in-person overview of available services in Cedar County. Get your questions answered, receive support applying for services, obtain direct and immediate referrals to therapy services for your Jr/Sr high students. Learn and practice coping strategies for emotional regulation including, mindfulness, meditation & breathwork.

Best regards,

Ms. Emily - School Resource Navigator