

North Shore Counseling

March High School Newsletter

Brighter Days Ahead


The theme of this month's counseling newsletter is light at the end of the tunnel. The meme below has circulated on social media and displays the time the sun will set over the next couple of months. Literally, brighter days are on the horizon.

One year ago this week, schools closed their doors. For the first time in their lives, students were learning from home, teachers were teaching remotely and parents were working from home. While this experience has been challenging, take a moment to find the positives that organically emerged from the past year. Some examples include:

- More time spent with your immediate family
- A less scheduled life, which led to slowing down
- Getting outside more to experience nature
- A rejuvenation of walks and bike rides
- Appreciation for essential workers who are true heroes

This has been a difficult year, but we are almost there. The students have been amazing and the support North Shore has received from the parents has been unbelievable. Consider all that we have overcome as a community. We know this has not been easy for the students, parents, or teachers. Please know that the counseling department is here to support you should you need anything.

#VikingStrong



By the end of the month, the
sun won't set until 5.41pm.

By the end of March it will be
7.37pm.

April: 8.30pm

May: 9.17pm

June: 9.34pm

There are brighter days ahead.

ACTION CALENDAR: MINDFUL MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice five things that are beautiful in the world outside	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself. Try to use kind words	5 Take three calm breaths at regular intervals during your day	6 Bring to mind people you care about and send love to them	7 Have a 'no plans' day and notice how that feels
8 Eat mindfully. Appreciate the taste, texture & smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to just watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that need doing
15 Stop, breathe and just notice. Repeat regularly during the day	16 Get really absorbed with an interesting or creative activity	17 Look around and spot 3 things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Cultivate a feeling of loving-kindness towards others today	20 Celebrate the International Day of Happiness dayofhappiness.net	21 Listen to a piece of music without doing anything else
22 Walk a different route today and see what you notice	23 Tune in to your feelings, without judging or trying to change	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Notice when you're tired and take a break as soon as possible	27 Have a device-free day and enjoy the space it offers	28 Appreciate nature around you, wherever you are
29 Notice what is working today and be thankful that this is so	30 Mentally scan down your body and notice what it is feeling	31 Notice the joy to be found in the simple things of life	"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn			

ACTION FOR HAPPINESS

www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/mindful-march

Happier · Kinder · Together

Mindful Space - Mon and Tues 10:30 - Come learn calming techniques!

Want to help improve your mental health while juggling remote learning, global stressors and home and family life? The practice of mindfulness proves to be an effective Social Emotional Learning (SEL) strategy to promote well-being. This class will provide students with research-based methods to incorporate mindfulness practice into their daily life. Students will engage in meditation, discussions and reflections on their own coping strategies and stress triggers and be provided with guidance to reduce stress and test anxiety. The class will run Mondays and Tuesdays from 10:30 - 11:00am remotely via the Google Classroom (code cpnhf5s) beginning 3/22/21.



ATTENTION JUNIORS: TESTING INFORMATION

SAT School Day

The form for registering for the March 24th exam has closed. You may still register by emailing Mr. Shea (sheat@northshoreschools.org) and Mr. Doherty (dohertyd@northshoreschools.org).

Registration is now open for the April 27th SAT School Day. Please click [HERE](#) to register. The price is \$68 for SAT w/ Essay and \$52 for SAT. Checks can be made out to the North Shore School District and handed into the guidance office. Please indicate that the payment is for the April exam when you drop the money off.

Unlisted ACT Exam - April 17th

If you have not registered for the April 17th ACT you may do so by using the code - **238770**. When registering you will need to pick a test center. North Shore will only appear as a test center if you



Spring Expo Poster 2021.pdf

Download
93.4 KB

Legislator Joshua A. Lafazan's 2021 Summer Internship Program

Legislator Joshua Lafazan's office is offering a summer internship opportunity for high school students. For a detailed job description and information on how to apply please see below:

https://docs.google.com/forms/d/e/1FAIpQLSdclOrYitdpklrg_V045AfUhzQjj-LafsOHNRWJblGgEpvKO/viewform



Stress Management Tips

5 Senses To Help Manage Stress

- Sight**
Look at a cherished or favorite photo. Find an area with natural light. Surround yourself with warm or cool colors.
- Smell**
Enjoy clean, fresh air. Smell your favorite flowers. Light your favorite candle. Try different scents of aromatherapy to help de-stress.
- Taste**
Indulge in a small piece of dark chocolate. Enjoy a healthy, crunchy snack. Sip some hot tea.
- Touch**
Wrap up in your favorite blanket. Soak in a hot bath. Pet a dog or cat. Give yourself a neck or hand massage. Wear soft.
- Sound**
Tune in to a nature soundtrack to hear the

SUSTAIN HOPE

CULTIVATING PREVENTION: RESILIENCE CAMPAIGN 2020-2021

Maintain an optimistic outlook that still expects that good things will happen.

CREATE A HOPE MAP

Goals Obstacles Pathways

I can take on ANYTHING!

Goals: Courage

ACKNOWLEDGE CHALLENGING MOMENTS

- Remind yourself that this will pass...it always does.

CREATE POSITIVE EXPECTANCY

- Visualize what you want rather than what you fear will happen.
- Revised journal of times you used your strength to persevere.
- Instead of thinking "I can't", tell yourself "I will".

PLAN TO ACCOMPLISH GOALS

- Create a goal board to showcase what you want to accomplish.
- Assign a timeframe (once, daily, weekly) for each goal.
- Take one step each day toward a goal.

KEEP THINGS IN PERSPECTIVE

CULTIVATING PREVENTION: RESILIENCE CAMPAIGN 2020-2021

Support a resilient outlook during difficult times by maintaining a balanced perspective.

SHIFT YOUR MINDSET

- Identify how many of your thoughts are aimed toward what is wrong in your life.
- Generate a new outlook by listing out all of the things that have gone right recently.
- Set aside a few minutes to reflect on how you can grow during this time.

INCREASE AWARENESS OF UNBALANCED THINKING

- Propose a thought that is troubling you. Write it out.

CHALLENGE YOUR PERSPECTIVE

- List the facts, or evidence, supporting and negating your thought.
- Is your thought 100% supported by facts?

REFRAME YOUR THINKING

- Foster a more accurate and helpful perspective by generating a new thought that accounts for all the facts and is not solely guided by feelings.

FOCUS ON WHAT MATTERS

- Identify 5-5 things that you value most in life.
- List out your typical daily activities.
- Compare how your activities align (or don't) with what you value.
- List out 2-3 things you can do this week that support your values.



Anxious Stomach Ac...

childmind.org

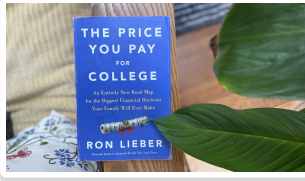
What does it mean when children get a lot of stomach aches and headaches, especially before school? They are often signs of anxiety, and children may need help managing it to make them go away.



How to Help a Teen ...

www.nytimes.com

The more students fall behind in the pandemic, the less likely they are to feel that they can catch up.



5 Things Every Famil...

www.npr.org

For many families, this is one of the biggest financial decisions they'll ever make. A new book helps navigate the often confusing and opaque financial aid system.

Georgia Tech Blog

Time Management Tips from Dartmouth College

Prevention Corner: Gambling Awareness Month

UNDERAGE GAMBLING: A GROWING CONCERN

Problem gambling can start young; really young. In fact, 39.5% of youth age 12-17 have gambled this past year, and 30% of these youth state that they began gambling at age 10 or younger. The earlier a child starts gambling, the more likely they are to have problems due to gambling. Young people who become problem gamblers also have higher rates of drug and alcohol abuse, violent and criminal acts, mental illness, and school and family problems.

HOW CAN YOU REDUCE THE RISK OF YOUR CHILD ENDING UP WITH A GAMBLING PROBLEM?

One simple, effective way is just to talk with your kids about gaming and gambling, even if they're as young as six years old. Children whose parents talk with them about gambling are less likely to develop a problem. <https://talk2kids.org/>

A GROWING CONCERN

- 39.5 percent of youth ages 12-17 have gambled over the past 12 months. (Thirty percent of these youth state they began gambling at age 10 or younger!)

YOUTH BRAINS UNDER CONSTRUCTION

- Children who gamble under the age of 24 are at a higher risk of developing a gambling problem because the parts of their brain, that help them think through their decisions and consequences, are still developing.
- What teens do early in life influences their brain's development into adulthood.

YOUTH PROBLEM GAMBLING WARNING SIGNS

- Change in personality or behavior
- Less involvement with usual activities
- Withdrawal from family or friends
- Unexplained absences from classes or school
- Dropping grades
- Unexplained debts, cash and/or new items
- Borrowing or stealing money
- Unusual amounts of time on the computer
- Unusual interest in teams and athletes
- Exaggerated display of money
- Bragging about gambling activities

WHAT CONSTITUTES YOUTH GAMBLING?

- Betting with friends on sports, games of skill and dares for money or possessions
- Raffles
- Lottery and scratch off tickets: obtained illegally or received as a gift
- Poker and other card and dice games
- Gambling online, in video games, or on the outcome of video game matches.

YOUTH WHO GAMBLE ARE MORE LIKELY TO

- Get lower grades
- Use tobacco
- Drink alcohol and binge drink
- Experiment with marijuana
- Use illegal drugs
- Get into fights
- Have low self esteem
- Have mental health issues
- Attempt suicide
- Have behavioral problems
- Be involved in crime
- Get addicted quickly due to their still developing brain

HOW CAN PARENTS HELP?

Talk with your kids about gaming and gambling, even if they're as young as six years old.
[Learn more at Talk2Kids.org](http://Talk2Kids.org)

Study Tips and Resources from the Peer Leaders



Peer Leader Flyer.pdf

[Download](#)
201.8 KB



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