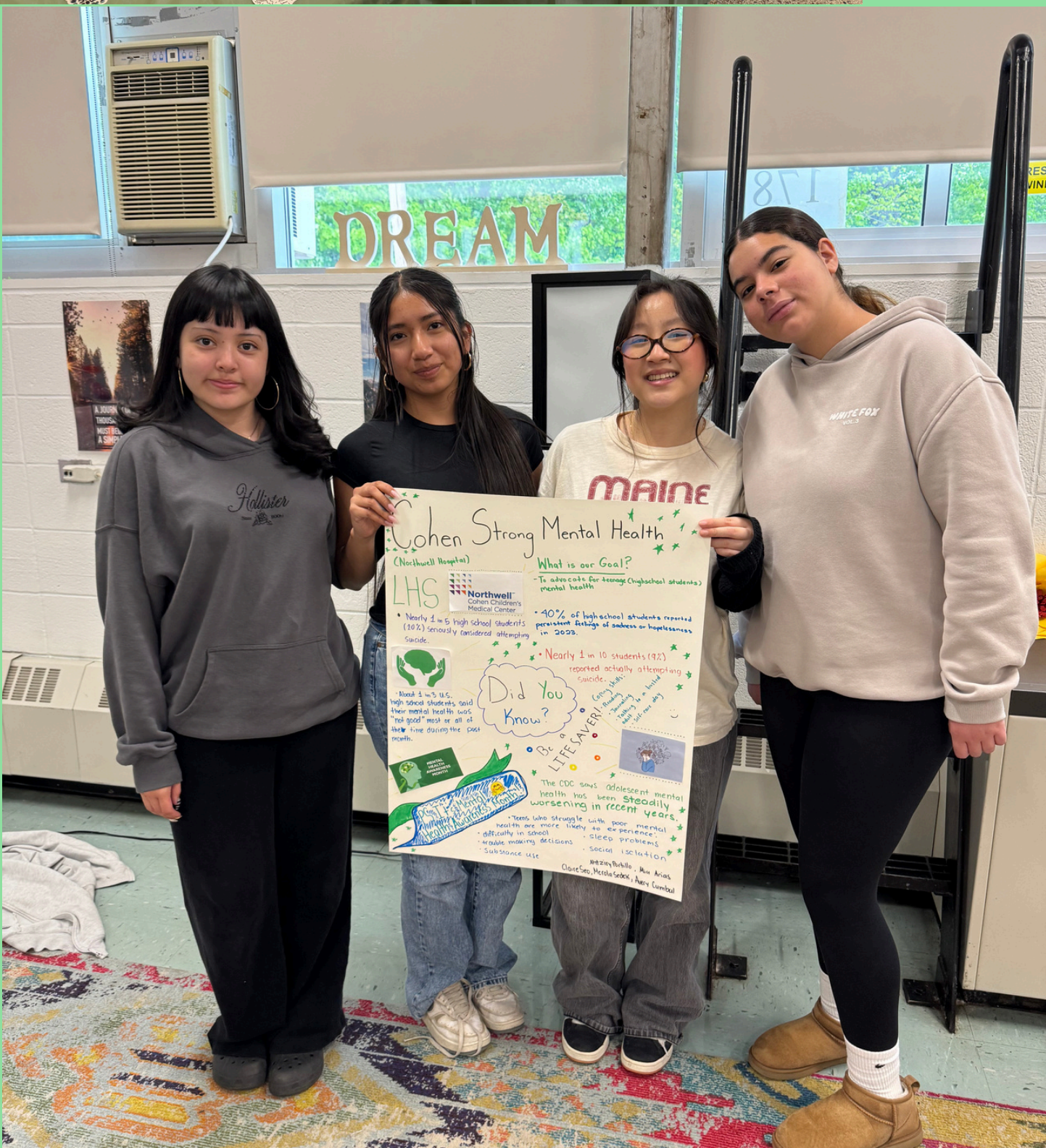


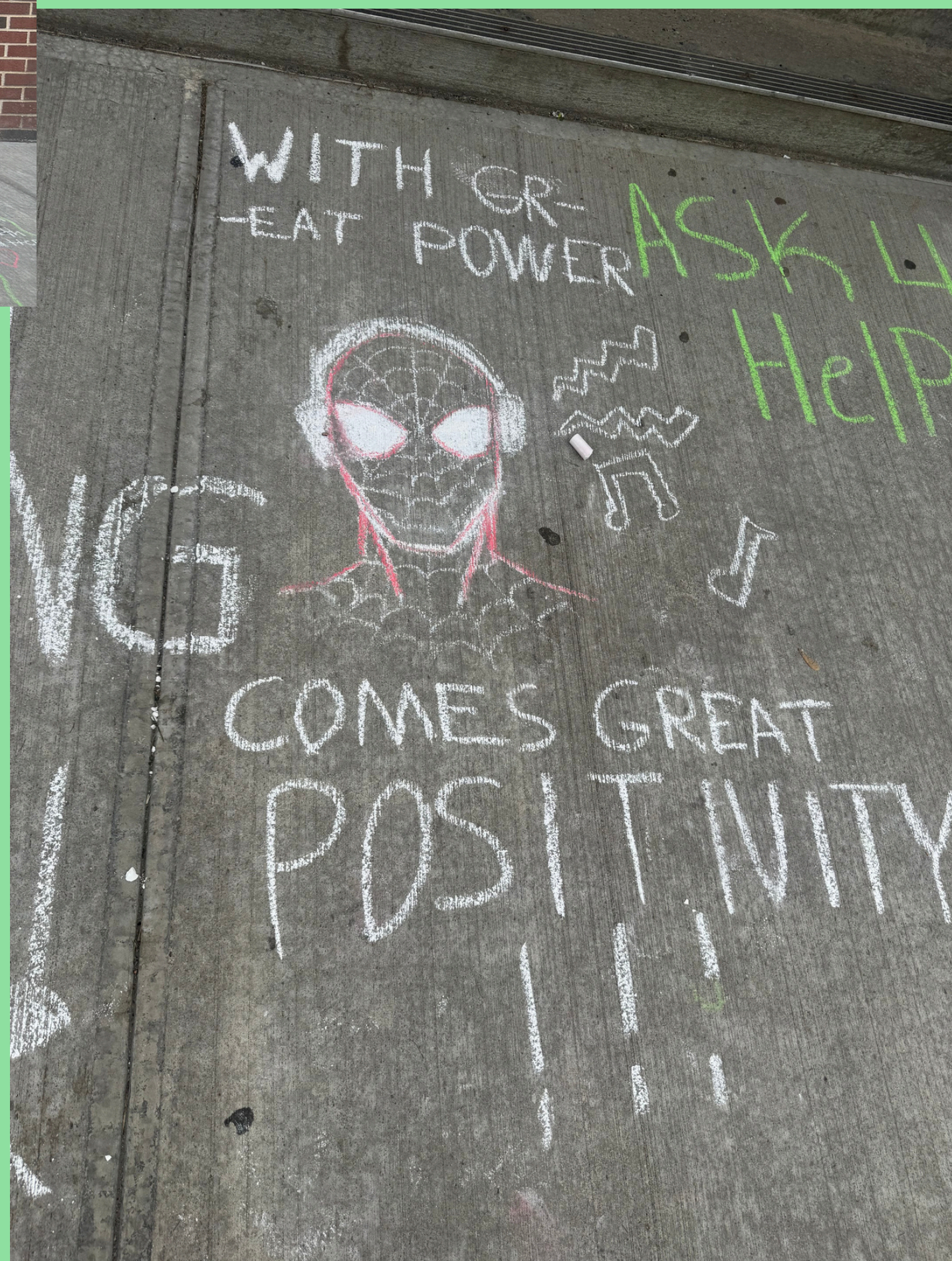
Lakeland High School

For Mental Health Awareness Month, SADD Club members made homemade stress balls to encourage positive coping skills and stress relief. Members also hosted an informational table to help students better understand mental health resources and how to ask for help when needed. Several SADD Club members also participated in the Cohen Strong Task Force, further supporting efforts to promote mental wellness and awareness throughout the school community.



Lakeland High School

As part of Mental Health Awareness Month, SADD Club members participated in a "Chalk the Walk" event in front of the school. Students decorated the sidewalks with positive affirmations, encouraging messages, and mental health awareness slogans to spread kindness, promote wellness, and remind their peers that support is always available.



Lakeland High School

At our final SADD Club meeting of the year, members celebrated their hard work and accomplishments with a pizza party. We also recognized our graduating seniors for their dedication and contributions to the club by presenting them with graduation cords and certificates of appreciation. It was a wonderful way to reflect on a successful year and wish our seniors the best in their future endeavors.



Copper Beech Middle School

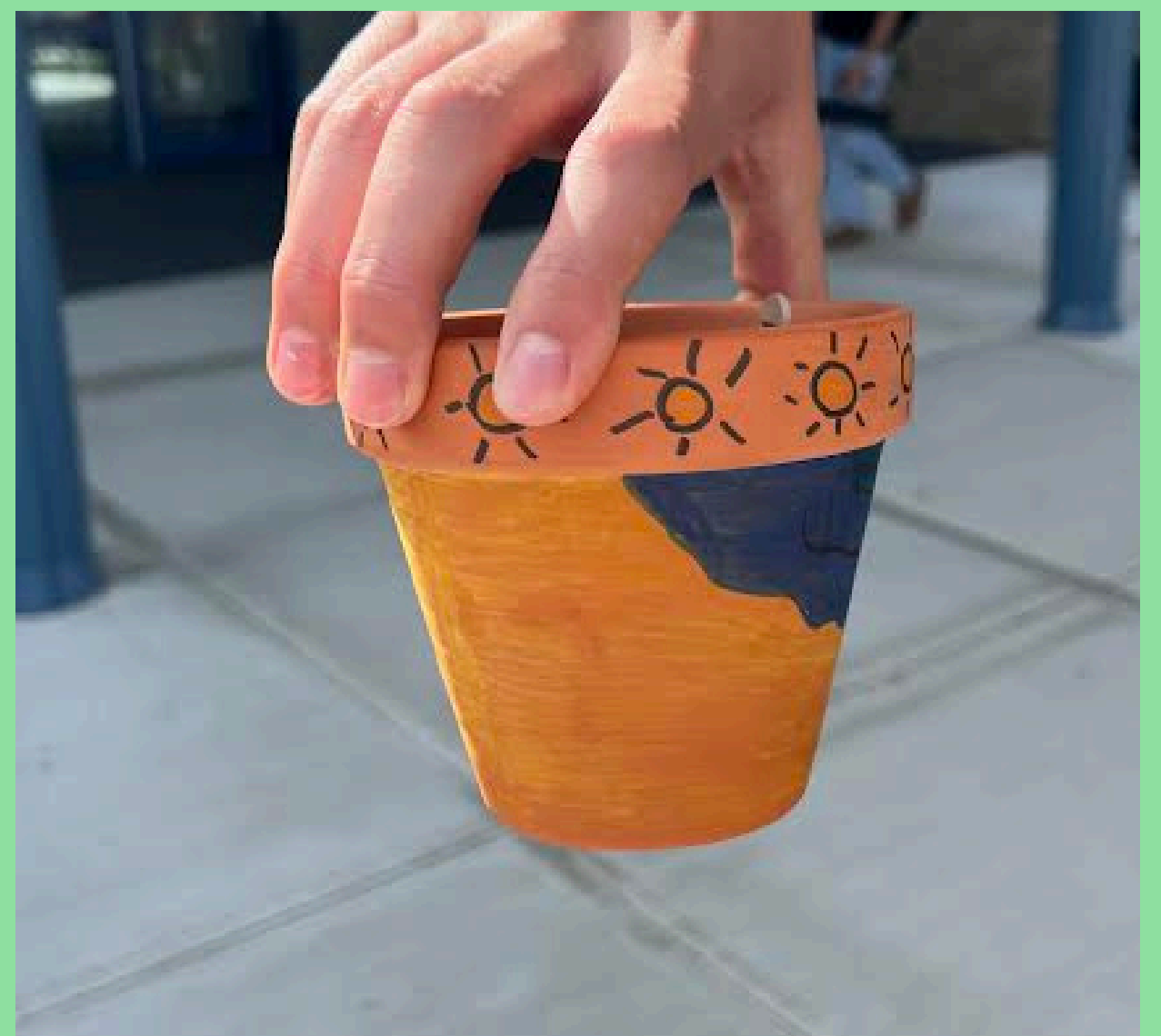
For Mental Health Awareness Month, students searched for green rubber ducks hidden in the school to win a prize! Each rubber duck came with a tag that listed a healthy coping skill or person one can reach out to either in school or at home for support.

SADD club students painted rocks with kind messages and fun designs!



For our last SADD club meeting, students decorated flower pots and planted different flower seeds in them just in time for summer!

Students also reflected on all the hard work and creativity they put into making the SADD club fun, meaningful, and successful in bringing awareness about making healthy choices.



Yorktown High School

YHS Seniors attended a “Senior Panel”, a presentation about making healthy choices from the perspective of Yorktown Town Justice Cohen-Pierson, Yorktown PD SROs Gregorio and Palladino, and New York Presbyterian/Hudson Valley Hospital Emergency Room PA, Eric Gunther.



Yorktown High School

Our YHS sidewalk was decorated with positive and encouraging messages at our “Chalk the Walk” for Mental Health Awareness Month.





Hello Summer!

KEEP THE FUN
SKIP THE RISK

YOUR BEST SUMMER EVER
STARTS WITH HEALTHY DECISIONS!

MRS. LOUGHRAN
STUDENT ASSISTANCE COUNSELOR
ROOM 266



The dress. The tux.

~~The drunkenness.~~

The date.

The dance.

~~The vomiting.~~

~~The accident.~~

The friends.

The laughter.

Make it an unforgettable
prom for the right reasons.

The prom is soon. It's important to take the time to talk about pressure and making good decisions before you send them off. Some teens will use alcohol and/or other drugs to cope with stressful social situations during prom night and after. In addition, the use of these substances can cause altered perceptions, impaired judgment, loss of inhibitions, regret, injuries, and even death. It can also cause them to make questionable choices and get involved in behaviors that put their health, safety, and reputation at risk. Get strategies. Learn what every parent needs to know about prom night and after. Contact:



PowerToTheParent.org

Student Assistance Corner

The Student Assistance Program promotes the well-being of students by helping them make healthy decisions and remain substance-free.

Student Assistance Counselors

Yorktown High School/Ms. Loughran
(914)243-8050 Ext 11647
sacounselor@yorktown.org

Lakeland Copper Beech Middle School/
Ms. Finan
lfinan@lakelandschools.org

Lakeland High School/ Ms. Meyer-Porco
(914) 528-0600 ext. 39179
smeyerporco@lakelandschools.org