

April 2024

HOPE4Youth

NEWSLETTER

Impact Council Receives Fourth Award!



Oklahoma Public Health Association Award!

The HOPE4Youth-Impact Council received the OPHA Health Education and Promotion award for the 2023 Outstanding Public Health Education/Promotion Program.

The Impact Council was selected because of their significant achievements in the field of health education/promotion and initiative in leadership. In addition, they made special contributions toward attainment of local/state/national health program objectives.



Blair Taylor

Impact Council Member of the Month!

Blair Taylor is a 7th grader at Pryor Middle School. She is a member of the Impact Council, the PMS Lead Team, PMS volleyball, basketball, soccer, and track teams. Outside of school, Blair is involved in the Creekside Church youth group and plays for the PWP basketball team and Mayes County Power 14's volleyball team.

Blair why do you choose to be drug and alcohol free?

I choose to be drug and alcohol free to keep my body healthy and strong for myself and my sports.

Stress Management for School Staff

As the end of the academic year draws closer school staff often find themselves under increased stress. The culmination of projects, assessments, administrative tasks, and the anticipation of summer break can create overwhelming pressure. It's crucial for educators and support staff to prioritize self-care and manage stress effectively during this period to maintain their well-being and performance. Here are some strategies to help school staff navigate stress as the school year comes to an end.

- Set boundaries between work and personal life.
- Prioritize tasks and set realistic goals.
- Practice time management techniques
- Seek support and collaboration from others.
- Practice self-care such as exercise, meditation, and healthy habits.
- Maintain perspective and focus on the positives.
- Reflect and celebrate achievements!

Protect your mental health!

WAYS TO HELP OTHER SCHOOL STAFF

School staff are often focused on taking care of and supporting youth, but without prioritizing their own wellbeing. Most don't realize that mental health isn't only important for their wellness but is also linked to stability in schools and student achievements. Here are a few ways to help other staff...

Check in on each other, express gratitude for each other, take time to laugh, pay attention to nonverbal cues, lend each other support, and keep each other accountable for self-care.

Thank you for everything you do!

www.mchope.org/hope4youth

