

## ABOVE AND BEYOND

### *Well Deserved Recognition for Students*

The month of May saw CTC present our Cathy Shaffer ABC Above & Beyond and our Turnaround Awards.

On May 1, Awards Night, CTC proudly recognized two high-school students who are making a difference in their own lives and in the lives of those around them. The Cathy Shaffer Above & Beyond (ABC) Award honors students who distinguish themselves through their positive behavior and who, by their actions and words, go above and beyond to demonstrate and promote responsibility, respect, and good decision-making. The high-school recipients of the ABC Award were seniors Katalina Le and Brooke Ruth.

Katalina demonstrates diligence, hard work, high standards, honesty, kindness, and generosity. A hard worker outside of school, too, she has a part-time job that consumes much of her time. Brooke continually goes above and beyond to be kind and is a role model to others. A representative example of this was her regular assistance to and patience with an autistic student.

The Middle School awards were presented on May 31. Rae'Yhona Bruaw, a 7<sup>th</sup>-grade student, was the ABC Award winner. Rae'Yhona transferred into the district this year, and did so with respect and a positive attitude. She is highly regarded for her positive behavior, good choices, and for the respect she shows for students' individual differences. She encourages others to be their best.

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*Katalina Le*



*Brooke Ruth*



*Rae'Yhona Bruaw*

### **MARK YOUR CALENDARS!**

**Saturday, October 13:** NAMI York Mental Health Awareness Week Walk, YS High School

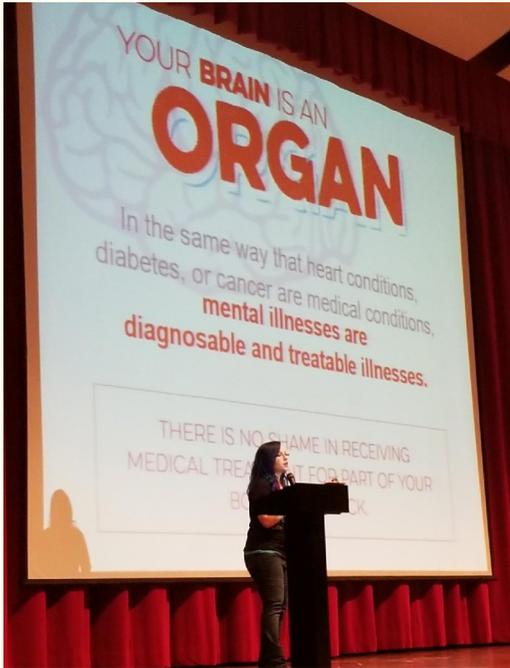
**Saturday, November 17:** CTC Annual Variety Show, York Suburban High School

**Thursday, March 7:** CTC Annual Dodgeball Tournament, York Suburban High School

**Thursday, March 28:** CTC & York Suburban Middle School Multicultural Festival, YS Middle School

## A Busy Year for CTC

During the 2017/2018 school year, CTC continued supporting its key programs and also provided new initiatives and programs to the district.



**S.T.O.M.P. Program:** We brought the three-part S.T.O.M.P. program to the middle school. On Oct. 17, the school's S.A.P. (Student Assistance Program) team took the 8-hour Youth Mental Health First Aid training, which addresses how to help adolescents who are experiencing mental-health or addiction challenges or who are in crisis.

On Oct. 30, Alexa Moody of [PleaseLive.org](http://PleaseLive.org) presented a student assembly on mental-health basics and suicide prevention. Afterward, there was a health fair with 16 area agencies involved in health and fitness, mental health, suicide prevention, and substance abuse. CTC thanks Alexa and Sharon Engdahl, executive director of the Mental Wellness Awareness Association, Inc., who obtained grant funding for the teacher training.

**Variety Show:** Our 13<sup>th</sup> annual CTC Community Variety Show was Nov. 18. A near-record number of acts participated, and more than \$5,000 was raised for CTC programming. A big shout-out to the community for its support of this signature event. This year's show is Saturday, Nov. 17. We'll be announcing details soon, but it's not too late to start planning your acts!

**Wellness Yoga Program:** We partnered with YWCA York to bring Wellness Yoga to the middle school. These classes combine gentle yoga with mindfulness, stress management, and self-regulation skills. Approximately 12 to 14 students participated. Students report feeling calmer, more centered, more ready for homework, etc., when they've practiced their yoga. And parents have noted that their children seem more even tempered at home after yoga class. Thanks to YWCA York and instructor Christen Coscia for conducting this program for us, and we hope to expand it in the upcoming school year.



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**Suicide-Prevention Presentation:** Our community mental-health program was Feb. 28 at the middle school. “Suicide Prevention: It’s Everybody’s Responsibility” gave an overview of topics related to suicide: the magnitude of the problem; recognizing signs of risk; high-risk groups; suicidal communications; and resources for help. Speaker Cindy Richard is director and founder of Suicide Prevention of York; we thank her for her time and her passion for this issue. For more information, visit [spyork.org](http://spyork.org).

We plan to build on this presentation during the upcoming school year with sessions on related topics such as social isolation, substance abuse, lack of family support systems, and more.

**Elementary Mindfulness:** A mindfulness program is planned for Valley View and Yorkshire for next school year. An orientation in March for district phys-ed teachers introduced the 8-week “Everyday Mindfulness” training. Approximately 12 teachers will take this in the fall and will implement it in the classroom. Mindfulness programs can equip youngsters with awareness of the mind-body connection, impulse control, more calmness and better focus, kindness and compassion, and more. Developed by Mindful Schools, the training will be led by Kim Stratton, mindfulness coach and instructor.

**Dodgeball Tournament:** This was March 8 at the high school. Organized by the CTC High School Student Board, it featured 10 teams of eight students each. Competition was lively, and the audience was enthusiastic! This is a healthy activity for students, and everyone enjoys it. Great job, everybody!

**Drug Take-Back Day** was April 28. Sixty-seven (67) vehicles and one pedestrian came to three locations around the county and deposited several hundred pounds of unused prescriptions. The York county-wide CTC, York County System of Care, York County DA's office, York City Police, and Northeastern Regional Police were involved in this national effort. CTC thanks our Prevention Board member Rich Robinson for his key participation!

**Kids in the Kitchen:** Presented by UPMC Pinnacle Memorial Hospital, the “Kids in the Kitchen” program is held for third-grade classes at East York and Indian Rock elementary schools. These lessons give students an understanding of nutrition basics such as the Food Pyramid, healthy versus unhealthy foods, etc. They prepare a tasty, healthy snack that they can also make at home. We have heard that students often go home and school their parents on nutrition! Thanks to Natalie Oster, community health educator for UPMC, for bringing this program to our schools.

**Multicultural Festival:** The Multicultural Festival, March 22 at the middle school, was fun *and* educational. It celebrates diversity around the world and in our community while recognizing that we are more alike than we are different. We had tables representing 10 countries along with community organizations and school clubs. There was entertainment, an educational film, and a display of student stories about their cultural backgrounds. Food from around the world was a great hit! Next year’s festival is March 28.



# AROUND THE COMMUNITY

## ***3rd Annual Please Live Golf Tournament***

*July 13, Dauphin Highlands Golf Course*

This event helps raise funds for Please Live’s mission of cultivating mental wellness in youth and young adults through **free** educational events. Shotgun start at 2 p.m. Registration and sponsorship information [here](#).



## ***Summer Quest: Libraries Rock***

*June 2–August 19, York County Libraries*

This summer program offers reading fun and free activities at 13 York County libraries. In addition, get the “Go York!” book, which gives clues to find posts hidden at parks and other sites. Sign up any time during the summer. Visit [www.yorklibraries.org](http://www.yorklibraries.org) for more information.

## ***Kids Bowl Free***

Registered kids receive **2 free games** of bowling **daily, all summer long!** York Suburban Bowlerama, Colony Park Lanes North, Laser Alleys and Red Lion Bowling Center all are participating. To register, visit [www.kidsbowlfree.com](http://www.kidsbowlfree.com).

## ***Free Summer Lunch Program***

There is no need for a child to go hungry in York over the summer. Text “FOOD” to 877-877 to find summer free meals near you. You will be prompted to provide address and zip, and you will receive up to 3 locations and service times of sites near you. Visit [www.nokidhungry.org](http://www.nokidhungry.org) for information.

## ***Summer Movie Deals***

*Frank Theaters, Queensgate Shopping Center*

*Free Movie Series, June 12–August 2*

See **free** movies at 10 a.m. on Tuesdays, Wednesdays and Thursdays. Upcoming movies include *Boss Baby*, *Ferdinand* and *Paddington 2*. Movies and show dates are available at [franktheatres.com](http://franktheatres.com).

## ***Tightwad Tuesdays***

Frank Theaters is offering \$6 movie tickets and \$2.50 medium popcorn all day long. See [franktheatres.com](http://franktheatres.com) for restrictions.

## ***South York Cinemas***

*\$1.00 Ticket Kids’ Movies*

*June 8–August 23*

Visit [www.funimecinemas.com](http://www.funimecinemas.com) to see the Tuesday \$1.00 kids’ movies. Upcoming movies include *The Goonies*, *ET* and *The Sandlot*.



## ***Tennis for Kids***

This program offers free tennis to kids ages 7–16 at YSMS, YSHS and York College. Sessions run from 9–11 a.m. every Monday, Wednesday and Friday from June 18–July 20. To register, go to [www.tennisforkidsyork.com](http://www.tennisforkidsyork.com).

## ***Local York County Races***

Interested in walking, running or cycling? Whether competing against others, challenging yourself, or for family fun, visit [www.localraces.com/york-pa](http://www.localraces.com/york-pa) to see all the races scheduled in this area all summer.

## CTC School Boards Have another Successful Year

Each year, CTC sponsors student boards at the middle and high schools. Each board consists of between 12 and 16 students and an adult advisory board. These boards help develop students' leadership and teamwork skills, look at ways in which all students can address key issues, and provide critical perspective about the culture of the schools and student life. Students may also have opportunities for service to the school and the community

This year, the **Middle School Board** discussed many issues, including isolation and bullying. They developed a poster to demonstrate how to access and use the school's R.E.B.E.L. (Report Every Bullying Event Loudly) form. This poster will be displayed in the school starting with the upcoming school year. As a year-end project, students painted inspirational "Kindness Rocks," which will be hidden on school grounds to be discovered. Students from the board also assist with the Multicultural Festival each year.



CTC thanks the advisory committee chair, Alison Sprankle, and Beth Papadiamintis, committee member. Both are YS-CTC Prevention Board members. And, of course, our **student members**:

**6<sup>th</sup> grade:** Aiva Duerr, Marcella Rolle, Jalen Lee, Braeden Hilty, Brendan Shorb, Ayush Tripani;  
**7<sup>th</sup> grade:** Molly Curry, Shane Regener, Alyse Holmes, Christopher Padgett, Alyssa Grossman;  
**8<sup>th</sup> grade:** Maya Lathrop, Ben Kenien.

The **High School Board** was chaired by community member Shama Mir, who was assisted by CTC co-president Greg Kern. Thanks to both of you! In March, the board held its traditional yearly Dodgeball Tournament, which provides a healthy and fun activity for students on the night before a Friday day off. Ten teams of eight students each participated in lively, yet friendly, competition.

Students from the HS board also assisted with the annual CTC Variety show. During the year, the board discussed issues and challenges faced by the youth of today.



### **Student Members**

**9<sup>th</sup> grade:** Malaysia Thomas, Endyra Ford;  
**10<sup>th</sup> grade:** Taryn Axe, Justice Rivera, Matthew Peters, Owen Sullivan; **11<sup>th</sup> grade:** Evy Marquis, Grace Forster, Asa Williams, Gavin Smith;  
**12<sup>th</sup> grade:** Raven Alwine-Frank, Katelyn Hill, Josh Pitts.



The Turnaround Achievement Award recognizes students who have demonstrated outstanding effort, commitment, and perseverance in turning around their lives. This year's recipient was 8<sup>th</sup>-grader Rob Borders. Rob struggled with his behavior and academics. But once he began to recognize the importance of doing well in school, he participated more in class, engaged in learning activities, and demonstrated appropriate behavior. He was also a positive influence on his peers by modeling respectful communication with his teachers and classmates.



Rob Borders

Students were nominated by teachers and staff, and the winners were selected by the CTC Programming Committee. Each student received an award certificate and a gift card. The Middle School winners will also have their names added to a plaque in the school lobby.

**Congratulations to all of this year's CTC Award recipients! Thank you for making a positive contribution in our schools and in our community!**

## Help Us Help Our District!

In addition to the initiatives begun this past school year, CTC has been asked to fund other new programs. In order to do that, we need **your** help. Please consider a donation, knowing that it will help fund activities, programs, and events that directly impact the well-being of YSSD students. You can donate in the following ways:

- Via PayPal to: [ctc.mobilizer@gmail.com](mailto:ctc.mobilizer@gmail.com)
- By mail: York Suburban Communities That Care, 1800 Hollywood Drive, York PA 17403
- In person: Drop off a check to the Education Center behind the high school

*\* Please make checks payable to YS-CTC.*

