

# 2019 Summer Edition Newsletter

## HARD WORK PAYS OFF

### CTC ABC Cathy Shaffer & Turnaround Awards recognize two students

The annual CTC ABC (Above and Beyond) Cathy Shaffer and the Turnaround awards honor students in the York Suburban School District who distinguish themselves by their positive behavior.

This year's winners were middle schoolers Sarah Schnetzka (sixth grade) and Jose Cedeno (eighth grade). They received their awards at the middle school on June 3.

The ABC Award recognizes students who go "above and beyond" to demonstrate and promote responsibility, respect, and good decision-making. An Aesop quote best exemplifies winner Sarah, according to her nominator, Mr. Chad Lonergan: "The level of our success is limited only by our imagination, and no act of kindness, however small, is ever wasted." Sarah's acts of kindness add up. She volunteers at her local church, helping younger students with their religious studies. At school, Sarah shares her kindness by spending her lunch with students with autism who face challenges on a daily basis. Her demeanor exudes kindness and exerts harmony, and she extends a helping hand to all. Sarah is always smiling and helping others. Her positive contribution is a perfect fit for this award!

CTC's Turnaround Award recognizes students who have demonstrated outstanding effort, commitment, and perseverance in turning around their lives. Jose Cedeno's nominator – Mrs. Brandi Adamy – couldn't be more proud of him for his remarkable improvement in attitude and grades as he finished eighth grade.



**Sarah Schnetzka**



**Jose Cedeno**

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### **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) or by check made payable to YS-CTC.

- 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.

## CTC Wraps Up Another Productive Year

During the 2018/2019 school year, CTC initiated new programming in the schools and expanded its current programs and events.

**Wellness Yoga:** We continued our Wellness Yoga at the middle school with instructor Christen Coscia from YWCA York. Additionally, we brought yoga to East York and Indian Rock elementary schools. Erin Darby taught classes at both schools in the fall and spring. Parents also participated in these classes. We thank our instructors and look forward to next year!



### **Mindfulness Training for**

**Teachers:** Ten teachers from Valley View and Yorkshire underwent training last fall in “Everyday Mindfulness.” This introduced teachers to their own personal daily practice and guided them in how to incorporate mindfulness into their classrooms. We are grateful to Kim Stratton of Mental Health America (MHA) of York and Adams Counties for her coaching.

**Substance-Abuse Presentation:** Blueprints for Addiction Recovery presented “Addiction & Teens” for the YSSD community. This overview covered the classification of addiction as a clinical brain disease, teen access to drugs and alcohol, the levels of care, and more. An informative Q & A session followed. The PowerPoint portion of the program is available; e-mail [ctc.mobilizer@gmail.com](mailto:ctc.mobilizer@gmail.com). Thanks to the staff members of Blueprints who brought this presentation to us.

**Big Brothers Big Sisters:** The BBBS mentoring program, which pairs middle-school students with elementary students, continues its success. For the 2017/2018 school year (the most recent for which final statistics are known), results are impressive. Students who maintained or improved academic performance: 99%; maintained or improved attendance: 93%; exhibited age-appropriate literacy skills at the end of the program: 74%; were promoted to next grade: 97%; attended the program 50% of the time: 100%. Kudos to all involved, and many thanks to Big Brothers Big Sisters of York & Adams Counties!



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**Variety Show:** Our 14<sup>th</sup> annual CTC Community Variety Show on Nov. 17 was the “greatest show ever”! We had a record number of performers and a huge variety of types of acts. The “Greatest Showman” themed show was enormous fun for all, and nearly \$5,000 was raised for CTC programming. This year’s show is November 16; start planning your acts!

**Multicultural Festival:** This year’s Multicultural Festival was one of our largest yet, featuring tables representing more than 15 countries, plus community organizations and school clubs. There was musical and dance entertainment, henna tattoos, a photo booth, cultural displays, and food samples from different countries. Thanks to our table hosts, our entertainment, and our other vendors. Next year’s festival is Thursday, March 19; see you there!

**Dodgeball Tournament:** This took place on March 8 at the high school. Organized by the CTC High School Student Board, it featured nine teams of eight students each. Competition was lively, and the audience enjoyed every minute! This is a healthy and fun activity for students. Great job, everybody!



### CTC Needs YOU!

We are in need of new Prevention Board members for the 2019/2020 school year.

If you want to be involved in bringing programs that make a positive difference in the lives of YSSD students, contact us at [ctc.mobilizer@gmail.com](mailto:ctc.mobilizer@gmail.com).

## CTC School Boards Have Another Successful Year

CTC thanks the members of the 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. Service to the school and the community is an integral part of the boards' purpose.

This year, the Middle School Board & High School Board volunteered at CTC events and discussed issues of importance to the board and their fellow students.

Thanks for all the hard work of advisory committee chairs — Alison Sprankle of the Middle School Board and Shama Mir of the High School Board — along with our other advisory board members and our student board members.

**Middle School**  
Marcella Rolle  
Shane Regener  
Aiva Duerr  
Sophia Scalet  
Finnegan Martin  
Ashanti Garver  
Landon Mendoza  
Nicholas Smith  
Kirra Hyder  
Eben Henderson  
Brayden Gentzyel  
Al-Amin Imam

**9th Grade**  
Isabella Fogle  
Benjamin Kenien  
Maya Lathrop  
Kasaan Moore

**10th Grade**  
Joe Tapp  
Aidan Hughley  
Malaysia Thomas  
Endyra Ford

**11th Grade**  
Taryn Axe  
Justice Rivera  
Matthew Peters  
Owen Sullivan

**12th Grade**  
Evy Marquis  
Grace Forster  
Asa Williams  
Gavin Smith

## YS-CTC Yoga Funded by Memorial Health Fund Grant

York Suburban Communities That Care extends a note of appreciation to Memorial Health Fund. We received, through the York County Community Foundation, a grant from MHF that funded our Spring 2019 Wellness Yoga Program. This program was run at the Middle School, East York Elementary, and Indian Rock Elementary in the fall, and we hoped to continue it through the balance of the school year. The amount awarded, \$2,280, funded the full cost of the spring program, allowing CTC to direct monies toward other programming that benefits YSSD students and the entire community.

The yoga program consists of gentle yoga plus mindfulness practices to develop students' awareness of the mind/body connection, teach them stress and anxiety management skills, and improve physical strength and flexibility. It has numerous other benefits. Our grant application cited scientific research

proving the value of yoga for school-aged students. We were thankful for the opportunity to continue the program for the spring sessions.

Lise Levin, YCCF Vice President of Community Investment, presented the check to YS-CTC Prevention Board President Greg Kern.





# AROUND THE COMMUNITY

## **Summer Quest: A Universe of Stories**

*June 1–August 19, York County Libraries*

This summer program offers reading fun and free activities for all kids, infant through teens. Pick up your registration packet and special activity sheet at any of the local libraries. SummerQuest provides hundreds of events all around York County, from musical performances, Teen Cupcake Wars, STEAM activities and prize-winning opportunities to free food at local restaurants and viewings through real telescopes (and more)! Visit [www.yorklibraries.org](http://www.yorklibraries.org) for more information.

## **YSSD Summer Food Program**

There is no need for a YSSD child to go hungry over the summer. Whiston's Food Service offers free breakfast and lunch for all students ages 18 and under. Meals are provided Monday–Friday, June 10–August 9 at YSMS. Breakfast is served 8–8:30 a.m. and lunch from 11:30 a.m.–12:30 p.m. Adults may purchase a meal at \$1 for breakfast and \$2 for lunch. Menus are available on [yssid.org](http://yssid.org). Questions? Call 717-885-1133 or email [weaklandc@whitsons.com](mailto:weaklandc@whitsons.com).

## **Kids Bowl Free**

Registered kids receive **two 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).

## **Summer Movie Deals**

*Frank Theaters, Tightwad Tuesdays*

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

*South York Cinemas, \$1 Ticket Kids' Movies, 10 a.m. & 7 p.m.*

Visit [www.funimecinemas.com](http://www.funimecinemas.com) to see the Tuesday \$1 movies. Upcoming movies include *Ghostbusters*, *Cloudy with a Chance of Meatballs*, *Karate Kid (1984)*, and *The Land Before Time*.

## **Tennis for Kids**

This program offers free tennis to kids ages 7–16 at YSMS, Springettsbury Rec Complex, and York College. Sessions run from 9–11 a.m. every Monday, Wednesday, and Friday from June 17–July 19. 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.

## **Theatre Arts for Everyone (TAFE) Summer Camps**

Want to keep your kids engaged in fun, creative activities over the summer? Sign them up for Theatre Arts Summer Camps. The camps are held at St. Mark's Lutheran Church on East Market St. in York. There are three different weekly sessions and a total of six different camps. Week 1 is June 24–28; Week 2, July 8–12; Week 3, July 29–Aug. 2. Call 717-884-8233 or e-mail [info@tafepa.org](mailto:info@tafepa.org) for more information.

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Mrs. Adamy met Jose in seventh grade, and he was not finding academic success. He used to be “shy, self-proclaimed socially awkward, unorganized and had trouble focusing,” according to her. Fast forward to this year, Jose is a confident young man who participates in class, attends after-school activities, is helpful to teachers and other students, has good grades, and stays organized! Jose is on track to become a self-reliant, successful, and positive addition to York Suburban High School next year and truly deserves this award.

Students are nominated by teachers and staff, and the winners are selected by the CTC Programming Committee. **Congratulations to this year’s CTC award recipients; keep up the good work!**



**THANK YOU to everyone who donated to Give Local York, a 24-hour day of giving hosted by the White Rose Leadership Institute in partnership with United Way of York County to support nonprofits and philanthropy within York County. We appreciate both the donations made to CTC and our community as a whole.**



## MENTAL HEALTH AND COLLEGE STUDENTS



College students can easily feel anxious trying to balance school, work, friends and family while also trying to figure out the rest of their lives.

Anxiety disorders are one of the most common mental health problems on college campuses.



### FORTY MILLION

U.S. adults suffer from an anxiety disorder and 75 percent of them experience their first episode of anxiety by the age of 22.

30%

of college students reported that stress had negatively affected their academic performance.<sup>1</sup>

85%

of college students reported they had felt overwhelmed by everything they had to do at some point within the past year.<sup>1</sup>

41.6%

stated anxiety as the top presenting concern among college students.<sup>2</sup>

24.5%

of college students reported they were taking psychotropic medication.<sup>2</sup>

## FIND HELP



Most college and university campuses have mental health resources available for students.

### ON-CAMPUS

- Visit your campus health or counseling center and ask about their counseling services.
- Call the psychology or behavioral health department and ask about counseling sessions with graduate students.
- Visit your school's chaplain, religious or spiritual leader.
- Confide in a friend, RA, professor or mentor. Ask him or her to go with you to seek professional help.

### OFF-CAMPUS

- Visit your family physician, who may be able to treat you or refer you to a professional who specializes in the specific disorder.
- Confide in a parent or relative. Ask him or her to support your efforts in finding help.
- Search the ADAA "Find a Therapist" database for a mental health professional in your area.
- Find a local support group. Many counseling centers, hospitals, community centers, and places of worship run or host support groups.

Learn more about mental health and college students at:  
[www.adaa.org](http://www.adaa.org)



**ANXIETY AND DEPRESSION  
ASSOCIATION OF AMERICA**

1. 2015 National College Health Assessment  
2. 2013 Association for University and College Counseling Center Directors Survey