

APRIL 2023

T-BIRD FLYER



4.14.23

Principal Newsletter

Dear Parents and Guardians,

Did you know you can start talking to kids about harmful substances as early as 3-5?

April is Alcohol Awareness Month. It's the perfect time to check in with your children about alcohol. Data shows youth in our three counties think their parents are less concerned with them drinking than the state average. This is worrisome since parents have the biggest influence in preventing alcohol use among their children.

Here are tips on how to talk to your kids about alcohol from the Mental Health & Recovery Services Board's **Let's Talk** program.

As children get a little older, they become more influenced by their peers and the world around them. Let your child know how you feel about alcohol, tobacco, and other drugs. Keep it factual and focused on the present. Youth struggle with understanding the long-term dangers about substances because the future seems so far away. Focus on the present by explaining how alcohol can spoil the fun of friends or keep them from participating in after school activities.

The most important thing teens need to know is that they can talk to you no matter what. If you notice signs of alcohol use, show concern and interest. Start with, "I'm worried about you," or "I've noticed your grades have dropped." Intervene and be direct. Don't forget to show your love with "I love you" and a hug. Learn more about talking to your child and find video examples at letstalk.care.

If you have concerns about alcohol and substance use with your middle schooler or high schooler, consider referring them to the I Mind Program.

I Mind is a voluntary one-day program, with offerings in Lima, Kenton and St. Marys, that gives youth the tools to avoid substance use. The program also helps students return to school or after-school programs as quickly as possible after discipline measures. Topics include alcohol, vaping, smoking, marijuana, and other drugs. Each student will take a SASSI screening to assess substance use disorders. Parents will receive screening results at a later time. The school will not have access to the results.

Parents can refer their children to the program if they have concerns about substance use before any school policies are violated. Go to wecarepeople.org/imindprogram.
WE NEED YOUR HELP!

The Mental Health and Recovery Board of Allen, Auglaize and Hardin Counties needs your anonymous feedback as we create a strategic plan to carry the organization through the next three years. Take the survey at <https://www.surveymonkey.com/r/NMWKJD6>

Katie Walker, MSOD, BA, LCDC III
Clinical Director
Mental Health and Recovery Services Board



Mental Health &
Recovery Services
Board of
Allen, Auglaize, and
Hardin Counties
www.wecarepeople.org

SAVE THE DATE:

April 18

Band Concert - 7:00, St. Johns Church

April 22

Prom/Postprom - 8pm-2am

April 24

Red Cross Blood Drive

April 24 & 25

Senior Cap & Gown Pickup

May 1

May Crowning

May 5

Positive Addiction Race

May 6

Hall of Fame Induction - 1:00 New Gym Lobby

FOLLOW US:

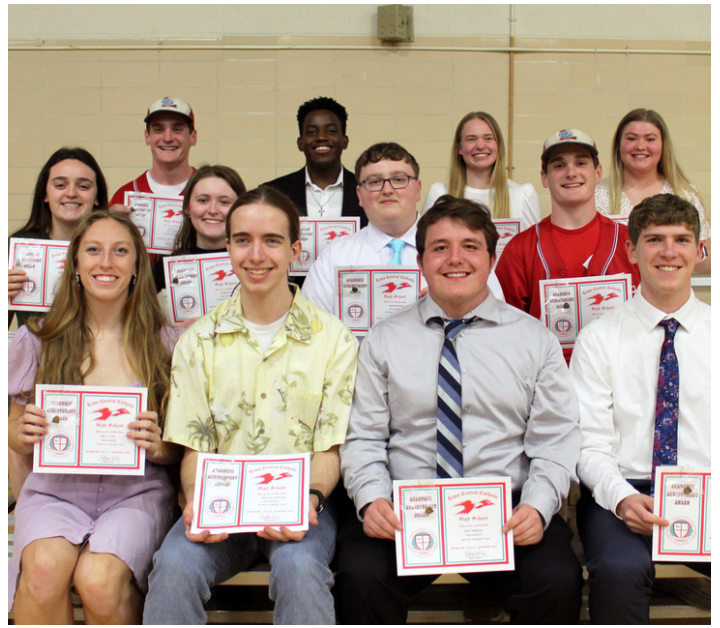


March Math Students of the Month

March Math Students of the Month - Alexa Heffner, Carolina Kill and Belle Barrett.



Academic Award Winners



Leadership by Example

3rd quarter Leadership by Example - 9th grade - Chayse Helmig, 10th grade - Dallas Martin, 11th grade - Alex Arellano and 12th grade - Katie Cox.



Lima Central Catholic High School
Academic Letter Awards
2022-2023

First Year Awards

Sophomores

Melana Badea
Hayley Chambers
Angelo Collins II
Ava Hefner
Claire Janowski
Nathan Niemeyer
Maria Pignataro
Cole Rinehart
Emma Skinner
Jillian Terrill

Second Year Awards

Juniors

Alexander Arellano
William Bourk
Carson Caprella
Carsyn Dafler
Samuel Mayers
Emily Morriseyi
Jacob Nieman
Caitlyn Purvenas
Mya Raczynski
Jaide Schimpf

Third Year Awards

Seniors

McKenna Bader
Paige Brinkman
Olivier Bruno
Gabriel Cira
Matthew Cira
Justin Davisson
Kristina Evans
Bridget Mulcahy
Aidan Scheckelhoff
Tyler Shipman
Benjamin Siatkosky
Olivia Stolly

Juniors

Kennet Godoy Lanche
Elizabeth Simmons

Seniors

Kyla Badea
Kiegh Macklin

SPRING CONCERT

APRIL 18

7 pm
St. Johns Church

FEATURING:

The New LCC 'Jazz Birds'
LCC Concert Choir
All Catholic Bands 5-12





**MERCY
HEALTH**

EMERGENCY TRAINING DAY

For High School Students

**LEARN THE BASICS OF CPR AND
UTILIZING AN AED INCLUDING A HANDS
ON STOP THE BLEED TRAINING!**

Wednesday, May 31st

8:30a - 11:30a

GME Building

**Across from St. Rita's Medical
Center - parking in lot
surrounding GME**

**THERE IS NO FEE ASSOCIATED WITH THIS EVENT
REGISTER @ ESMITH1@MERCY.COM**



Cornerstone of Hope
Lima

Courageous Parenting Series: **Navigating the Teenage Years**

5 Week Group for Parents & Youth (ages 11-17)

It takes GREAT COURAGE to parent adolescents in ways they need not how they want or how society influences you to parent!!!

Courageous Parenting Groups will be offered:

Tuesdays, May 9th-June 6th | 4:30pm-6pm

Tuesdays, August 15th- Sept. 12th | 4:30pm-6pm

Location: A.C.C.E.S.S. Center

528 W. Market St. Lima | Suite 200

Cost: FREE

**COURAGEOUS
PARENTING**

Parenting adolescents is not for the faint of heart! Parenting well and raising young people requires amazing courage! Cornerstone is honored to equip both parents and middle/high school youth with practical tools and techniques to better navigate these often rocky years of change and growth.

Topics covered:

- *Developmental Norms and Brain Changes during Adolescence*
- *De-Escalation Training*
- *"Emotional Wincing" as a Means of Hearing and Connecting*
- *Identifying Core Needs/Build Healthy Identity (strengths, passions, interests, values, etc)*
- *Steps to Develop Positive Character*
- *Healthy Boundaries*
- *Resilience and Growth Mindset*
- *Utilizing Courage-Doing what they NEED*

The format for this 5-week program will run as follows:

- *Week 1 and 2: Parents only*
- *Week 3 and 4: Youth only*
- *Week 5: Parents & Youth attend together*

Registration

Go to [cornerstoneofhopelima.org/Courageous Parenting Series](http://cornerstoneofhopelima.org/Courageous%20Parenting%20Series)

Or call 419-581-9138 | Cornerstone of Hope

419-998-5249 | A.C.C.E.S.S. Center

A PLACE OF HOPE FOR CHILDREN, TEENS AND ADULTS.

2963 Blue Jacket Court, Lima, Ohio 45806 | 419-581-9138 | cornerstoneofhopelima.org