

PORT JERVIS HIGH SCHOOL PRESENTS THE ...

April

NEWSLETTER

FRIENDSHIP IS THE CHARACTER TRAIT OF THE MONTH.

PLEASE JOIN US ON WEDNESDAYS BY WEARING RED!!

APRIL IS STRESS AWARENESS MONTH



DISTRACTED DRIVING AWARENESS MONTH

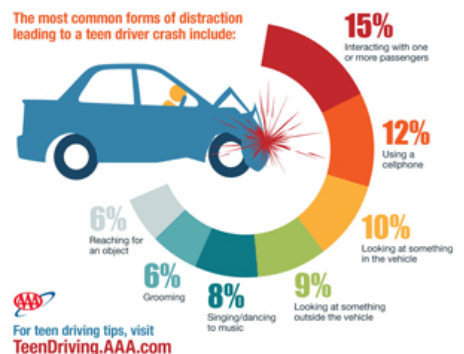
5 TIPS FOR TEENS DEALING WITH MENTAL HEALTH

<p>Ask for HELP</p> <p>Sometimes we cannot handle life challenges on our own.</p> <p>THAT IS PERFECTLY FINE.</p> <p>Realizing that and asking for help is crucial to maintaining positive mental health. If you need help reach out to a parent, teacher, or other trusted adult so they can help find ways for you to manage your stress.</p>	<p>Focus on your STRENGTHS</p> <p>We all possess incredibly positive qualities. Some people have different skills and abilities, by building</p> <p>YOUR STRENGTHS, you can better cope with your stressors. Your strengths serve as constant reminders that positive outcomes are possible.</p>	<p>Engage in HEALTHY ACTIVITIES</p> <p>Physical activity has been proven to be a great way to release stress. In addition to good nutrition, it helps you feel better inside and out. Right now is a perfect time in your life, as your body and mind develop, to create</p> <p>HEALTHY HABITS that we can carry with us through life.</p>	<p>Find STRATEGIES that work</p> <p>Mental health issues are MANAGEABLE. There are so many avenues that can be taken to manage your mental health. Identifying coping skills, activities, or hobbies that make YOU happy and incorporating them into your daily life can seriously help in maintaining positive mental health.</p>	<p>Surround yourself with POSITIVE SUPPORT</p> <p>Finding friends who support you and treat you kindly helps to keep positivity in your life.</p> <p>Even on social media, whom you follow can drastically impact how you feel, make sure you are engaging in</p> <p>POSITIVE RELATIONSHIPS</p>
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COMMON DISTRACTED DRIVING ACTIVITIES

- ADJUSTING THE MUSIC**
- EATING AND DRINKING**
- MAKEUP/GROOMING**
- TEXTING!!**
- SOCIAL MEDIA!!**

6 OUT OF 10 teen crashes involve driver distraction.



RESOURCES

NATIONAL SUICIDE PREVENTION LIFELINE:

1-800-273-(TALK) 8255

ALCOHOLISM & DRUG ABUSE COUNCIL: 1-844-984-HOPE (4673)

TEXT 4 TEENS: 845-391-1000

ORANGE COUNTY CRISIS CALL CENTER:

311 OR 1-800-832-1200

CRISIS TEXT LINE:

TEXT "GOT5" TO 741-741



PJHS RECOGNIZES NATIONAL TAKE DOWN TOBACCO DAY.

ON 4/5 HELP US CHALK THE WALK WITH ANTI-VAPING MESSAGES.

#TAKEDOWNTOBACCODAY #ALLPEOPLEALLFLAVORSALLPRODUCTS

ESCAPE THE VAPE