

**Sparta Middle School Cookies for Community**

The peer leaders of Sparta Middle School baked cookies and made holiday cards for Service Members in the Sparta community. The students wanted to share their appreciation for the Sparta Police Department, EMTs and Firefighters. This group consisting of over twenty 7th and 8th graders came together to make holiday cards and bake over 300 cookies. These students had the opportunity to personally present representatives from the Sparta EMS, Fire and Police Departments, with the homemade cookies and holiday cards. A great way to spread holiday cheer and join together to promote kindness.



Peer Leader member Sa'Mya Griffin stated, "We give thanks to all the people in these services who risk their lives every day for our community."

The peer leaders meet every other Wednesday after school to work towards making positive changes in their school and community. This school year the Peer Leaders are focused on spreading

kindness. They have joined a national initiative to prevent bullying and to create a healthy school environment. Baking holiday cookies and making cards for service members is a yearly tradition for the Peer Leaders, who truly enjoy giving back to those who serve Sparta Township.

**National Drug and Alcohol Facts Week at KRHS!**

Throughout the week of January 22nd Kittatinny Regional High School celebrated National Drug and Alcohol Facts Week, a health observance week for teens that aims to SHATTER THE MYTHS about drug and alcohol use.

The Center for Prevention and Counseling provided schools throughout the county with materials to create a banner to bring awareness of this health week to students. Materials included to create the banner are targeted at sharing facts about drug and alcohol use to prevent the continued sharing of myths.

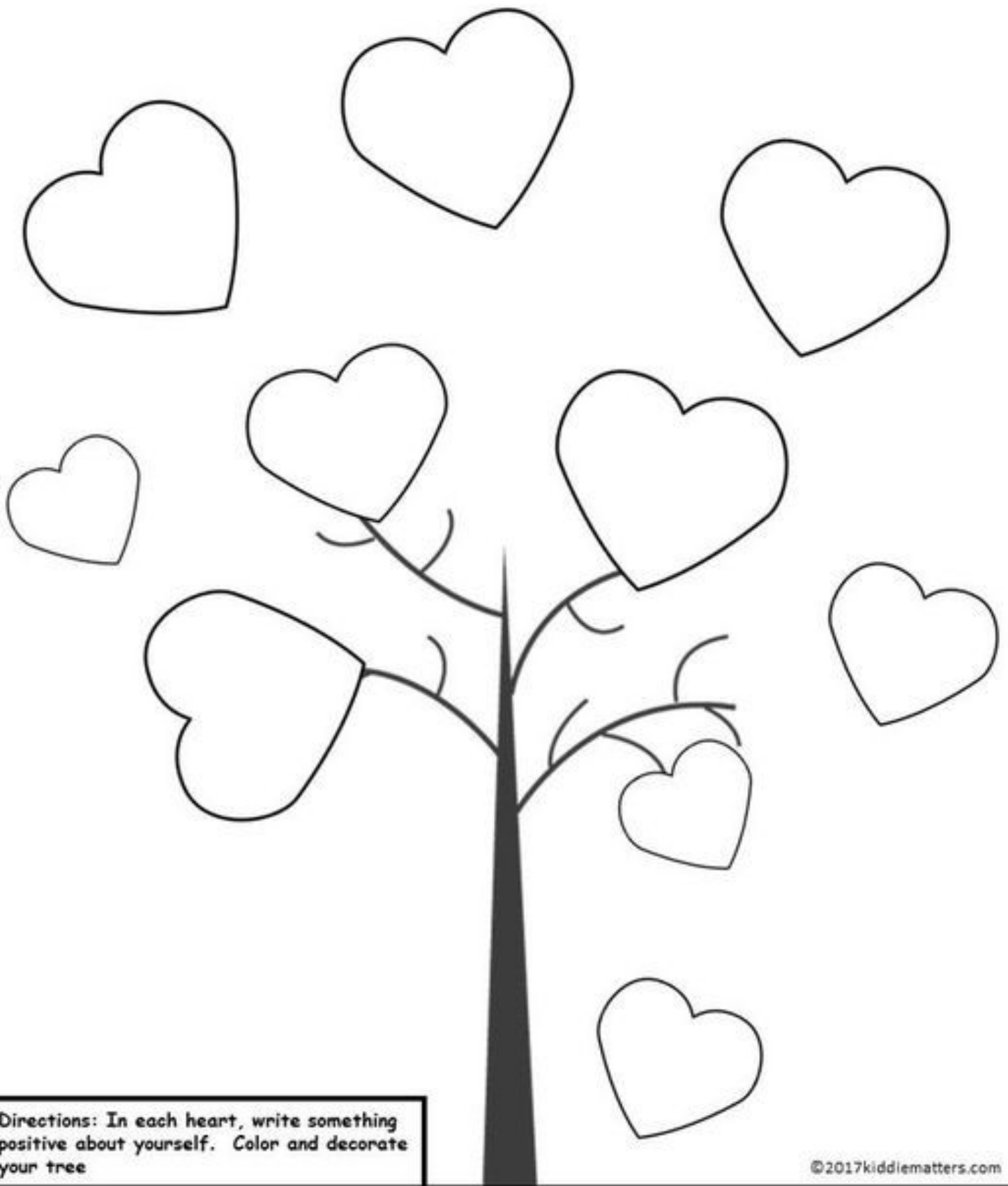


**Community Awareness Night = a Huge Success**

Led by health and physical education teacher, Heather Mate, the senior class spent most of the second marking period in health class researching issues that interested them— such as drug abuse, cancers and mental health— individually or in small groups. This year's event was the culmination of the students' work, featuring experts from local organizations as well as students themselves sharing their knowledge.

The event featured several exhibits and classes, including yoga for stress relief and self-defense classes to combat sexual assault. It was estimated that 350-400 people visited the library throughout the night.

# I Love ME Because...



Directions: In each heart, write something positive about yourself. Color and decorate your tree