



## LOOKING TOWARDS SUMMER

With school wrapping up, it's time to set your sights on summer! It's essential to make time to unwind and practice self-care, as you've been working hard to educate and support youth all school year. Summer is the perfect opportunity to prioritize your well-being and care for yourself through relaxing activities that you enjoy, such as exercise or meditation, and engaging in the hobbies that you may have been neglecting throughout the school year. Watch that Netflix show you've been wanting to see, go visit a spa, or take plenty of time to nap and rest.

Additionally, summer is the perfect time to start some preparation for the next school year. Reflecting on the events of the previous year, such as your challenges and successes, can be a great way to identify areas for growth. A plan can then be made in anticipation of what you may encounter next school year. You can also join the 76% of teachers who participate in professional development during the summer. This can be a great opportunity to learn any new technology or platforms to use in the classroom, such as Khan Academy. in addition to other teaching methods. While professional development and working on curriculum is important for the upcoming year, remember to rest- you deserve it!

## RESOURCES FOR PROFESSIONAL GROWTH

- [NEA's Featured Workshops](#)
- [Waterford's Featured Workshops](#)
- [We Are Teachers](#)
- [Coursera](#)



## AVOID SUMMER LEARNING LOSS

Studies show that teens can forget 17-24% of what they learned during the school year over the summer. Teachers can help prevent this setback by providing students with summer enrichment through activities and resources, as not all students have access to summer enrichment programs. Sending students home with learning packets and reading lists can help address learning loss and keep students engaged with academics throughout the summer. In addition, families can check out their local library to see if they offer any resources to support learning over the summer.

[Edutopia has many great resources for students of all ages to stay engaged.](#)

**GAMES!!!  
RAFFLES!!!**

**GIFTCARDS!!!  
FRIENDS!!!**

**8TH - 12TH GRADERS!  
JOIN THE YOUTH  
ADVISORY BOARD**

EVERY 1ST THURSDAY  
OF THE MONTH  
6-7 PM ON  
ZOOM

**BECOME A VOICE IN  
YOUR COMMUNITY &  
MAKE CHANGE!**

- LEADERSHIP SKILLS
- RESUME BUILDER
- LETTERS OF REC
- AND MORE!

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THE CENTER FOR PREVENTION & COUNSELING | NJ Health New Jersey Department of Health | WHOLE SCHOOL WHOLE COMMUNITY WHOLE CHILD

## OPPORTUNITY FOR STUDENTS: JOIN THE YOUTH ADVISORY BOARD

Another way students in grades 8-12 can stay engaged over summer break is by participating in CFPC's Youth Advisory Board! With meetings taking place via Zoom, youth have the opportunity to connect with others, have their voices heard at the state level, build leadership skills, enhance their resumes and participate in exclusive contests and games. The Northern New Jersey Youth Advisory Board (NNJ YAB) is facilitated by the School Health Team here at the Center and open to students in Bergen, Essex, Hudson, Morris, Passaic, Sussex, and Warren counties. Our next meeting will take place on July 11th, from 6-7pm. Scan the QR code above or click the image to register. We hope to see you there!



COMMENTS & QUESTIONS: EMAIL [RACHELK@CENTERFORPREVENTION.ORG](mailto:RACHELK@CENTERFORPREVENTION.ORG)