



WSCC

WHOLE SCHOOL. WHOLE COMMUNITY. WHOLE CHILD. NEWSLETTER



February | 2025

HEART HEALTHY HABITS FOR FAMILIES



February is American Heart Month! It's the perfect time for families to come together and focus on heart health. Did you know that just 30 minutes of physical activity a day can help reduce the risk of heart disease? Fun activities like dancing, playing tag, riding bikes, or even having a snowball fight can be great ways to get your heart pumping as a family.

By making small, fun changes to your daily routine, your family will enjoy stronger, healthier hearts all year long! Read the full article on School Health NJ for more tips, and remember, heart health is something the whole family can work on together!

WHAT IS TDVAM?



February is Teen Dating Violence Awareness Month (TDVAM), a time to shine a light on the importance of healthy relationships and the need to recognize signs of abuse. Every year, 1 in 10 teens experience some form of dating violence, whether emotional, physical, or online. It's essential for teens to understand that healthy relationships are built on respect, trust, and communication, and that no one should ever feel afraid or controlled by their partner.

While the issue of teen dating violence can feel overwhelming, there is hope. Through open conversations, education, and fostering a supportive community, we can make a difference in the lives of the teens around us. Teaching teens how to have healthy boundaries and how to practice love and respect in their relationships is key.

You can learn more about TDVAM at Love is Respect. or by joining 'Love Shouldn't Hurt' a webinar on teen dating violence for parents and teens hosted by our Central NJ partner agency Empower Somerset on February 13th, 2024.

10 Ways To Improve Your Heart Health

- 1 Balance calories with physical activity.
- 2 Reach for a variety of fruits and vegetables.
- 3 Choose whole grains.
- 4 Include healthy protein sources, mostly plants and seafood.
- 5 Use non-tropical liquid plant oils.
- 6 Choose minimally processed foods.
- 7 Subtract added sugars.
- 8 Cut down on salt.
- 9 Limit alcohol.
- 10 Do all this wherever you eat!

Need more food for thought? Go to www.heart.org/eatsmart



YOUTH ADVISORY BOARD SPOTLIGHT



In January, the Youth Advisory Board started the new year off with a fun way of planning their futures. They created vision boards, which are visual collections of photos, words, ideas. This activity's goal aimed to provide students with a visual of what they want to achieve and strive towards in 2025. Additionally, the YAB members shared with each other academic and personal wellness tips to help have a more successful and healthy year ahead.



At Sussex County Technical School, the Youth Advisory Board is spreading positivity. Students were invited to improve school climate by writing a message of encouragement or positivity and adding it to the chain, which would hang outside the cafeteria. The activity gained a lot of attention and the chain spanned almost the length of the hallway. The Youth Advisory board thanks its members and other students who worked together to make their school a more welcoming place for all students of Sussex County Technical School.



FIND OUT MORE ABOUT WHAT THE YAB IS DOING ON INSTAGRAM



[REACH OUT TO RACHELK@CENTERFORPREVENTION.ORG FOR MORE INFORMATION ON HOW YOUR STUDENTS CAN GET INVOLVED WITH CFPC'S YAB!](mailto:rachelk@centerforprevention.org)



COMMENTS & QUESTIONS: EMAIL TAMARA@CENTERFORPREVENTION.ORG

THE SCHOOL HEALTH TEAM IS HAPPY TO ANNOUNCE THE
2025 YOUTH LEADERSHIP CONFERENCE WILL BE HELD ON
MAY 10TH, 2025, AT FAIRVIEW LAKE CAMP IN STILLWATER, NJ.
REGISTRATION DETAILS WILL BE AVAILABLE SOON.

SAVE THE DATE

2025 YOUTH LEADERSHIP CONFERENCE

FREE! GRADES 8-12

AT FAIRVIEW LAKE YMCA CAMP

MAY 10TH, 2025

WITH SPECIAL GUEST
THE LINDSEY MEYER TEEN INSTITUTE

- ✓ INDOOR AND OUTDOOR ACTIVITIES
- ✓ GAIN LEADERSHIP SKILLS
- ✓ MAKE NEW FRIENDS

OPEN TO STUDENTS IN NORTHERN
AND CENTRAL NJ COUNTIES



NJHealth THE CENTER FOR PREVENTION & COUNSELING EMPOWER **ti** lindsay meyer teen institute

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