



WSSC

WHOLE SCHOOL. WHOLE COMMUNITY. WHOLE CHILD. NEWSLETTER



April | 2026

STRESS AWARENESS MONTH

Today's teens are facing a mix of various stressors. These could range from academic demands and social pressures to digital stimulation that can activate your body's fight-or-flight response constantly. The release of constant hormones also has effects that cause racing hearts, tightened muscles, and increased blood pressure. When this goes on for too long, chronic stress can lead to a whole host of issues like headaches, stomach pains, sleep issues, and even weaken your body's ability to fight infections. Just because a teen doesn't verbalize how they feel doesn't mean it isn't irritating them. Parents may notice a change in mood, eating habits, or trouble concentrating. These effects can make every day feel heavier and more overwhelming. There are three main types of stress to look out for.

- Acute Stress - Short-term and usually comes from challenges like an upcoming test or disagreements with friends and families
- Chronic Stress - Long-term and lasting weeks or months, can be from persistent issues like family conflicts, bullying, or academic strain. This has the greatest effect on a teen's physical health
- Episodic Acute Stress - occurs in stressful moments that happen more frequently; this could be due to lots of moments that happen throughout the week, like overscheduling or pressure leading to fatigue and irritability

Supporting teens through stressful moments doesn't require being perfect but rather persistence. By staying aware and being able to help with open communication it can help build coping skills that will last a lifetime.



SILK CITY COMPETITION

Joseph A Taub Middle School hosted the Silk City Skies Drone Competition; this showcased the success of its expanded STEM programming. After months of hard work and preparation, three student teams competed against local high school programs, earning top placements and awards. The team is now ranked among the top drone programs worldwide. Over the fall, the school also partnered with Dr. Miranda, P-Tech, and the REC foundation (RECF).



Through this, they received drones and obstacle course equipment that supported more hands-on learning in building skills and piloting drone programs. All of the students showed a strong commitment and enthusiasm, pushing themselves to master drone operation.



CELEBRATE OUR PLANET



Every year on April 22nd, people from across the globe celebrate Earth Day. This is a great time for teens to think about how small daily choices can make a big impact. This could be anything from using less paper, turning off a light, or even brining a reusable water bottle to school. They could also further help out by helping in the community. Volunteering to clean up litter, creating artwork or flyers to support causes, and sharing new ideas on how to help the environment. Even if its small it can grow into lasting change.

YAB SPOTLIGHT

The YAB Spotlight highlights the collective voice and leadership of our Youth Advisory Board. Each month, we share key meeting takeaways, celebrate accomplishments, and recognize the initiative our members bring to YAB, their schools, and their communities.

YAB FINANCIAL LITERACY WITH CITIZENS BANK

We are very excited to share information about our YAB meeting with Citizens Bank. This was a special workshop that was one of the first Citizens has conducted as part of their new financial education program. This was an interactive session that helped teens understand real-world money skills, from understanding savings and budgeting to learning how credit works, along with making smart financial decisions. Students also received practical tips, education on tools to use in the future, and time for any further questions they may have had. This was a great opportunity to not only increase their financial skills but also their confidence in the knowledge that will support future goals.



YOUTH LEADERSHIP CAMP

Our annual Youth Leadership Camp is scheduled for May 30th. From high-energy team challenges to hands-on leadership activities, students will be spending the day building their confidence, discovering new skills, and creating memories that will last long after camp is over. We will be rallying around our theme (Fuel Your Future), which will be brought to light in every activity we do. This will give the camp a unique spark, inspiring sessions that are both fun and help students grow and connect with others. Be sure to save the date, as this event is designed to inspire young leaders, helping them understand the strengths everyone possesses to create a positive impact.

Follow Us  **YAB_NNJ**

Students in grades 8 thru 12 in Northern NJ are welcome to participate, share ideas, and make a positive impact in their schools and communities. Spread the word, join the Northern NJ Youth Advisory Board! For more information, contact zachary@centerforprevention.org.



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School Health 



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