December 2, 2023

 Dear Alishia, Camille, Malik & Zoe:

We made it to the last month of the year! God is good! I’m sure that you are counting down until the holiday break.

Well just before you toss your school bag and things aside, don’t forget to email a copy of your report card and spring schedule to jpusf2011@yahoo.com.

The holiday season is here. For many people, this brings expectations of happiness and joy. But for some, the holidays may be a time of stress, sadness, or isolation. This can lead to what some call the “holiday blues”. It’s important to seek help as soon as you notice you aren’t feeling like yourself.

We encourage you to focus on your mental health throughout the school year and during the holidays. Here are some steps you can take to manage the holidays:

1-Get enough sleep.

2- Add more movement or exercise to your daily routine.

3-Engage in hobbies or activities you enjoy.

4-Avoid alcohol and recreational drugs.

5-Spend time with people who will offer emotional support.

6-Volunteer at an organization that’s meaningful to you.

If these stress relievers aren’t working, dial 988 for 24/7 crisis hotline.

***Scripture of the month***:

Psalm 27:1 The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid?

***Quote of the month***: "Focus on doing the right things instead of a bunch of things." — Mike Krieger

Ericka Hoskin

Ericka Hoskin, Treasurer