



Frenchtown Community Coalition

Working to create a healthy, engaged, and unified community for the youth of Frenchtown

Healthy Habits Week

Life is tough, but the students at Frenchtown School District are tougher! On Wednesday, February 12th, during Healthy Habits Week, the Youth Action Committee (YAC) spent the day with third, fourth, and fifth graders facilitating a conversation about the importance of implementing healthy coping mechanisms. Popular strategies included: taking a deep breath, playing with animals, talking to parents or friends, reading, exercising, and playing outside.



Each student's favorite relaxation technique, or coping mechanism, will be on display at the elementary school. Now, the next time someone is feeling sad, stressed, or upset, they can find and implement a new, healthy, and positive coping skill to improve the situation.

We invite you to talk to your kids today about healthy coping mechanisms!



Hidden in Plain Sight

Hidden in Plain Sight is an interactive display that educates parents and guardians of red flags that may indicate drug or alcohol use in a young adult or teenager's bedroom.



Hidden in Plain Sight will be on display and available for the public to see during Parent Teacher Conferences at Frenchtown High School and Frenchtown Middle School.

- February 26, 2020 @ Frenchtown High School (3:30 PM—7:00 PM)
- February 27, 2020 @ Frenchtown Middle School (3:30 PM—7:00 PM)

WANT TO JOIN THE EFFORT?

If you would like to know more about the work of the Frenchtown Community Coalition and Youth Action Committee, we invite you to attend a monthly FCC meeting. Meetings are held on the 3rd Thursday of each month in room 208 of Frenchtown High School. You may also use the contact information below to find out how you can be part of the community voice on youth substance abuse.

Dates:

- March 19, 2020
- April 16, 2020

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Personnel Changes

FCC Coordinator—Reagan Mecham

YAC Adviser—Robyn Richardson



If you have questions or would like to join the Frenchtown Community Coalition Please contact FTCC@ftsd.org or call 626-2772

