



CENTRALITE 1.5 Mile Course
COLOR RUN
@RED CREEK HIGH SCHOOL
6574 SOUTH STREET RED CREEK NY
EVENT 9AM-12PM
FOOD MUSIC BOUNCE HOUSES
SATURDAY MAY 4TH 2024
Scan me To sign up
EARLY BIRD SIGN UP \$15 PER RUNNER UNTIL MARCH 22ND
\$25 PER RUNNER AT EVENT
9 AM START
Want to be a sponsor? centralite@rccsd.org
RAIN DATE SATURDAY MAY 5TH 2024

Coping strategies are the activities we use to manage emotions and deal with stress. These are critical life skills that must be taught and practiced to help with challenges along the path of life.



Pre-Activity Snacks

Nutrient timing made EASY!
Using NWW "4-2-1" Chew-Nibble-Sip Strategy TM
@Nutrition_with_Wendi

3-4 hours out	Grilled chicken rice bowl + fruit	Greek yogurt parfait	Grilled chicken wrap	Turkey sandwich
"chew"				
1-2 hours out	Pretzels	Fruit bar	Protein bar	fruit
"nibble"				
1 hour out	Minerals	Water	Applesauce	Honey Cherry juice
"sip" fluids/liquid				



Fuel your performance with the right fuel at the right time!
www.nutritionwithwendi.com

The Skill of Self-Confidence
Dr. Ivan Joseph



We would appreciate your feedback -->





PARENT NEWS



Summer is coming, check out these camps for your child

Camp	Location/ Price	Contact Information
FLCC STEAM Camp - grades 7-9 registration deadline June 21st	Multiple Locations \$300 per week	flcc.edu/steam steam.camp@flcc.edu
Long Point Camp - ages 6-12 registration deadline 1st week of July	Penn Yan, NY Free	longpointcamp.org 315-559-1235
Sheriff's Summer Camp - ages 9-12	Penn Yan, NY Free	https://sheriffsinstitute.org/camp
Summer Advanced Manufacturing Experience - grades 7-9 registration deadline May 24th	Williamson, NY Free	wflboces.org/same nicole.sirens@wflboces.org

Over 80% of young people say their parents are the leading influence on their decision whether to drink or not.

Talking with teens about DRUGS & ALCOHOL

- Show you disapprove of underage drinking and other drug use
- Show you're paying attention and you will discourage risky behaviors
- Show you care about your teen's health, wellness and success
- Build your teen's skills and strategies for avoiding drinking and drug use

Resources:

<https://www.samhsa.gov/talk-they-hear-you/parent-resources>



We would appreciate your feedback -->

