

NYCP NEWSLETTER



Starting the New School Year

The Native Youth Community Project Grant is nearing the completion of its first grant year. Our team has enjoyed getting to know students and families and sharing opportunities to learn and grow together.

As we look to our second year, and our first full school year, we have many exciting opportunities on the horizon. Here are a few things we are looking forward to this year:

- WCSD's College Fair on Sunday November 5th
- Continuation of local college trips
- Expanding our cultural activities
- Having more students involved in Dean's Future Scholars at UNR next summer
- Our first out of state college trip this spring

Please stay tuned for communication from your Tribal Youth Advocacy Specialist as we build out these events.





Did you know....

About Teen Stress

Some stress is normal and important for life. However, high amounts of stress over time has negative impacts on your health. About 45% of teens say that stress makes it difficult for them to concentrate in class. How do you recognize signs of unhealthy amounts of stress? What can you do to deal with or support someone dealing with stress? Find out a bit below.

Signs of Stress in Teens*

If you're a high school student feeling stressed, you may not even recognize the symptoms. In fact, many symptoms of stress might be considered normal for teens who are also dealing with natural hormonal and physical changes. For that reason, it's important to consider whether behavioral changes can be linked in time to an external event.

Signs of stress include:

- Feeling more agitated, anxious, short-tempered, or depressed
- Getting sick more often
- Having more headaches, stomachaches, or other aches and pains
- Feeling more tired than usual
- Not being able to sleep, or sleeping too much
- Skipping meals or overeating
- Neglecting chores or hobbies
- Trouble concentrating and forgetfulness
- High blood pressure



According to the APA 2017 survey, the most common symptoms of stress among teens were insomnia, overeating or eating unhealthy foods, skipping meals, feeling angry, nervous, or anxious, feeling fatigued, and snapping at friends and classmates.

Dealing with Stress*

Here are few ideas of how high school students can learn how to deal with stress at school:

- Keeping a journal
- Getting plenty of exercise
- Eating healthy, regular meals
- Making sure you get enough sleep
- Meditating
- Downloading an app that provides relaxation exercises (such as deep breathing or visualization) or tips for practicing mindfulness
- Limiting excess caffeine in soft drinks or coffee
- Reaching out to friends or family members who help you cope in a positive way
- Making time to do fun things
- Learning to recognize and prepare for stressful periods by doing all of the above

*Full article can be found here: <https://summer.harvard.edu/blog/managing-stress-in-high-school/#:~:text=%E2%80%9CA%20few%20techniques%20that%20might,or%20friendships%2C%E2%80%9D%20says%20Khurana.>



Have questions about the program?

Reach out to us



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We're Hiring for an On-Call Opportunity!



DEPARTMENT OF
FAMILY-SCHOOL PARTNERSHIPS

WE ARE HIRING

Positions available

On-Call Native American Cultural Arts Educational Trainer

Why Join our Team?



Flexible
Schedule



Choice in
location



Have fun with
students and families



Professional
Growth Opportunities

Job Description

- ✓ Provide instructional services for student's 6th-12th grades in Native American culture and arts.
- ✓ The Educational Trainer will instruct learning sessions at various school and district sites and within tribal communities during the school day, as well as some evenings, weekends and school vacation days.
- ✓ The trainer establishes a space where culture is celebrated, and participants feel empowered.

Additional Information

- ✓ Provide instructional services for families in different areas of expertise, collaborate with other Tribes' staff to develop and nurture relationships and partnerships.
- ✓ Pay is \$35 an hour.
- ✓ Maintaining safety and discipline by supervising students during engaging cultural activity

For more details contact Fawn Hunter
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For more information and to apply



visit www.washoeschools.net/employment and click on Job Opportunities

