



Mentoring & Prevention

A Publication of the Granite Falls School District Mentoring Program

Change always comes bearing gifts.

~Price Pritchett

With the start of the school year under our belts, the 2008- 2009 school year looks bright. Not only for the mentoring program, but for the town of Granite Falls. With both High School Girls Soccer and High School Football off to the play-offs, we can be proud of much in Granite Falls.

The Mentoring Program has gone through a few more changes, however, I see them only as importantly to the students. and the many changes that came with partnering with Big Brothers Big Sisters, we have decided to go back to the original roots of the Mentoring Program. It was a great opportunity to partner with BBBS, and we are grateful for the support and wisdom they gave us over the year of our collaboration. With another transition for the pro-

gram, we are looking at creating a grass roots Mentoring Program that works on developing the whole student, inside the classroom, as well as outside the halls of their school. Please know that these changes will not harm the integrity of the program or the services we can provide. We will still have the summer activities as well as the school year cultural event and end of the year BBQ.

I want to thank you all for your support during these transitions and I look forward to partnering with you in supporting GF youth. You are all making a difference in your mentee's life and these are differences that will last a lifetime.

Grade Checks!

Wanting to know how to access Skyward with your mentee? It's a simple 4 step process:

1. Log on to the GFSD website
2. Locate the Skyward logo and click on it
3. Enter in students log in information
4. Explore: you can see grades, missing assignments, a endance etc.



DATES TO REMEMBER:

Nov. 19th	College/Career Fair @ 7pm
Nov. 20th-26th	Early Release
Conference Week, please check for changes in schedule	
Nov. 25th	Co ee Chat; Boundaries
Nov. 27th-28th	Thanksgiving Break
Dec. 13th	Holiday Party 12pm-3pm
Dec. 22nd-Jan. 2nd	Winter Break

CONTACT INFO

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▲ Local Inspirations ▲

Meet Halima and Susan

Halima and Susan have been meeting for almost two years. Together they like to talk, paint their nails and play Halima's favorite game of Yahtzee. Recently, Susan brought in her painting supplies to try something new with Halima. After a quick lesson on what to do, the two of them went to work creating holiday cards. At first Susan was a little worried that Halima would not enjoy painting, but she was excited to share with Halima something she loved to do, paint!

For the past three weeks, I have seen



Susan with her art supplies and a huge smile on her face. She is thrilled that Halima is experiencing something new, but much more than that, Halima is excelling in painting. Halima has discovered that she is good at painting; creating things with just a paint brush and her imagination. Halima is so excited about painting, she is even asking for an easel for Christmas. When Susan asked Halima how she felt about painting, her response was an encouragement for all of us to try something new,

"This is fun. I'm having fun. I like this. Wow!" Halima told her grandma what she was doing and her grandma said painting is in her blood. Halima found out that her uncle paints around the world. "I like to see myself getting better each week. I told my friend that I'm painting and she wants a picture." During one of their times together, Halima reflected back and told Susan that,

"It's interesting that I'm doing what I wanted to do when I was little, paint."

Susan's reflection: She has enjoyed painting the last three weeks, lots of ooo's and ah's the first week as she watched the colors run on the paper. She also made birch trees magically with a ragged-edged credit card and then washed a wet brush down the trunk to blend the colors. The second week she practiced intently making blades of grass to add to her birch tree painting. She also practiced light color washes for spring meadow grasses and winter snow shadows. This week she started applying grass to her birch tree painting and she decided on making it a winter



scene. She practiced making snow wells around the tree trunks and patches of dead grass. This involves a light color wash and a clean water brush to fade the shadow to nothing. She

is very serious about learning to paint and is not afraid to ask questions and invites feedback on her skills.

This is a great example of what it looks like to bring into the relationship something that you enjoy, hoping that they will like it too! Not only have you opened Halima's eyes to a talent she has had all along, you have fulfilled a lifelong goal that she has held inside since she was a little girl, to learn how to paint.



Thank you Susan, for all your dedication and heart.

FYI

Quick Talking Points about Under Age Drinking

About the body:

É" Ykvj "vjg"Łtuv"ukr "qh"cneqjqn."vjg" drinker is affected.

É" Cneqjqn" oqxgu"vj tqw i j"vjg"dnqqf- stream to every organ in the body, including the brain.

É" Qpeg"cneqjqn"gpvgtu"vjg"dtckp."kv" changes the way a person behaves. People do things they would not normally do. The ability to make good decisions is affected.

É" Vjg"ftkpmgt"cnuq" o c {"nqug"dcncpeg" and be unable to see or speak clearly. The more alcohol a person drinks, the worse the effects are.

É" Cneqjqn"ecp"jcxg"ncuvkpi "ghhgevu"qp" the brain, impairing how a person learns, thinks, and remembers.

É" Cneqjqn"ecp"mknn0"Kh" c" rgtuqp"ftkpmu" heavily in a short period of time, alcohol poisoning can occur. A person can vomit, pass out, or even die.

É" Uq o g"rgqrng" i gv"cf fkevgf"vq"cneqjqn0"

About peers:

É" Ejknftgp"qhvgp"vj kpm"vj cv"qv jgt" people their age are drinking regularly, but most are not.

É" Cneqjqn"ecp"j wtv" {qwt"ej knf/gxgp" if he or she is not the one drinking. If your child is around people who are drinking, he or she has an increased risk of being seriously injured or affected by violence. At the very least, your child may have to deal with someone who is sick, out of control, or unable to take care of themselves.

É" Cu"ej knftgp" i gv"qnfgt."uq o g"qh" their friends may start drinking, and may get into trouble from drinking too much. Tell your child that there is help for people who have alcohol problems. It is OK to get help.

About the law:

É" It is illegal for anyone to buy or possess alcohol until 21 years of age.

É" Even one drink can cause a person to lose their driver's license.



Ever wonder what to say in a certain situation?
Want a better idea of where they are coming from?
Want tools to help you help them?

Well join us once a month to learn valuable tips for mentoring and to get advice from fellow mentors.

We will meet at the New Mentoring Portable
from 6-7:30 on the following dates:

November 25th
December
January 26th
February 23rd
March 23rd
April 21st
May 18th



Boundaries
No meeting
Communication 101
Peer Pressure
Stress Management
Cultural Competence
Self Esteem and Abuse



Missed the Coffee Chat?

Here is what we learned from Teena Ellison. For more information, please contact me and I will provide you with more information on this topic.

Assets Change Lives - How Many Do You Have?

Mark all of the ones that are true for you. When done, count up the ones that are marked. That gives you a rough idea of how many assets you have. The more assets a person has, the less likely they are to engage in patterns of high-risk behavior and more likely to report having positive attitudes and behaviors.

- | | |
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| <input type="radio"/> 1. I receive high levels of love and support from family members. | <input type="radio"/> 20. I go out with friends “with nothing special to do” two or fewer nights each week. |
| <input type="radio"/> 2. I can go to my parent(s) or guardian(s) for advice and support and have frequent, in-depth conversations with them. | <input type="radio"/> 21. I want to do well in school. |
| <input type="radio"/> 3. I know some non parent adults I can go to for advice and support. | <input type="radio"/> 22. I am actively engaged in learning. |
| <input type="radio"/> 4. My neighborhood encourages and supports me. | <input type="radio"/> 23. I do an hour or more of homework each school day. |
| <input type="radio"/> 5. My school provides a caring, encouraging environment. | <input type="radio"/> 24. I care about my school. |
| <input type="radio"/> 6. My parent(s) or guardian(s) help me succeed in school. | <input type="radio"/> 25. I read for pleasure three or more hours each week. |
| <input type="radio"/> 7. I feel valued by adults in my community. | <input type="radio"/> 26. I believe it is really important to help other people. |
| <input type="radio"/> 8. I am given useful roles in my community. | <input type="radio"/> 27. I want to help promote equality and reduce world poverty and hunger. |
| <input type="radio"/> 9. I serve in the community one hour or more each week. | <input type="radio"/> 28. I can stand up for what I believe. |
| <input type="radio"/> 10. I feel safe at home, at school, and in the neighborhood. | <input type="radio"/> 29. I tell the truth even when it’s not easy. |
| <input type="radio"/> 11. My family sets standards for appropriate conduct and monitors my whereabouts. | <input type="radio"/> 30. I can accept and take personal responsibility. |
| <input type="radio"/> 12. My school has clear rules and consequences for behavior. | <input type="radio"/> 31. I believe it is important not to be sexually active or to use alcohol or other drugs. |
| <input type="radio"/> 13. Neighbors take responsibility for monitoring my behavior. | <input type="radio"/> 32. I am good at planning ahead and making decisions. |
| <input type="radio"/> 14. Parent(s) and other adults model positive, responsible behavior. | <input type="radio"/> 33. I am good at making friends and keeping them. |
| <input type="radio"/> 15. My best friends model responsible behavior. | <input type="radio"/> 34. I know and am comfortable with people of different cultural/racial/ethnic backgrounds. |
| <input type="radio"/> 16. My parent(s) or guardian(s) and teachers encourage me to do well. | <input type="radio"/> 35. I can resist negative peer pressure and dangerous situations. |
| <input type="radio"/> 17. I spend three hours or more each week in lessons or practice in music, theater, or other arts. | <input type="radio"/> 36. I believe I have control over many things that happen to me. |
| <input type="radio"/> 18. I spend three hours or more each week in school or community sports, clubs, or organizations. | <input type="radio"/> 37. I believe I have control over many things that happen to me. |
| <input type="radio"/> 19. I spend one hour or more each week in religious services or participating in spiritual activities. | <input type="radio"/> 38. I feel good about myself. |
| | <input type="radio"/> 39. I believe my life has a purpose. |
| | <input type="radio"/> 40. I am optimistic about my future. |



Resources to Explore with your Mentee:

4th-9th graders

www.yahooligans.yahoo.com
www.enchanterlearning.org
www.hellocreativity.com
www.kidwizard.com
www.mathplayground.com/index.html
www.nationalgeographic.com/kids/index

10th-12th graders

<http://www.ocollege.com>
www.funeducation.com
http://quintcareers.com/teen_college.html
www.collegeplan.org/cpnow/collplan.html
<http://www.students.net>
www.sno-isle.com



COMING SOON!

MENTORING TOOL KITS

Each kit will include arts and craft materials and ideas, games, cards, sports equipment, etc.

The kits will be here the second week of November.



I want to thank you for all that you do, this program would be nothing without the amazing volunteers that give their time, wisdom, and heart to the young students in Granite Falls.

Another opportunity to volunteer :

- *make craft example for each school's toolkit
- *the Newsletter (making copies, mailing, articles, etc.)
- *Coffee Chat (making copies, etc.)

Interested?? Please call or email me for more details.

Thank you!

Community Resource/Referral List

Drug/Alcohol Assessment & Treatment

Note: Ask to be screened for sliding scale. Medical coupons will cover most assessments.

Northwest Alternatives/CCS Everett
425.258.5277

Marysville
360.651.2366

FOCUS Everett
425.349.6240

Drug & Alcohol Information Line
1.800.562.1240

UA/Drug Testing Granite Falls
360.691.1121

Referrals & Transportation

APN (counseling referral line)
1.888.693.7200

Only for child with coupons

Healthy Kids (medical referral line)
1.877.543.7669

Only for child with coupons

Medicaid Transportation
425.388.7267

Other Resources

ARY/CHINS 425.358.7956

Loraina Wilkens 425.388.7954

Wendi Thomas (drug court) 425.388.7950

Care Crisis Line 425.258.4357 1.800.584.3578

Children's Everett Behavioral Health
425.304.6080

Child Protective Services (CPS)
425.339.3900

Compass Health
425-349-7300 1.888.693.7200

Counseling w/medical coupons
Cocoon House 425.359.3318

Project SAFE 425.317.9898

Denny Youth Center 425.259.0031

Division of Children & Family Services
1.800.927.4665

Fairfax Behavioral Health Services
1.800.435.7221

Family Reconciliation Services
360.653.0552

Fountain Gate
360.653.0374

Washington State Teenline, Robyn Smith
206.722.4222/1.877.345.8336

GRANITE FALLS COMMUNITY COALITION

Granite Falls Community Food Bank Information



The Granite Falls community offers two food banks for those in need. Food bank information, including days and hours of operation, is listed on the right.

Please note: this information is accurate at the time of publication. Please contact the food bank for updated schedule or requirements.

WIC Nutrition Program for Women, Infants, and Children

WIC is a food and health program for pregnant women, new mothers, infants, and children under five who meet eligible income guidelines. To learn more about WIC and the requirements for assistance, please call the Washington state WIC information line at 1-800-422-2588.

WIC is funded by the United States Department of Agriculture and operated by the Washington State Department of Health.

Granite Falls Community Food Bank

- ◆ DAYS OF OPERATION: 2nd and 4th Wednesday of each month
- ◆ TIME: 9:30 am to 11:00 am
- ◆ LOCATION: 215 S. Granite Ave. Granite Falls, WA
- ◆ PHONE: (360) 691-6466

Father's House Food Bank

- ◆ DAYS OF OPERATION: 1st and 3rd Fridays of each month
- ◆ TIME: 5:00 pm to 6:30 pm
- ◆ LOCATION: 402 S. Granite Ave. Granite Falls, WA
- ◆ PHONE: (360) 691-5290

COMMUNITIES THAT CARE®

Working for a safe, healthy and drug-free community.

