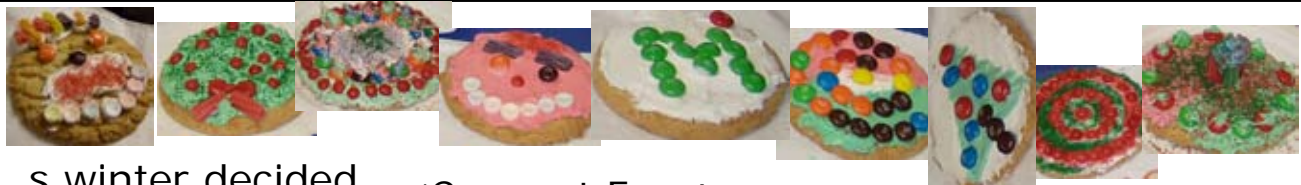




Mentoring & Prevention

A Publication of the Granite Falls School District Mentoring Program

Cookies + Snow + Connect Four = FUN TIMES!



As winter decided to hit us hard this year with lots of fun white snow, the town of Granite



Falls slowed down and enjoyed a few days inside. But the snow did not stop the fun of the second annual Holiday Cookie Party. About 20 people showed up on Saturday for a time of decorating cookies, making paper



'Connect Four' contest. With Hannah S. creating the winning cookies for the mentees and Steve A. and Michelle M. decorating their cookies to perfection, it was a fun time had by all. Carol C. showed us all that there really is a talent and technique to the fun game of Connect Four and that the many years of practicing really can pay off.



Thank you to all of the mentors that came out and participated in the event, it would not have been possible without you. For those of you that missed the event due to the snow or busy schedules, its ok, we will be back at it again next year.



7CBH5 7H-B: C
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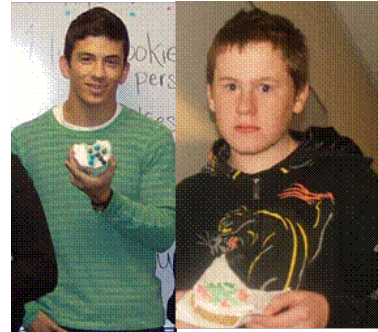
DATES TO REMEMBER:
February 13th No School
February 16th No School
February 23rd Co ee Chat 6-7:30

▲ Local Inspirations ▲

Meet our NEW MATCHES!

Meet Wendy and Mary!

They meet at the beginning of 2009 at MCE. They are excited to hang out together, making arts and crafts and learning more about each other.



Meet David and RJ!

They started meeting before the Holiday break, and enjoyed making cookies together at the Holiday Party. Right now David is teaching RJ how to play the guitar, and RJ is excited to learn new songs.

Peer Mentoring

For a while now I have had the vision of expanding the Granite Falls School District Mentoring Program; so that we could impact more students with the amazing opportunity of a mentor. After talking with the High School and Monte Cristo, we are ready to start moving forward. With both principals on board, the Peer Mentoring Program will start this spring. High School students will be nominated and volunteer themselves to be involved with this program. They will dedicate 30 minutes once a week to come over to Monte Cristo to invest in the life of an elementary student. Kristi Johnson, the coordinator, will be providing them with weekly activities; from art projects to group contests, homework help and much more. I am really excited to see this program take shape and take off. I am looking forward to the partnership between the High School and Monte Cristo. Looking at the long term, Teresa Nickerson and I both hope to see the Peer Mentoring program expand to include the entire district. As this addition starts taking shape, I believe that the Program can reach more students and make a bigger impact on Granite Falls youth!



FYI

How to Help Kids Resist Pressures to Smoke

How can you prevent the kids you work with from becoming part of these chilling statistics?

Here are several suggestions for developing healthy lifestyles and opening a dialogue about tobacco:

Practice refusal skills. Teach kids how to offer alternatives, give reasons, or leave the situation. Help them practice being assertive. Role-play different situations so they can be ready with a variety of responses when cigarettes enter the picture.

Promote positive coping skills. Many smokers use cigarettes as a way to deal with unpleasant feelings. Instead, help kids discover more healthful stress relievers, such as walking, painting, writing, etc.

Promote healthy lifestyles. Encourage kids to maintain a sensible diet and exercise regularly. Let them see you doing the same. Involvement in a sport can also be a strong motivator to stay tobacco-free.

Set a good example. If you smoke, try

to quit. Talk to teens often about the dangers of smoking and your feelings about tobacco use. Don't assume they already know.

Keep kids busy. Many teens experiment with tobacco out of boredom. Involvement in healthy activities provides alternatives to smoking and other negative behavior.

Help kids develop leadership skills. Sites like Campaign for Tobacco Free Kids and Kick Butts Day provide tons of ideas to \Y'd nci f_]Xg'VYVta Y'UMj Y']b h'Y'U[\h against Big Tobacco.

Examine media messages. Look at and discuss tobacco ads. How are teens targeted by these ads? What images do they project? How does the message differ from the reality? Help teens challenge what they see and hear.

Acknowledge their struggle. It's tough to resist the cultural and social pressures to smoke. Commend kids on their ability to stay true to themselves in spite of those pressures.

Ever wondering 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:

February 23rd
March 23rd
April 21st
May 18th



Communication 101
Stress Management
Cultural Competence
Self Esteem and Abuse

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.

January 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 NO SCHOOL GRADES PRE-12 WINTER BREAK	2 Girls Basketball @Scho #oolley	3
				<i>New Year's Day</i>		
4	5	6	7	8	9	10
		MCE Parent Group Mtg, 6:30 pm <i>Girls Basketball @Concrete Boys Basketball Concrete</i>	School Board Mtg, 7:00 pm	PIK Mtg, 7:00 pm	MWE Movie Night, 6:00 pm <i>Girls Basketball Casperville Boys Basketball @Casperville</i>	
11	12	13	14	15	16	17
		PAG Mtg, 7:00 pm <i>Girls Basketball @Lakewood Boys Basketball Lakewood</i>		MCE Band Concert, 6:30 pm	MCE Movie Night, 6:30 pm <i>Girls Basketball Cadaveret Boys Basketball @Cadaveret</i>	
18	19	20	21	22	23	24
	NO SCHOOL GRADES PRE-12 <i>Martin Luther King Jr Day</i>	PIE Mtg, 2:30 pm <i>Girls Basketball South Whiskey Boys Basketball @South Whiskey</i>	HS First Semester Ends School Board Mtg, 7:00 pm		NO SCHOOL GRADES 6-12 (grades K-5 do attend)	
25	26	27	28	29	30	31
		<i>Girls Basketball Salsar Boys Basketball @Salsar</i>		MWE Band Concert, 6:30 pm	<i>Girls Basketball @Kings Boys Basketball Kings</i>	
					<i>Girls Basketball Archbishop Murphy Boys Basketball @Archbishop Murphy</i>	

February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	MS Girls Basketball, Wrestling Begins	MCE Parent Group Mtg, 6:30 pm <i>Girls Basketball @Casperville</i> <i>Boys Basketball @Casperville</i>	School Board Mtg, 7:00 pm	<i>Girls Basketball @Labwood</i>	MWE Movie Night, 6:00 pm <i>Boys Basketball @Labwood</i>	
8	9	10	11	12	13	14
		PAG Mtg, 7:00 pm <i>Girls Basketball @Cokercrest</i> <i>Boys Basketball @Cokercrest</i>		MCE Beach Bash, 6:30 pm <hr/> PIK Mtg, 7:00 pm	NO SCHOOL GRADES PRE-12 <i>Girls Basketball @South W. Ashby</i> <i>Boys Basketball @South W. Ashby</i>	<i>Valentine's Day</i> <i>Girls Basketball @Kings</i> <i>Boys Basketball @Kings</i>
15	16	17	18	19	20	21
	NO SCHOOL GRADES PRE-12 <i>President's Day</i>	PIE Mtg, 2:30 pm	School Board Mtg, 7:00 pm			
22	23	24	25	26	27	28
					<i>Girls Basketball @Arlington Murphey</i> <i>Boys Basketball @Arlington Murphey</i>	

