



THE TOP SCOOP

A free program for 8th graders at your school!

LATEST & GREATEST PER SITE

Park City Magnet School

So many projects in such little time! The 8th Grade started off the year participating in Family Centered Service's 10th Annual Walk Against Domestic Violence, which focused on creating a community culture of non-violence. Other community service learning projects this past fall included helping family and friends over the age of 18 to register to vote or encouraging them to cast their ballot, writing virtual holiday e-cards to the children of St. Jude, taking a pledge for national No Name-Calling Week, and learning to crochet items for those in need.

Now, Mr. Johnson's homeroom wanted to do a CSL project for Valentine's Day and decided to make origami roses to give to whoever might need a thoughtful pick-me-up. It has been so fun watching tutorials on YouTube as a class and making them together.

Ms. Amezquita's homeroom wants to partner with a younger grade. The project is still in the planning phase but aims to offer mentorship and social connection with some of the younger Park City Pandas.

Wexler Grant

Community Service Learning is in full swing at Wexler Grant. The students were active during the 2020 election. Combined with their Social Studies lessons and the help of Mr. J, teens gained an understanding of democracy and the importance of voting. Students shared what they learned with friends and family, while encouraging them to get out vote. Teens also sent virtual seasonal cards to children receiving care at St. Jude's Children Hospital.

We are excited for the future (safe and socially distant) community service projects the teens will work on. Some of our teens will begin crocheting for a cause during the next few weeks. Supplies will be provided, and teens will learn to crotchet an item to be donated. We also have some teens that decided to focus on individual service, such as shoveling, running errands, clothing donation and other ways to help the community. We look forward to an exciting Spring at Wexler Grant!

IN THIS ISSUE

The Latest & Greatest Per Site

Earning Individual CSL

Resources for Families

Winter Trivia

TOGETHER



Barnard Environmental Magnet School

Barnard Environmental Science School 8th graders Are hard at work preparing for our next CSL project a heartfelt presentation for Black History Month to share with the younger grades. They are diligently working toward sharing their voices with others in the school!

Our second group of 8th graders are diving into hot topics and TOP lessons on social emotional aspects that engage the true teenage life while also prepping for High School and beyond with skills discussed in session. Students are in the process of brainstorming the next CSL project they would like to work on.

Looking forward to doing more CSL projects in a safe and socially distant way as the year continues!

WAIT, CAN YOU REMIND ME AGAIN WHY TOP DOES CSL?

Community service learning is comprised of youth-led community service projects where students identify an issue or population they want to help, plan the project, complete the service project, reflect on their experience, and celebrate their contributions.

Students achieve a minimum of 20 hours of CSL, which can be used for high school applications, future job applications, and helps the students see themselves as a positive contributor in the community.

This allows students to really develop valuable skills and help others and combines academics with hands-on learning experiences.

CSL DURING THE COVID-19 PANDEMIC

Safety is our priority. We will follow the State of Connecticut guidelines and the Bridgeport and New Haven Public Schools protocols. All community service learning will follow proper social distancing guidelines and will focus on projects that can be completed without risk of contracting COVID-19.

This means that many students will be working on projects outside of the school day. We believe that students are the experts of their communities and want them to identify ways that they can help those around them. See the next page for our individual service learning guide.

CSL efforts will be fully supported by the TOP facilitators.



INDIVIDUAL CSL: A GUIDE TO EARNING CSL HOURS OUTSIDE OF CLASS



IT'S NOT CSL WITHOUT P-A-R-C!

Planning: Think about who you can help. Do you have a neighbor that lives alone? Someone elderly nearby? Somebody that has a disability or who might be going through a hard time? Think about how you can help them in a safe, socially-distant way. Talk to your parent/guardian about how you want to be of service and make sure that you have their permission.

Action: With all COVID-19 precautions in place, do your good deed! We can't wait to hear all about it, no matter how big or small. Don't forget to write down how long you helped for.

Reflection: Like I said, we can't wait to hear about it! Tell us in class or through a private message all about who you helped, how you helped them, how they reacted, and how you felt afterwards. Make sure you tell us how long it took you, so we can record your your work and give you CSL credit for it.

Celebration: there are endless ways to celebrate your good deeds, but this part is a surprise!



We want you to come up with your own ways to help. You are the real experts here! You know your communities (neighbors, family, friends) best. Identify someone who needs help or an area that needs improvement and think about how YOU can be the one to make the positive change!

But just to get you started, here are some ideas that might inspire you:



-shovel someone's snow

-carry in an elderly person's groceries



-take out and bring in the garbage and recycling for someone who isn't physically able

-cook for someone who lives alone or works long hours

-clean out your closet and donate the clothes that don't fit you anymore to a local shelter or family in need

-clean up litter or garbage in your neighborhood or at a park nearby



**"No act of kindness,
however small, is ever wasted."**



RESOURCES:

BECAUSE WE ALL NEED SOME HELP SOMETIMES

"BE THE 1 TO START THE CONVERSATION"



211 provides help with:

- basic needs
- children and families
- crisis
- food
- health care
- housing
- income
- legal
- mental health
- older adults
- reentry
- substance use disorder
- transportation
- utility assistance
- volunteering
- youth services

Simply dial 2-1-1 for free, confidential help.

***211 has an EMPS mobile crisis to immediately help with children who are in crisis. See the flyer below for more information (available in English y Español).**

http://www.empsct.org/files/2014/09/211_Brochure_3_Eng_Span.pdf



Suicide is the 3rd leading cause of death for youth ages 10-17.

The following **risk factors** are associated with greater potential for suicide and suicidal behavior:

- traumatic loss
- impulsive/aggressive tendencies
- easy access to lethal methods, especially guns
- significant disappointment, humiliation, or loss of status (break-up, arrest)
- alcohol and/or substance abuse
- past suicide attempts

Call 9-1-1 or get immediate help from a mental health provider if you hear or see:

- someone threatening to hurt or kill themselves
- someone looking for ways to kill themselves; seeking access to pills, weapons, or other means
- someone talking or writing about death, dying, or suicide

There are many other warning signs for someone who may be suicidal or considering suicide. **Use the link below to read more about warning signs, resources, and how to help someone in need.**

<https://www.preventsuicide.org/wp-content/uploads/2012/08/brochureyouth.pdf>