



Circle of Friends

Transforming Lives, One Child at a Time.

MENTOR MEETING

September, 2, 2021

INTRODUCTIONS

- 3 New Mentors - Introductions
 - Forrest Tancer
 - Tally Wren
 - Kelly Bither

CIRCLE OF FRIENDS UPDATES

- Program Lead
 - Job description
- Fresh Hop Festival cancelled
- Please remember to do log sheets and policy updates!
- Back to School BBQ
 - Success!! Each Elementary and Middle school students received all their school supplies as well as a \$20 gift card to Old Navy.
 - Thank you to Wade Underwood and Rays for securing all our food and the City of Sisters for a grant that allowed us to buy our kids school supplies.

SCHOOL REOPENING

- School Reopening
 - School will be 5 days a week with early release on Friday's (1:30 pm)
 - Each school start and release time are on the website, as well as the back-to-school newsletters.
 - Masks will be required at all three schools.
 - I will send out teacher info early next week.
- 2021/22 School Year Calendar
 - On website

CAMPBELL HOUSE DEDICATION

- Scheduled for 9/29/2021 from 5:30 - 7:00 pm
- Would love to have kids write "Thank You" notes on what they love best about the clubhouse.
- Concern over our COVID case numbers.
 - Your thoughts?

SEPTEMBER PROGRAMING



2021 **SEPTEMBER** **PROGRAM SCHEDULE**

<u>Date</u>	<u>Program Activity</u>	<u>Time</u>
Wed. 9/8	Art	3:30 - 4:30 pm
Mon. 9/13	Cider Making	3:30 - 4:30 pm
Mon. 9/20	STEAM	3:30 - 4:30 pm
Wed. 9/22	Crafting	3:30 - 4:30 pm
Thur. 9/23	Monopoly Night (MS/HS)	4:00 - 5:30 pm
Mon. 9/27	LEGO Design	3:30 - 5:30 pm

We will be requiring masks for both indoor and outdoor activities. Please RSVP as there will be limited space for our programing this month.

RSVP to Kellie at kellie@circleoffriendsoregon.org



PHYSICAL SIGNS OF ANXIETY

Headaches and stomachaches

Tightness in chest

Changes in appetites

Changes in sleep habits



EMOTIONAL SIGNS OF ANXIETY

Increased sensitivity

Fear of mistakes

Worrying

Nightmares



BEHAVIORAL SIGNS OF ANXIETY

Avoiding or refusing to do things they usually like to do

Withdrawal from friends and family

Seeking constant reassurance

Trying to get a parent to do something for them they should be able to do on their own

Getting easily upset over small matters

Lashing out

Becoming easily frustrated

Displaying avoidance of certain places

HOW TO HELP KIDS DEAL WITH ANXIETY

Connection

- Just enjoy being with your mentee. Sometimes side by side without eye contact works.
- Connections soothes stressed brains and provides sense of belonging.

Listening and Emotional support

- Encourage expressions of feeling and model good emotional responses.
- Give them enough time to express their feelings.

Do activities that reduce anxiety

- Playing outside or even hanging out reduces negative feelings – make it unstructured.

Gratitude

- Gratitude helps mental health and makes people happier.
- Write a gratitude letter together to someone you care about.



CONNECTING THROUGH CONVERSATION

High/Low

Both you and your mentee will think of one high point and one low point from the week.

Suggestions can be school, friends, family.

Start with the low point, finish with the high.

This Check in helps with:

Reconnecting

Learning what is on your mentee's mind

Talk about concerns and successes

REFERENCES

- Johns Hopkins Bloomberg School of Public Health, Center for Adolescent Health
- 9 Practical Ways to Support Anxious Kids Return to School; Education, mental Health. Collett Smart
- The Conversation; How parents can help kids deal with back to school anxiety