
JBS / Junior Health Seminar

1 message

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To: Jennifer Salrin <jsalrin@jburroughs.org>

Thu, Sep 30, 2021 at 1:59 PM



JUNIOR HEALTH SEMINAR

WEDNESDAY, OCTOBER 13

September 30, 2021

Dear 11th Grade Parents & Guardians,

As part of the Burroughs health curriculum, juniors will be involved in a health seminar focused on both mental and physical health on the afternoon of October 13, 2021.

Students should arrive at school by 8 am and proceed to the field house for the PSAT. After taking the PSAT and eating lunch, the class will assemble in the Newman Auditorium to hear from Scott Deken (Science) about the effects of drugs and alcohol on the teen brain.

After Dr. Deken's presentation, students will participate in ONE small group workshop of their choosing. Students may choose from the following:

- **Junior Year: Be Kind To Yourself** with Kristin Seymour, RN and ADHD Coach
- **What Now? Decision Making Beyond Sex Ed 101** with Michelle Linschoten, Youth Educator, Planned Parenthood
- **Alcohol: The Whole Story** with Ali Stambaugh, Prevent Ed
- **Marijuana: It's Complicated. Legal Issues and Health Facts** with Tim Gorman, Preferred Family Health
- **Yoga Bootcamp** with Kelly Martin, Registered Yoga Instructor
- **How the Pandemic has Impacted Teen Mental Health: What You Need to Know and How to Stay Afloat** with Melissa Peterson, LCSW
- **Nutrition: Fueling the Brain and the Body—Keeping Your Eating Practice in Balance** with Sarah Hess, Registered Dietician, Nutrition Fit For You
- **Mindfulness: How to Cope with Stress during Junior Year** with Dr. Laura Chackes, The Center for Mindfulness and CBT

Our hope is that this broad spectrum of perspectives on health and wellness will be meaningful for all of the students. We encourage you to talk openly as a family about the issues raised in these discussions. We are available to answer any questions, address any concerns or hear any feedback you might have regarding this important program.

Thank you for your support,

[Jennifer Jones](#)

Counselor, Grades 7, 9 & 11

[Jennifer Salrin](#)

Principal, Grades 11 & 12



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