

"Connected, Engaged, Healthy"

The North Country FSCS Newsletter

2024-2025
February
Edition 3 of 5

Youth & Family Programming Highlights



As the new year begins, our middle school and high school students continue to engage in learning opportunities that allow them to build their social skills, understanding of how different cultures celebrate holidays, and the importance of physical activity.

Jan. & Feb. 2025 Youth and Family Programming



Cook
WITH
Love



Youth & Family Programming (not all pictured above)

Youth Voice Leadership Groups

Culinary Connections Clubs

Lunar New Year Celebration

Culinary Club: Cupcake Day

Project iGuardian Presentations

Alternative Treats: Dalgona Candy

Culinary Club: Bento Boxes

Active Study Halls

CSI Club

Varying Lunch Bunch Activities

Dungeons & Dragons Club

Table Top Games Clubs



Rudeness Spreads Like Wildfire

Scientists were curious – could something as simple as rudeness be caught, like a bad cold? It turns out it's more infectious than they'd ever thought and pretty startling too. It only takes one offhand, rude comment to spark this infectious chain reaction.

When we're on the receiving end of rudeness, our brains kick into overdrive. We start connecting the dots, and one idea triggers the next. This influences how we act, nudging us to toss out a rude comment of our own causing the ripple effect to continue.

Choose Kindness

The impact of kindness reaches far beyond simple gestures; it shapes the atmosphere around you. In your personal life, kindness fosters stronger relationships and a deeper sense of fulfillment.

Within your community, acts of kindness create a ripple effect, inspiring others to contribute and build a more supportive, connected society.

Your FSCS Staff

Belleville Henderson Central School District:

Community Schools Coordinator: **Stephany Quick**

Counseling Assistant: **Anne Marie Honsinger**

Copenhagen Central School District:

Community Schools Coordinator: **Marcia McDonald**

Counseling Assistant: **Jennifer Spaulding**

LaFargeville Central School District:

Community Schools Coordinator: **Donna Coleman**

Counseling Assistant: **Cheryl Felt**

Sackets Harbor Central School District:

Community Schools Coordinator: **Paisley Ashland**

Counseling Assistant: **Liza Grey**

email: squick@bhpanthers.org

email: ahonsinger@bhpanthers.org

email: mmcdonald@ccsknights.org

email: jspaulding@ccsknights.org

email: djr293@cornell.edu

email: cfelt@lafargevillecsd.org

email: pashland@sacketspatriots.org

email: lgrey@sacketspatriots.org

CONTACT US



Our "Why"

Vision:

North Country Families, Students,
Communities, and Schools:
Connected, Engaged, Healthy

Mission:

**Cultivating a culture of community
engagement and collaboration to
ensure students thrive today and
are prepared for the opportunities
of tomorrow.**

Links

[The Science of Kindness](#)

[When to Keep Your Sick Child Home](#)

[Monthly Attendance Newsletters](#)

[Helpful Community School Resources and
Organizations](#)

Who is your Counseling Assistant?

The role of a Counseling Assistant is to provide social and life skill instruction in small groups to students as well as support their social/emotional/behavioral health. They also support consistent school attendance efforts by being a point of contact for students and parents.



Anne Marie Honsinger
Belleville Henderson CSD
email: ahonsinger@bhpanthers.org



Liza Grey
Sackets Harbor CSD
email: lgrey@sacketspatriots.org



Jennifer Spaulding
Copenhagen CSD
email: jspaulding@ccsknights.org

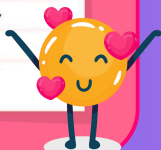


Cheryl Felt
LaFargeville CSD
email: cfelt@lafargevillecsd.org

IT TAKES STRENGTH
TO BE KIND; IT'S
NOT A WEAKNESS.

-Daniel Lubetzky

@weareteachers



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**NORTH COUNTRY
FSCS**
Families Students Communities and Schools

