



STRESSED! Tips to Help our Children Cope

It's the end of the school year but do you find yourself and your kids busier than ever? There's testing, projects and homework. Bottom line, there's STRESS!

Known as "fight or flight", this stress response evolved to help us survive. But it is also triggered by events that aren't life threatening. This can include academic and relationship pressures, or even stress from being over-connected to technology and social media. Some stress is helpful, like keeping you energized to study for tests. But constant stress can take a toll on a person's emotions and body, which can lead to serious health problems.



- Teens under stress may feel: Worried/anxious, angry, irritable, depressed and unable to focus
- They may have these physical signs: Headaches, back pain, difficulty sleeping, digestive problems, weight gain/loss, tense muscles, high blood pressure, shortness of breath, stiff neck
- Stressed teens may also: Develop anxiety about taking tests, not want to go to school, encounter problems in their relationships with friends and family

As parents, it's important to have ongoing conversations with your teen and pre-teen about the stress in his or her life. You want to understand how your child is feeling and what is causing his/her stress.

Some conversation starters:

- What's going on in your life that makes you feel stressed?
- Do you feel a lot of pressure? Where is it coming from?
- What are some ways we can lessen stress in your life?
- When do you feel calm and relaxed?
- What are some healthy things you already do that help you feel calmer?

Brainstorm together healthy ways to help your child manage the stress in his/her life. Some ideas may include more sleep, yoga, recreational sports, volunteering, etc. Let your child offer suggestions and help them think through the ideas.

Click on the documents below for more information:

1. *How to Talk to Your Teens about Stress*
2. *Tips for Promoting Healthy Stress Management*
3. *Scholastic Stressed Activity for Teens*

FHMS 4th Annual Above The Influence Poster Contest Awards

An award ceremony was held last month for finalists and their families to learn where they had placed in this year's Above The Influence Poster Contest. Over 100 posters from grades 6-8 were judged and prizes awarded at each



grade level: Honorable Mention, 3rd place (\$50), 2nd place (\$100) and 1st place (\$200). Classrooms with the most entries received McDonald's smoothies. First place posters were featured as pizza box toppers at Papa Murphy's Pizza.

6th Grade: HM- Eliana Bartman, Olivia Melby; 3rd place- Stella Greico; 2nd place - Garren Keeler; 1st place - Maggie Lucas (poster left top)

7th Grade: HM - Morgan Woolbright; 3rd place -Zach Weiner; 2nd place - Sadie Garcia; 1st place - Zoie Davis (poster left middle)

8th Grade: HM -Jaiden Hinds; 3rd place - Lexi Paykel; 2nd place - Madeline Britton; 1st place -Angelina Filas (poster left bottom)
Coalition Award - Aly Wilson (7th grade)

Thank you to the Verne C. Johnson Family Foundation for their continuous support sponsoring the Above The Influence Poster Contest every year.



FHHS Speaker Series this Thursday

Former NFL Coach, Carl Hargrave will speak with high school students this Thursday, April 26th in the Lecture Hall during lunch. Mr. Hargrave coached in the NFL for 11 years with the AZ Cardinals and Minnesota Vikings setting NFL passing offense records and advancing to NFC Championship games. Hargrave also spent many successful years with the NCAA.

Coach Carl's passion is inspiring students and adults to achieve excellence and discover the Champion within.

Complimentary pizza will be provided for students. As always, parents are welcome to attend.



THANK YOU! SPOTLIGHT

Thank you to Papa Murphy's Pizza for their continuous support of our Annual Middle School Above The Influence Poster Contest.

We appreciate their help with showcasing the creative talents of our middle school students at Fountain Hills Middle School and Fountain Hills Charter School. Be on the lookout for Charter School box toppers coming very soon!

