



## Manchester Essex Regional High School

Good Luck to our Athletic Teams competing in the State Tournament this weekend!

GO HORNETS

### Upcoming Dates

11/18 The Vaping Epidemic: *How bad is it, and what can we do about it?* (see community flier attached)

11/21 Minding Your Minds Presentation 7pm

11/27 Early Release (11:00am) – Thanksgiving Break

### Minding Your Minds – Student Program

To further enhance our mental health education, we are bringing in a Young Adult Speaker from a nonprofit called [Minding Your Mind](#) for students. During this educational presentation, students will hear from [Morgan](#), a young adult who has experienced several mental health challenges, developed healthy coping skills, and now shares a message of hope that support is available. This evidence-based program is aimed at ending the stigma around mental health challenges and conditions while encouraging students to seek help for themselves or a friend as early as possible. Our staff will continue to be available to any student seeking support before, during, and after this presentation.

### Minding Your Minds – Caregiver Program

As part of our efforts to support parents and caregiver, we will be offering a workshop on Thursday 11/21 at 6:30pm hosted by [Minding Your Mind](#). [Just Talk About It](#) is a clinician-led workshop covering adolescent mental health topics such as anxiety, depression, self-harm, disordered eating, substance use, social media, and suicide with the goal of ensuring that the adults supporting youth have the information to understand adolescent mental health, identify mental health challenges and crisis, and respond in helpful and supportive ways. This workshop is 90 minutes and features [Clinical Director Jon Mattleman](#) and [Young Adult Speaker Morgan H.](#) This is the same Young Adult Speaker who will present to students in the middle school earlier in the day.

## **Library News**

### **TAB'S BOSTON BUDDIES BOOK DRIVE – Benefiting Boston Kids in Need!**

Doing any holiday shopping soon? Add another student reader to your list.

The Teen Advisory Board of the Manchester Public Library has adopted a special needs, elementary classroom in a Boston Public School. These kids love to read. But, due to their school being underfunded, they lack picture books for their reading pleasure.

From now until Friday, December 6<sup>th</sup>, you can help by bringing in new picture books appropriate for K-2. The most popular subjects include: space, marine life animals, learning to read books, volcanoes, super heroes, Legos, Frozen, princesses, other cultures, Lion King, and kids with disabilities.

There are collection boxes outside the high school office and in the lobby of the Manchester Public Library. Thank you for your generosity!

### **FINANCIAL AID and COLLEGE PLANNING WORKSHOP - Wednesday, November 20th @ 6:30pm**

With education costs rising year after year, paying for college is a concern for most families. Additionally, the financial aid process can be confusing, intimidating, and often frustrating. Here's what you will learn at this 60-minute workshop:

- How families of all income levels may be eligible for financial aid
- Which colleges offer the best financial aid packages
- How to avoid costly mistakes on the FAFSA and CSS Profile
- How private universities can cost you less than a state school
- How students can potentially receive more free money and less loans

Presented by Jim Femia\*, Certified College Funding Specialist (CCFS) and member of the National Institute of Certified College Planners (NICCP).

Please register @ 526-7711.

## **Yearbook News**

Please use the link below to upload images to the yearbook that will help personalize, enhance and recognize student life for the school year 2020.  
<https://images.jostens.com/414943685>

User Id: [414943685](#)