

TEEN COURT NEWSLETTER

August 2024

August is Back to School Month

“With children and teens heading back to school, it’s a good time to prioritize sleep as we adjust to new schedules. Good sleep health can help improve mood, attention, academic performance, and reduce stress.”

“Sleep and wake times may naturally drift during the summer months. Moving back to a regular sleep routine a week before school begins can help children and teens begin the school year well-rested. Shift bed and wake times by 10-15 minutes a day until you’re back on the schedule you want.

Setting consistent times for sleep and wake will help children and teens stick to a regular sleep schedule. Keep in mind that children and teens have different sleep needs:

- Children: Preschoolers (3-5 years) 10 to 13 hours
- School-age kids: (6-13 years) 9 to 11 hours
- Teenagers: (14-17 years) 8 to 10 hours”

~ www.thensf.org



Positive Thinking for Your Health

“Is your glass half-empty or half-full? How you answer this age-old question about positive thinking may reflect your outlook on life, your attitude toward yourself, and whether you're optimistic or pessimistic — and it may even affect your health.”

“Studies show that personality traits such as optimism and pessimism can affect many areas of your health and well-being. The positive thinking that usually comes with optimism is a key part of effective stress management.”

“Here are some examples of negative self-talk and how you can apply a positive thinking twist to them:”

Negative self-talk

I've never done it before.

It's too complicated.

There's no way it will work.

I'm not going to get any better at this.

Positive thinking

It's an opportunity to learn something new.

I'll tackle it from a different angle.

I can try to make it work.

I'll give it another try.

~ mayoclinic.org

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Looking for opportunities to expand your knowledge base & skills?

UPCOMING CLASSES

Mother Daughter Series - La Plata

Learn and experience the benefits of mediation, movement, and showing empathy to each other. This session's theme is Be Expressive!

Next Class: Tuesday, August 13, 2024

Location: CCSO Headquarters Building

Mother Daughter Series - La Plata

Learn and experience the benefits of mediation, movement, and showing empathy to each other. This session's theme is Be Purposeful!

Next Class: Monday, August 26, 2024

Location: CCSO Headquarters Building

AI Series - La Plata

This series will cover the reality of artificial intelligence (AI) and how to ethically use it in our daily lives.

Next Classes: Aug. 21, 2024 & Sept. 10, 2024

Location: CCSO Headquarters Building

What To Do In An Emergency - La Plata

Elementary school students will learn how to call 9-1-1, answer the dispatcher's questions, and help on the scene in the case of an emergency.

Next Class: Monday, September 16, 2024

Location: CCSO Headquarters Building

DID YOU KNOW?

Charles County Teen Court was established in 2001 and has heard over 3,100 cases! Incoming 6th graders through 12th grade can volunteer as jury members and help other youth in the county.

If you would like to subscribe to the Teen Court Newsletter, use the subject 'Teen Court Newsletter' to one of the contacts below:

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For more information on
Upcoming Classes & Events,
check out our website:



Teen Court Website