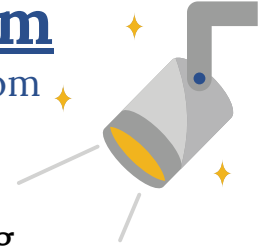


# TEEN COURT NEWSLETTER

March 2025

## Partner Spotlight: Beyond the Classroom

Written By: Lisa Ambers, Founder & President of Beyond the Classroom



Beyond the Classroom, Inc. is a 501(c)(3) nonprofit organization based in Waldorf, MD. Our mission is to expose children and young adults to people, places and things they would not normally or easily have access to in their daily lives. By providing unique, educational and fun experiences, we empower youth to see the world outside of their classrooms and neighborhoods, grow hope in their future, pursue active roles in society and achieve goals.

We offer a number of educational, mentoring and recreational programs in the community and host afterschool programs at several Title I schools that help nurture our youth and help them develop the skills they will carry throughout their lives. Key topics covered include Bullying Prevention, Financial Literacy, Health & Wellness and Goal Setting. We weave in spreading love and kindness into our programming.

We currently have openings in our community-based mentoring programs for students in 3rd - 5th grade. The girls program is the Butterflies Mentoring Club and the boys program is the Dragonflies Mentoring Club. These clubs empower students to be confident, healthy, kind and motivated to achieve personal and school goals in a safe and supportive environment. We meet on the first Saturday of each month and host additional engagement opportunities.

We are seeking workshop presenters and also have volunteer opportunities available for students and adults. Let's collaborate to help our youth thrive!

For more information on our programs, visit [www.beyondtheclassroominc.org](http://www.beyondtheclassroominc.org) or contact us at [info@beyondtheclassroom.org](mailto:info@beyondtheclassroom.org).



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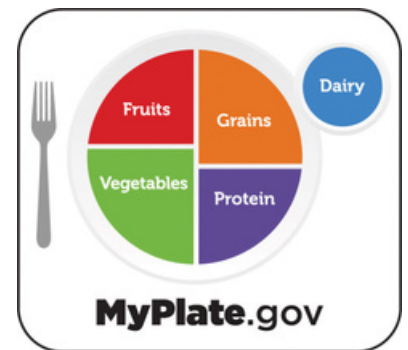
## March is National Nutrition Month

“During the teenage years, you’re beginning to make your own decisions – and that’s pretty awesome! One of the ways you can make smart choices is in the foods you eat. We get it, life is busy between school and friends, but starting with small changes now will not only help keep your mind and body growing healthy, but it will also help set you up for success later on.

Do you know what foods and amounts are best for YOU?

Get your personalized MyPlate Plan to learn your food group goals.”

~ [www.myplate.gov/life-stages/teens](http://www.myplate.gov/life-stages/teens)



## UPCOMING CLASSES

### **Chronic Conditions & Exercise**- La Plata

Learn about how physical activity can increase quality of life and slow disease progression.

Next Class: Tuesday, March 11, 2025

Location: CCSO Headquarters Building

### **Mother Daughter Series** - La Plata

Learn and experience the benefits of meditation, movement, and showing empathy to each other. This session’s theme is Be Fearless!

Next Class: Tuesday, March 18, 2025

Location: CCSO Headquarters Building

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



Teen Court Website

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

**Sarah Vaughan**  
Teen Court Coordinator  
[vaughans@ccso.us](mailto:vaughans@ccso.us)

**Heather LaBelle**  
Teen Court Specialist  
[labelleh@ccso.us](mailto:labelleh@ccso.us)