

Stress(less)

Optimal Interventions

The Chronicle of Evidence-Based Mentoring posted a powerful article by Dr. Jack Shankoff about improving child outcomes. Here are some of the highlights that have direct applications to mentoring:

- ❖ “Toxic stress in the early years can disrupt brain architecture and other maturing biological systems in a way that leads to poor outcomes in learning behavior, & health.”
- ❖ “The goal is to prevent or mitigate the consequences of toxic stress by buffering young children from abuse or neglect, exposure to violence, parental mental illness or substance abuse, and other serious threats to their well-being.”
- ❖ “One area that appears to be particularly ripe for innovation is the domain of executive functioning. These skills include the ability to focus and sustain attention, set goals and make plans, follow rules, solve problems, monitor actions, delay gratification, and control impulses.”
- ❖ “Research indicates that a child’s executive function skills develop through structured play and caregiver modeling, while adult capabilities are strengthened through mentoring or coaching – and both get better with practice.”

We can logically put this research into practice: role modeling and structured play is optimal for younger students. As youth mature, a coaching and standard mentoring model should be implemented.



Brooklyn & Trevor

End-of-Year Celebration!

What: Ice cream party!
When: May 14th, 6:30 PM.
Who: Mentors, mentees, and families
Where: HMK Cafeteria.
Why: Celebrate a great year of mentoring!
 (Please call 260-9646 with questions.)



SPLORE Raft Trip!

Kick off the summer with a fun outing on the Colorado River when its levels are high from the spring melt. Sign up soon; spots are limited! Call for parent permission. Parents can drop-off (9am) and pickup (4pm) at HMK.



- When:** May 27th, 9AM-4PM
- Where:** Drop-off and pickup at HMK
- Who:** Mentor and mentee pairs only
- What:** A day on the river, lunch provided

To sign up, call Dan at 260-9646. Thank you to SPLORE for making this happen!



This Month in Mentoring

- **May 11, Mother’s Day.** Make a card during your mentoring session that your mentee can bring home. (See reverse for a message idea!)
- **May 14th, 6:30PM: End-of-Year Celebration!** Join mentees and their families for some ice cream at HMK. We’ll close the year on a sweet and cool note! (See box above.)
- **May 16th:** Last day of mentoring for 2013/2014. Remember to exchange mailing address info for the summer!
- **May 27th:** Raft trip with SPLORE! If you want to join us, sign up soon. We need a headcount by May 19th, and there are limited spots. (See box at left for details!)

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Idea of the month #2: Mother's Day Card!

Help make a card your mentee can bring home for May 11th.



Here's a message idea:

Dear Mom,

You let me know you love me in so many different ways. You make me feel important with encouragement and praise.

You're always there when I need you to comfort and to care. I know I'm in your thoughts. Your love follows me everywhere.

Thank you for all you've done and given so generously. I love you, my wonderful mother. You're a blessing just for me.

Idea of the month #1: Serve Yourself!

FroYo is so tasty! Visit Moab's newest parlor of sweet treats, MOYO, which is located in the Actions Shots building at 331 North Main Street. (Remember, to go off campus you must follow program rules listed in last month's newsletter. Call Megan for a review if needed: 260-9645)

1.



This frozen yogurt store will make you wonder why this type of establishment didn't exist here before! A rundown of the procedure:

1. Enter and ask for sample cups. Sample and choose flavors that please you. (Megan's Tip: the Dreamy Dark Chocolate is awesome!)
2. Grab a paper dish and gently pull that lever to release a froyo flood into your bowl. YOU WILL PAY BY THE OUNCE, so be judicious in your portion size. Help your mentee do the same.

2.



3.



3. Visit the toppings bar. Here you get to add awesome candies and sauces and textures to your dessert. (Dan's Tip: try the *fresh-cut* berries if available. Nothing complements a cool dairy taste like tangy fruit.)
- Pay the cashier. Enjoy indoors on the stools or outdoors on the patio.

