

Grand Area Mentoring / 435-260-9646

A Healthy Harvest



Books for Mentees Is Back!

Grand Area Mentoring is pleased to announce that the Mountains and Plain Independent Booksellers Association and Moab's own Back of Beyond Books have sponsored the Books for Mentees program in 2016/2017! It is designed to spread the love of reading and the benefits of literacy to our community's promising youngsters by providing free books. For many of our mentees, this will be a rare opportunity to choose a book at their reading level and in their area of interest – whether that's middle-grade, graphic novels, young adult, picture books, or nonfiction. Back of Beyond has a wide selection of titles for all ages and appetites.



Please see the reverse for more on this exciting program!



[Ms. Marquardt broke her leg on our training day in October. She graciously offered a make-up session in November. Don't miss it!]



Mentoring Youth with ADHD w/ Nan Marquardt

November 15, 4:30-5:30pm
HMK Elementary Room 141

Ms. Marquardt will provide an overview of ADHD, basic methods of working with youth, and special ideas for mentoring sessions here in Moab, including how to start your session right, what to do throughout your meeting, and how best to conclude. GCS staff and volunteers welcome.



This Month in Mentoring

- **Nov 11: Staff Devo.** No school. No mentoring.
- **Nov 6:** Daylight Savings Time ends. Remember to turn your clock back 1 hour.
- **Nov 15, 4:30-5:30: Mentoring Youth with ADHD.** This training, to be held at HMK Elementary, will offer important information for mentors and youth care professionals! See above.
- **Nov 21-25: Thanksgiving holiday.** No school. No mentoring.
- **December 7: Help for the Helper.** Counselor Christina Myers will help us remember that self-care is *not* a luxury in the service we offer. Indeed, it should be a priority. Please be sure to put this on your calendar for December! ➡



Help for the Helper w/ Christina Myers

December 7, 4:30-5:30pm
HMK Elementary Room 141

Helping and giving to others can be one of our greatest personal rewards. Sometimes our best motives for helping can lead to frustration that results from overstretching our personal and emotional boundaries resulting in all too common "burnout." In this experiential program, to be offered in December, **participants will learn simple, yet powerful stress management techniques and self care strategies.**

Christina Myers, CMHC, has been a counselor, educator, and bodywork practitioner for over 35 years. She works with individuals, couples, and adolescents in her specialty areas of anxiety, depression, women's issues, and trauma.

Grand Area Mentoring

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Idea of the month #1: Broaden Your Mentee's Horizons

Grand Area Mentoring's off-campus policy permits students and mentors to leave school grounds in small groups. As Grand Area Mentoring relaunches the Books for Mentees Program (see below), this is the perfect time to consider off-campus opportunities over the coming months. If you plan to expand your mentee's horizons, please remember a few rules:

- Two adults must be present at all times, and both must be fully vetted school district officials.
- Mentors must call ahead to clear activity with parents.
- Tell Megan (260-9645) to tell her know where you will be going for a record of your whereabouts.
- Complete the yellow off-campus report form upon return to school.



Idea of the month #2: Bring a Snack

After a long day at school, your mentee might be hungry. We encourage you to bring a snack, but do so bearing a few things in mind:



Beware allergies – Ask your mentee and your mentee's parents if he or she has any food allergies or sensitivities. Exposure to dangerous foods could seriously injure a student.



Offer healthy stuff – Kids love good food, not just sweets. You might consider: apples, veggies and dip, crackers and cheese, granola, bananas, nuts and seeds, applesauce, yogurt, carrots and hummus, rice cakes with peanut butter, hard-boiled eggs. Remember, check to make sure your mentee doesn't have an allergy.



Limit junk – Items such as ice cream, hard candies, jelly beans, cookies, Cheetos, soda, chocolate, and fast food offer very little nutrition and can be unhealthy. Bring these only on special occasions, **NOT for every mentoring session.**

Books for Mentees [continued]

- 1) To participate in the Books for Mentees program, mentors claim a book voucher at the Grand Area Mentoring office.
- 2) Once issued by Dan or Megan, these vouchers are good for book(s) at Back of Beyond, valued up to \$18. Then mentors and students can plan an off-campus outing to the bookstore with another match. Tell Megan when your plan is complete. Call or text her at: 435-260-9645.
- 3) During your off-campus outing, carefully venture down to Back of Beyond and browse their awesome selection. Don't forget to bring the voucher, which must be turned in for redemption. Help your mentee look at the various sections of the store. Explain the difference between fiction and non-fiction. Ask about her favorite things to read. Help her spend the \$18 wisely.

Whatever books you help your mentee choose will be his to take home, to own – no catches, no obligations. He can read and re-read it and put it on a shelf as a reminder of the fun to be had in the world of books. Let's help our kids have fun with books!

The cooler months will be a perfect time to do something new and spread the gift of literacy. Don't miss out on this awesome opportunity! Plan today.