

HAPPY New Year

November & December in Review

November:

- Attended a parents night at Killingly High School
- Worked with Killingly Intermediate School's 8th grade group. This group of 8th graders will then train the 5th graders on vaping prevention
- Met with KIS and KHS administration to discuss vaping curriculum within the schools

December:

- Met with Quinebaug Middle College Principal and team
- Kelsey presented at the Killingly High's School Governance Council on matters discussing vaping
- Sat down for an interview with students at the High School for a KTV segment on vaping.



NEW YEAR... THE SAME GREAT YOU!

Ways to keep yourself motivated:

- It's The Little Things- Some days are hard and challenging, but you can make it better by rewarding yourself with your favorite food or watching your favorite movie after
- Phone A Friend- A friend can encourage you on the journey to reaching your goals
- Get Creative- using art, writing, listening to a podcast, and even playing an instrument can keep you inspired
- Take It Easy- Working hard to achieve your goals can be tiring, so take it easy by not applying too much pressure to yourself and going through the year one day at a time.

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Contact the Coalition Coordinators

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