

MARCH NEWSLETTER

World Teen Mental Wellness Day is on March 2nd! This day aims to raise awareness of mental health issues among teens, as well as educating and removing stigmas. Mental health affects how we think, feel, and act. It is important that we are able to handle stressful situations, work productivity, and make meaningful contributions.

According to Polaris Teen Center, One in five teens from the age of 12 to 18 suffer from at least one mental health disorder. Mental health plays a significant part in a teen's overall well-being. Depending on the severity it can impact daily life, relationships, physical health, and more. It is important to realize that mental illness is not a choice or a failure. It does not discriminate and can affect anyone. You can help make a difference in the community by being able to recognize the signs of mental illness.

Mental illness can make work, school, and socializing hard. If you think you or someone you know is struggling with a mental illness it is best to consult a professional early. They can help identify and implements an effective treatment. Early identification is key to treating any mental disorder. Suicide is the second leading cause of death for young people from 10 to 24. If you are worried about a friend or are in need of help click [here](#).



Signs You Should Reach Out to A Professional

Feeling anxious, worried, depressed, or unhappy.

Emotional Outburst

Weight or appetite changes

Sleep problems

Substance abuse

Withdrawn, Feeling guilty or worthless

St. Patrick's Day

Make sure to wear your green! St. Patrick's Day is on March 17th, but why do we wear green you ask? This event started as a religious holiday and over time it has become a celebration of Irish Culture. This is a holiday holding rich history and deep meaning. Here are some fun facts that you might have known before.

Although this is not an official holiday in the United States it is widely celebrated. The first parade for St. Patrick's Day took place in New York City 258 years ago. Seen in the picture below. Each year Chicago dyes the Kelly River green in celebration. Green was not originally the St. Patrick's Day color, blue used to be the represented color! In 1798, people began to wear green to represent their love of country during the Irish Rebellion. They also made the green clover a national symbol. Since then this holiday has been all about green!

The traditional St. Patrick's Day meal is Corned beef, Potatoes, Carrots, and cabbage. The great food, green, and clovers are not all that this day is about.

Let's talk about leprechauns and why they are another symbol of St. Patrick's Day. Leprechauns are actually a type of fairy that is found in Irish stories. They have pots of gold at the end of rainbows and polished shoes. The holiday is named after Saint Patrick who was only 16 years old when he was taken away from his home in Wales by Irish pirates. He was gone for six years before he escaped. Instead of being angry, he wanted to share his faith and life with the Irish. He was able to help so many people that they now celebrate him, and the Irish culture.



International Women's Day

We celebrate the social, economic, and political achievements of women around the world on March 8th. This is a call to action for people to stand up for women's rights and gender equality. This means regardless of gender, everyone has the same rights, privileges, and access to opportunities.

Throughout history, women have had to fight for freedoms. There was once a time where women could not vote, own property, were excluded from parliament and had poor medical care, and much more. The world for women was once so much different than it is today. The change occurred gradually through the years with efforts from brave women and men fighting for equal rights. To find out more about International Women's Day click [here](#).



National Women and Girls HIV/AIDS Awareness Day (NWGHAAD) is observed on March 10th. Each year on March 10th local, state, tribal, and federal, and national organizations come together to shed light on the impact of HIV on women and girls and show support for those at risk of and living with HIV. March 10, 2021, marks the 15th annual observation of National Women and Girls HIV/AIDS Awareness Day. To find out more information click [here](#).



WHAT IS HAPPENING

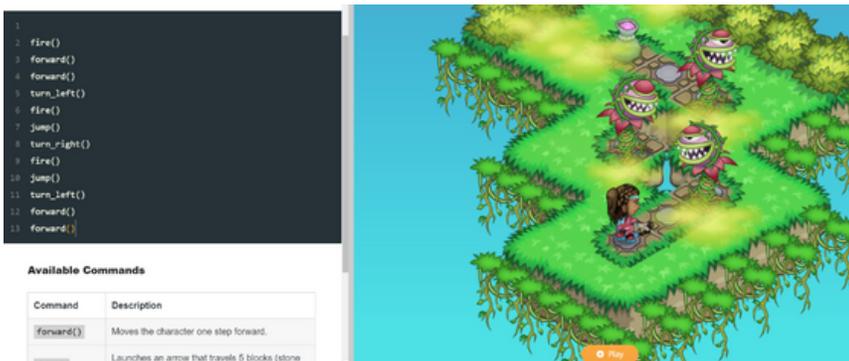
UPWARD BOUND



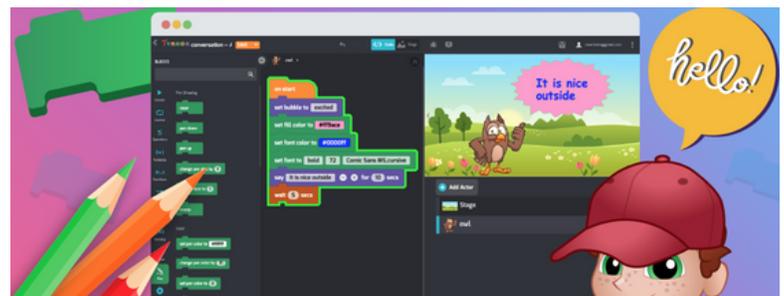
Coding Program-

Join the coding program. Brian Lin helps students use a program called Python. This program is designed to help students and is the world's fastest-growing programming language. Many people use Python to create web apps, automation, apps, and data analysis.

Below are some pictures of what students do while in the program. Tynker is another platform used in this coding program. It is proven online learning platform makes coding for kids fun, exciting and easy. Currently, three of our Upward Bound members are in the coding program. Keep up the hard work, Kylan Fleming, Yvan Ngha, and Mauranson Louis.



Sample code from python lessons



Tynker Lesson

STUDENT SPOTLIGHT



Zykarius Harshaw, Polk UB

Zy has been with our program since the very beginning and has always been a top student and a dedicated participant. Recently Zy applied to multiple colleges and so far has gotten into all of them! Zy has now been accepted into Morehouse College, Savannah College of Art and Design, Kennesaw State University, Young Harris College and Jacksonville State University. He is currently awaiting a decision by Howard University. In the meantime, Zy has been working incredibly hard on scholarships and making sure that he leaves no money on the table. We are so excited for Zy, he has been such a dedicated and hardworking student these past 4 years. He has taken every opportunity given to him to grow and succeed. We know that no matter what college he goes to, he is going to excel. Congratulations Zy, we are so proud of you!



Amera Hoke, UBMS

Amera is a junior at EPHS & has been in the UBMS program from the start. Amera has shown great improvement in her participation for the program by attending events and completing her stipend requirements. Amera would like to attend an HBCU after she graduates to learn more about her culture. And speaking of graduating, Amera is on track to graduate a semester early! Some of her top choices are Clark Atlanta University and Albany State University. She is interested in nursing and would like to become a neonatal nurse!



Janaya Allen, Hiram UB

This month's student of the month for Hiram Upward Bound is Janaya Allen! Allen is a sophomore at Hiram and plays soccer for the school. She is always on top of her school work and works hard on Upward bound requirements. She attends Kaplan on Saturdays and always attends the programs events. She has upheld her academic grades while participating in school programs and sports. Allens has great communication skills and always shows respect to others. Great job Janaya, and keep up all the hard work!