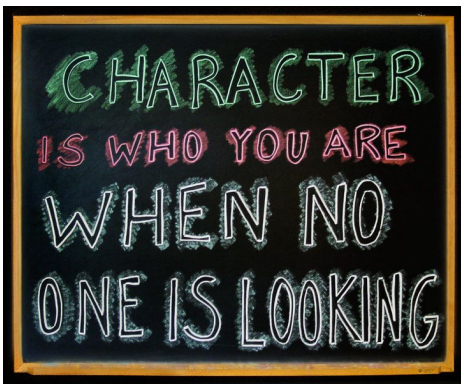
The Monthly Tech

April 2023

Teaching Today's Youth;
Training Tomorrow's Workforce

"The only way to have a friend is to be one."
~Ralph Waldo Emerson.



How would others describe your character?

Friendship...Are you a true friend?

Important Dates

PROMS

April 7 - IHS Prom

April 14 - JHS, MHS & VHS Proms

April 15 - CCHS & THS Proms

April 19 - ACT WorkKeys

April 21 - Weather Day

April 26 - Progress Reports

★ April 27 - LCTC Open House 6:00-7:30
(*For new and incoming LCTC students)

Looking Ahead

★ May 4 - LCTC Honors Day 8:30 & 12:30

May 19 - MHS Graduation

May 20 - CCHS Graduation

May 22 - THS Graduation

May 23 - VHS Graduation

May 24 - JHS Graduation

May 25 - IHS Graduation


April Sporting Events


Chilton County High School

Baseball

04/03 Holtville; Home
04/07 Bibb County; Home
04/12 Helena; Home
04/17 Montevallo; Home

Softball

04/06 Stanhope; Away
04/10 Holtville; Home
04/11 Carver; Home
04/13 Calera; Away
04/18 Stanhope; Home
04/22 Marbury; Away
04/24 Jemison; Away
04/25 Chelsea; Away

Soccer

04/04 Prattville Christian; Home
04/06 Benjamin Russell; Home
04/10 Helena; Home
04/11 Stanhope; Home
04/17 Prattville Christian; Away
04/20 Marbury; Home

Thorsby High School

Baseball

04/04 Isabella; Away
04/18 Montevallo; Away

Softball

Jemison High School

Baseball

04/03 Maplesville; Away
04/06 Holtville; Home
04/11 Marbury; Home
04/13 Marbury; Away
04/14 Stanhope; Away
04/17 Maplesville; Home

Softball

04/03 Isabella; Home
04/04 Maplesville; Home
04/06 Shelby County; Home
04/11 Sylacauga; Away
04/18 Briarwood Christian;Home
04/22 Panther Tournament;Home
04/24 Chilton County; Home
04/27 Verbena; Home

Isabella High School

Baseball

04/04 Thorsby; Home
04/06 Billingsley; Home
04/08 B.B Comer; Home
04/10 Central Coosa County; Home
04/11 Verbena; Away
04/13 Dallas County; Away
04/17 Billingsley; Home

Softball

04/03 Jemison; Away
04/10 Maplesville; Home
04/20 Billingsley; Home
04/22 Invitational Tournament; Home
04/24 Verbena; Away
04/27 Dallas County; Home

Maplesville High School

Baseball

04/03 Jemison; Home
04/06 Thorsby; Home
04/13 Billingsley; Home
04/17 Jemison; Away

Softball

04/03 Verbena; Home
04/04 Jemison; Away
04/06 Prattville Christian; Away
04/07-08 Maplesville Tournament; Home
04/10 Isabella; Away
04/17 Shelby County; Home
04/20 Verbena; Away

Verbena High School

Baseball

04/03 Loachapoka; Away
04/04 Notasulga; Home
04/07 Billingsley; Home
04/10 Westminster; Away
04/11 Isabella; Home
04/12 Thorsby; Away
04/17 Dallas County; Home
04/18 Central Coosa County; Home

Softball

04/03 Maplesville; Away
04/10 Autaugaville; Home
04/11 Billingsley; Home
04/12 Montgomery; Home
04/20 Maplesville; Home
04/21 Vincent; Home
04/24 Isabella; Home
04/25 Shelby County; Home
0427 Jemison; Away

APRIL is a month to bring awareness to:

April

April is all about stress awareness. Stress can be debilitating, and it can cause and or aggravate health problems. Every April, healthcare professionals from across the county join forces to increase public awareness about not only the causes, but the treatments as well for the growing stress epidemic in our country. There are 3 different types of stress. Acute Stress is the most common and frequent, it is often caused by reactive thinking. Episodic Stress is when people frequently experience acute stress, lives present with frequent triggers of stress. Chronic Stress is the most harmful type of stress, if left untreated over a long period it can significantly damage your physical health and deteriorate your mental health.

- **Sleep well. Sleep is essential for physical and emotional well-being. ...**
- **Exercise. Physical activity is an essential stress reliever for people of all ages. ...**
- **Talk it out. ...**
- **Make time for fun—and quiet. ...**
- **Get outside. ...**
- **Write about it. ...**
- **Learn mindfulness.**

10 Ways to Manage Everyday Stress

En Español: Diez Maneras De Gestionar El Estrés De Cada Día
Reviewed by: D'Arcy Lyness, PhD

Listen

Print

Life can be stressful at times. And it's not just the big things that can cause stress. Life's everyday hassles, demands, and pressures can cause stress too.

When you're stressed, your body responds by making hormones that provide extra energy, focus, and strength. This is called the *fight-or-flight response*.

At times, a small surge of stress can be a positive thing. It can help you do well under pressure, be on time, or meet a deadline. It can alert you to a problem you need to handle. It can motivate you toward your goals. It can push you to study, plan, and prepare.

But too much stress — or stress you can't manage — keeps you from doing and feeling your best. It can wear you down, drain your energy, and make it harder to get things done. Too much stress can lead you to feel cranky, annoyed, or scattered.

You can't avoid stress. But you can make it a goal to keep everyday stress at low levels. When you stress less over everyday stuff, you're better able to handle bigger challenges you might face.

If you want to get better at managing everyday stress, here are ten things that can help you:

1. Balance work and play. Make time to work on your tasks and goals (like schoolwork, chores, or practice). But be sure to make time for things you enjoy, too (like playing music, working out, playing with a pet, or spending time with friends). Even if it's only a few minutes, daily time to relax and recharge lowers your stress.

2. Plan your day. Use a calendar or planning app to keep track of your daily schedule. Fill in your class times, tests, and when assignments are due. Add your activities. Block in times to study for tests and work on assignments. Block in times to do things you enjoy. Having a plan and a daily routine lowers stress.

3. Stick to your plan. Of course, planning is no good if you don't *do* what you plan. Make it a routine to look at your planner every day. Check off what you've done. Get ready for what's coming up. Make a routine time to study. Keep on top of assignments. This lowers daily schoolwork stress.

4. Ask for help when you need it. Schoolwork, grades, and tests are a big source of stress for many people. Keeping on top of it all isn't always easy. If you need help preparing for tests, planning projects, or getting things done, ask a teacher, parent, tutor, or mentor to coach you. If you tend to procrastinate, pair up with a classmate to study or do homework at a set time.

5. Use the positive energy of stress. Don't put things off until the last minute. That's too stressful. And it's hard to do your best if you're in a rush. Instead, let stress motivate you to get moving on a task. If you have a deadline, give yourself a positive mental push. Think, "OK, I've got this — I'm on it." Then go ahead and get started.

6. Deal with problems as they come up. Don't ignore everyday problems — but don't stress out about them either. Instead, figure out how to handle them. If you're not sure what to do, ask for help and advice from others.

7. Eat good foods. What you eat affects your mood, energy, and stress level. Choose foods that are good for you. You don't have to avoid all treats. But if sweets are your main source of fuel, you're likely to crash or feel cranky — and stressed!

8. Get enough sleep. After a long day of school and activities, you might feel like staying up late. Maybe you've still got homework to finish. Or you want time to talk to friends or binge-watch that show you like. But going to bed late doesn't leave enough time for sleep when you need to get up early for school. Without enough sleep, you're more likely to feel stressed over the day's ups and downs.

To avoid a stressful morning rush, stick to a set bedtime and wake time. Turn off screens **well** before bedtime**. Wind down with quiet activities.**

9. Exercise every day. Stress melts away when you're working out, playing a sport, or dancing to your favorite music. Exercise does more than keep you fit**. It's a way to manage stress, lower anxiety and depression, and make your mood more positive.**

10. Breathe deeply. When you feel stressed or overwhelmed, take some deep, slow belly breaths. Belly breathing is a quick and sure way to turn off your body's fight-or-flight (stress) response. Practice belly breathing or mindful breathing **every day to help you lower everyday stress.**

Reviewed by: D'Arcy Lyness, PhD
Date reviewed: August 2022

Do you need to talk?

https://www.teenline.org/youth

April Acts of Kindness

Natural Beach Living

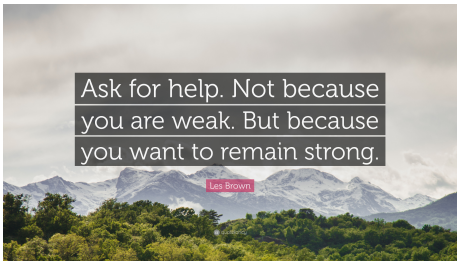
___ acts completed

1 Create a bird feeder	2 help someone out	3 Make someone a get well soon card	4 Let someone go ahead of you	5 WALK SOMEONE'S DOG
6 SHARE A SNACK	7 Leave bubbles for someone	8 Pick up trash at the park	9 Give a hug	10 Tell someone to pay it forward
11 Invite someone over for dinner	12 Play with Someone new	13 Make a gift for a teacher	14 Carpool	15 take cookies to the LIBRARY
16 GIVE A CARE PACKAGE TO A COLLEGE STUDENT	17 Thank someone unexpectedly	18 Read a book about friendship	19 Smile	20 ENCOURAGE SOMEONE TO RECYCLE
21 Help someone with homework	22 Donate your spare change	23 Help a neighbor	24 Support small business	25 Encourage someone
26 Draw a kind chalk message	27 WASH SOMEONE'S CAR	28 Pay for someone behind you	29 Hold the door	30 Pick flowers for someone

What will <u>you</u> do to show

KINDNESS?

COUNSELOR'S CORNER



The Hospitality Hallway is always OPEN. The Hospitality Hallway includes personal care items as well as school related items that you may need. The Hospitality Hallway is located in the hallway near Mrs. Maddox's office. If you have any questions or any needs, please contact Mrs. Maddox (jmmaddox@chiltonboe.com) and she will provide you with the needed information and items.

Support our local farmers...buy local.

Peach Growers in Chilton County

Mccraw Farms

Peach Park

J. Durbin Farms

Bentley Farms

Mountain View Orchards

Jimmie's Harrison Fruit Farms

Cooedy Farms

Burnette Farms

Local Honey Providers in Chilton County

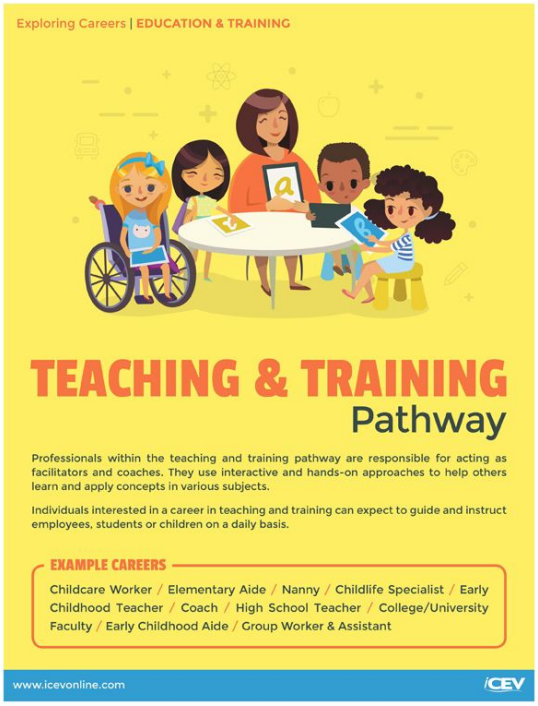
Cagle's Honey Farm

Grant's BusyBee Farms

THE MONTHLY TECH IS BROUGHT TO YOU FROM

THE EDUCATION AND TRAINING DEPARTMENT

JASON FOWLER ABBY SHORT GISELLE VAZQUEZ
JERICA WELLS GRACE WILLIAMS



SEE YOU NEXT MONTH!

SHARE YOUR IDEAS AND QUESTIONS WITH US

LCTCNEWS@CHILTONBOE.COM