

TAP NEWS

April Announcements

- Be on the look out for an email about next steps for the 2019-2020 school year!
- You can email TAP photos and stories to engagement@isjl.org to be included in next month's newsletter.

SPOTLIGHT ON BRINKLEY MIDDLE SCHOOL

Check out our Brinkley Middle School mediators rocking their TAP t-shirts! We are so proud of them and all of our Jackson Public School TAP sites for working so hard this year! Shout out to their Site Coordinator, Ms. Adrienne Barnes, for continuously supporting these awesome students!



STRATEGY OF THE MONTH

Self-Care & Kindness During Testing Season

With end-of-year assessments coming up, the stress may begin to weigh on some students. Here are some ways you can prevent stress from negatively impacting your relationships and communication:



- When you're frustrated, take a breath before you speak to friends.
- Take time for yourself; don't try to fill every free moment with social interactions.
- Get some fresh air. Being in the sun releases endorphins which make you feel happy.
- Make a list of ten things that make you feel happy and keep it handy during high-stress times.

Make this your lucky notebook!

You can look as cool as our Brinkley mediators by getting a TAP t-shirt today!

Contact your TAP Staff to order one for only \$6.



LOG YOUR MEDIATIONS

New Google Form Makes Logging Easier



Mediators and Site Coordinators, click the link below to access a Google Form to quickly and easily log your mediations.

[Click here to fill out the form.](#)

PRACTICE ROLEPLAY

CASPER: Here's all that happened: my sister borrowed my phone for work and then didn't charge it, so I didn't see Buster's last message until late Saturday night when I plugged it in. I figured he'd get over it.

Impact Statement for CASPER:

BUSTER: Casper and I were trying to make plans for this weekend on iMessage. I thought we had a good plan to hang out, and then right as we're figuring out a time to meet, Casper ghosts me. Now I just invisible.

Impact Statement for BUSTER:

For more information contact us at 601.362.6357 or engagement@isjl.org.

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THIS IS ISJL: www.isjl.org

Call Us: [601-362-6357](tel:601-362-6357)

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