

The Norwood Post

POST YOUTH

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Baseball season begins

Jarret Sinks of Norwood steps up to bat for the West Slope Warriors, a baseball team in Fruita that travels for competition. (Photo courtesy of Shawna Sinks)

YOUTH

Norwood School offers mental health support

Free services for students weekly

By RICK WILLIAMS
Contributor

In an ongoing effort to provide more access to mental health services for the students in the Norwood School District, I have been able to partner with both The Center for Mental Health in Norwood and Tri-County Health Network in Telluride. This partnership brings an invaluable resource to students and families during the school day.

I have been working for almost two years to help facilitate mental health support in our district as a direct result of the need as expressed by our staff, students and community alike.

As a school counselor, I fully support offering mental health services in our school because I know how beneficial it can be for students and families. After working as a school guidance counselor for more than a decade, I have come to realize how important it is for students to come to school each day ready to learn.

I also know that this often can be very hard for some students who are struggling with issues in and out of school that can interfere with learning. The goal is to help students and families in a holistic approach to provide a full spectrum of health options in our school.

In order to provide ongoing mental health support, we are currently and will continue to offer tele-therapy every Monday during the school day. This

is made available through Tri-County Health Network.

The tele-therapy option is available for students in grades 6-12. Both therapists with this service are female, and that may be a good fit for girls wishing to talk with another woman.

We also have a male therapist from The Center for Mental Health who is currently on campus every Tuesday for the remainder of this school year. He will increase his presence next year to two full days, seeing students every Tuesday and Friday as needed. He will devote his time equally between the elementary school and secondary school next year, making himself available one day in each building per week.

If you have a child in need of mental health services, please don't hesitate to contact me. I am the liaison between the school and these service providers, and I can arrange for your child to be seen.

There are no costs associated with either of these mental health services, and all information regarding them is completely confidential.

Students who are 15 years or older can complete the paperwork themselves to be seen. Students under the age of 15 must have parental permission to be seen.

Anyone with questions should contact me by calling 970-327-4336, ext. 121, or emailing rick.williams@norwoodk12.org.

YOUTH

Meet the Norwood's new Cloverleaf 4-H Club

First horse club in 10 years

By KATIE CAHALANE
Contributor

There is a new 4-H club in Norwood. There has not been a horse 4-H club in Norwood in 10 years. We began the meetings last December, and so far we have 10 members, and some of them were elected to be officers.

MEET THE OFFICERS

First, we have our president,

Colton Bray. He is 11 years old, and he looks forward to being more involved with 4-H. Next, we have our vice president, Cassidy Joseph. We also have our secretary, Cassidy Peterson, age 13. She looks forward to learning more about horses. Next we have the treasurer, Haylee Joseph. And last, but not least, we have our reporter, me, Katie Cahalane. I am 10 years old, and I am looking forward to doing more with horses and learning more about them.

MEET THE INSTRUCTORS

First, we have Nichol Bray. She grew up showing horses for 10 years and sheep for nine years. She looks forward to helping kids learn more about horses and developing a passion for horses. Also, we have Pam Brownlie. Pam did 4-H as a child. She looks forward to seeing the children learn about horses and seeing "a new generation of kids doing 4-H."

NEWS

We did a fundraiser by selling wreaths on Dec. 17. This event was going to have activities with horses, but Roudy Roudubush could not make it out of his driveway. The plow broke down, so he could not make it. We went on a sleigh ride with Roudy on Feb. 5 to make up for the canceled event in December.

In July, our 4-H club will be competing at the San Miguel Basin Fair.

We generally meet the second Sunday of every month at the Glockson Building in Norwood. Once the weather warms up, we will be meeting more frequently to ride and work on our horsemanship skills.

If you are age 8-18 (as of Dec. 31) and want to join our club, please contact Nichol Bray at 970-729-1243 for more information.