

APRIL 2025

# YOUTH

# STATION

*The one-stop shop on the track to success*

**Dear Caregivers,**

**Spring is in the air! This season is all about growth and emerging anew, which is a perfect time to talk to your youth about reconnecting with their goals. This month is filled with resources to help you support your youth in working toward those aspirations.**

**We're also inviting caregivers to complete a short survey to help us better support their students — with a chance to win a gift card!**



**Please reach out to us if you need any additional support.**

**Love, Your Youth Services Team**

## LIFE SKILL TARGET: PROFESSIONALISM

Professionalism does not mean wearing a suit or carrying a briefcase. It means conducting oneself with responsibility, integrity, accountability and excellence. It means communicating effectively and appropriately and always finding ways to be productive.

With summer fast approaching, more teens are looking for jobs. Summer jobs and internships are an excellent way for teens to learn new skills, make contacts and build resumes. They are also a great way to determine what jobs might interest youth in the future. One challenge for teens as they enter a new workplace is how to act in a professional or work environment. It is essential to teach youth that professional behavior is expected at the workplace.

### ELEMENTS OF PROFESSIONALISM





# LIFE SKILLS

## 10 TIPS FOR PROFESSIONALISM

**APPEARANCE:** Before your first day of work, know what to wear. Can you wear shorts or sandals, or is there a required uniform? It should be a priority for you to look neat and clean because you will be in a professional environment. Make sure you ask any questions about what to wear, how your hair should look, and even about piercings and tattoos.

**BE ON TIME:** Know when you are supposed to be at your job. If you are taking public transportation, ensure you know where the bus/train drops you off and if it will arrive and pick you up at the correct time. Ask questions about what you should do if you are late. Who should you call if you are going to be late? Is there a policy about being late? Will you be fired?

**WATCH YOUR DEMANOR:** Your demeanor is how you appear to other people. Summer jobs and internships give teens the opportunity to learn new skills and be exposed to new organizations and people they might not otherwise get to meet. You want to appear friendly, polite and well-spoken, especially when working in a customer service setting. Make sure your interactions with coworkers and supervisors are pleasant.

**BE RELIABLE:** Be where you say you will be and complete the tasks you say you will do. Your supervisor wants to be able to rely on you.

**WATCH YOUR LANGUAGE:** Remember to be careful what you say. Watch your language. Remember that you are not at school talking to your friends. Using slang or swearing does not translate well in the workplace.



# LIFE SKILLS

## 10 TIPS FOR PROFESSIONALISM

**PHONE ETIQUETTE:** Be careful with your cell phones. Make sure you know the phone rules before you show up at work. Watch your texting, Snapchatting and picture-taking at work. Some of these activities could get you fired. Ask questions if you need clarification on the phone policy.

**DON'T GOSSIP:** Be careful what you say to and about your coworkers. Being friendly with the people you work with is excellent but be careful what you repeat. Don't start any rumors. Remember to remain professional.

**DON'T OVERSHARE:** The workplace is not the place to share your woes. Also, be careful about posting things about work, your supervisor or your coworkers on social media. Those posts do not disappear, and people will see them.

**BE ORGANIZED:** Know your schedule and arrange to be there with everything you need to succeed. Keep your workspace (if you have one) clean and organized.

**OFFER TO HELP:** Be willing to try new things and learn new skills. Get outside your comfort zone because this is how you will stretch and grow. The more things you try, the more marketable you are to future employers.







## COMMISSIONER'S BOOK OF THE MONTH

Commissioner Manny Diaz Jr. launched the Commissioner's Book of the Month, a monthly reading challenge to promote literacy and reading engagement in K-12 schools. Literacy skills developed during formative years are essential for students to succeed both academically and personally, and reading comprehension develops as students engage with interesting and meaningful books. Teachers and parents are encouraged to recommend these books to students.

### **GRADES 6-8**

**"The Secret Garden" by Frances  
Hodgson Burnett**

### **GRADES 9-12**

**"A Light Exists in Spring" by Emily  
Dickinson**



# Culinary Training Program

## About the program

Second Harvest's Culinary Training Program is a **16-week continuing education opportunity** offering adults facing barriers to employment with the **culinary and life skills training** needed to pursue a full-time sustainable career in the food industry, and is **free of charge** to qualified applicants.

## Class schedule

**When:** 8:30 a.m. to 2 p.m., Monday to Friday

**Where:** In person at Second Harvest Food Bank

Session dates	Application deadlines
April 28 – Aug. 14, 2025	April 21, 2025
July 21 – Nov. 7, 2025	July 14, 2025
Oct. 13, 2025 – Feb. 13, 2026	Oct. 6, 2025



## Eligibility requirements

- ✓ Minimum 18 years of age
- ✓ Authorized to work in the United States
- ✓ Resides in Central Florida
- ✓ High School Diploma or GED required or proof of enrollment in a GED program
- ✓ Experienced financial instability (unemployment, low wages, government assistance, etc.) during the last 12 months
- ✓ No criminal history involving arson, sexual battery or violent crimes
- ✓ Willingness to commit to obtain a full-time job in the culinary industry upon completion of the program
- ✓ Must attend in-person classes for 16 weeks



## Apply today!

Scan the QR code or visit **FeedHopeNow.org/CTPapp**.

You can also apply in person at Second Harvest Food Bank at 411 Mercy Drive, Orlando, FL 32805.

*34.87% of the Culinary Training Program is funded by the United States Department of Labor.*

## For more information, contact:

Keonna Yearwood-Branch, KYearwood-Branch@FeedHopeNow.org, (407) 514-1037  
 Katrina McGee, KMcGee@FeedHopeNow.org, (407) 514-1071



## APRIL - PREVENTING BURNOUT & FINISHING STRONG

### CAREGIVER SUPPORT

As we approach the end of the school year, it's important to support students academically and emotionally. Caregivers play an invaluable role in helping students stay motivated and balanced during this time. Here are a few ways you can help your student finish strong.

#### RECOGNIZE SIGNS OF BURNOUT

Be on alert for changes in mood, sleep patterns, lack of motivation or appearing to be overwhelmed. These could be signs your student needs a break or extra support.

#### CHECK IN DAILY

Even a five-minute conversation about how their day went can help students feel seen, supported and heard.

#### CREATE CONSISTENT ROUTINES

Regular sleep schedules, healthy meals and dedicated time for homework can go a long way toward creating structure and reducing stress.

#### PARTNER WITH ADVOCATES

Your student's advocate is part of our education team and here to support both you and your student. Don't hesitate to reach out — whether you want to talk through concerns or celebrate progress. We're in this together!





## ONLINE RESOURCES

**Foster2Forever** — provides free training and articles for caregivers/foster parents who need help navigating the care of youth placed with them. Resources include sections listed under foster care/adoption and parenting.

**Families - Lantern** — helps families connect with someone who can help meet their needs and those of their children. Additional resources providing tips on cooking, bonding, education, advocacy and medical assistance are also available.

**Daniel Kids – Improving the Lives of Children & Families** — offers a list of programs and ways to help create a better life for the adoptive child and families.

**Support Services — Adopt Florida** — provides families with pre- and post-adoption services.

**Parenting Adopted Children with Challenging Behavior** — Not only does this resource help caregivers/foster parents navigate caring for a youth with challenging behaviors, but it also includes free courses, training, podcasts and resources focused on the caregiver/foster parents.



# EMPLOYMENT

## CAREER SOURCE SUMMER YOUTH PROGRAM

Do you need work experience? Interested in earning extra money during the summer?

CareerSource is offering its paid summer program, which includes three different track options.

### ELIGIBILITY REQUIREMENTS:

- Must be enrolled in high school.
- Must be aged 14-19 (must turn 14 by May 30, 2025).
- Must reside or attend school in either Lake, Orange, Osceola, Seminole or Sumter County.

### REGISTER ONLINE:

<https://www.careersourcecentralflorida.com/career-seekers/young-adults/summer-youth-program/>

### EXPLORE

#### Ages 14-15

- Earn up to a \$1,200 incentive
- 5 weeks exploring careers
- Explore college life & financial aid

### ENGAGE

#### Ages 15-16

- Earn up to a \$1,200 incentive
- 5 weeks training for a career
- Explore workplaces

### EXPERIENCE

#### Ages 17-19

- Earn \$15/hr. for up to 30 hrs. a week
- 4-week paid internship & 1-week paid skills training
- Potential to work beyond 4 weeks

# EASTER

**SUNDAY, APRIL 20**

- Easter is one of the principal holidays of Christianity.
- It marks the resurrection of Jesus three days after his death by crucifixion.
- For many, Easter is the joyful end to the Lenten season of fasting and penitence.
- Easter is often celebrated by Christians and those of other faiths and beliefs through fun traditions, such as the Easter Bunny, egg Hunts, Easter baskets, dyeing eggs, gathering with family and lots of candy.





# COMMUNITY

APRIL 2025

## **EASTER EGG HUNT**

Saturday, April 12 | 10 a.m.-12 p.m.  
Lake Concord Park  
95 Triplet Lake Dr., Casselberry, FL 32707

## **DOWNTOWN MELBOURNE BOTANICAL FEST**

Saturday, April 12 | 8 a.m.  
1900 S. Harbor City Blvd., Melbourne, FL 32901

## **EASTER EGG HUNT AND FESTIVAL**

Sunday, April 20 | 10:30 a.m.-4 p.m.  
Lake Eola Park  
512 E. Washington St., Orlando, FL 32801

## **ANNUAL EAST COAST DOG SURFING FESTIVAL**

Sunday, April 20 | 8 a.m.-4 p.m.  
Lori Wilson Park  
1500 N. Atlantic Ave., Cocoa Beach, FL 32931

## **FREE FRIDAY NIGHTS AT THE MORSE MUSEUM**

4-8 pm  
The Charles Hosmer Morse Museum of American Art  
445 N. Park Avenue, Winter Park, FL 32789

## Housing Managers

Our housing managers are superstars for housing for our 18 and older youth. They help connect and advocate for our youth, as well as support our independent living programs, in order to find the best fit for each of our young adults.

### Deangelo Pittard

Fun facts: He is a wine collector and enthusiast.



### Meinrad John

Fun facts: He loves to travel and has been a fierce advocate for our youth for years.



**EXTRA, EXTRA**



## AMERICAN INDUSTRIES SCHOLARSHIP

**\$10,000 SCHOLARSHIP**

### **Applicants for the Trade Scholarship must:**

- Provide proof of foster care.
- Be between the ages of 17-25 during the application period.
- Be a U.S. citizen.
- Have completed a high school diploma or GED.
- Plan to attend an accredited vocational-technical school, trade school or two-year college.

### **Applicants must be pursuing the following trades:**

- |  |                                      |
|--|--------------------------------------|
| • Plumbing   | • Machine Operator                   |
| • Electrician                                      | • Metal Coating and Molding          |
| • Heating, Ventilation and Air Conditioning (HVAC) | • Construction Management            |
| • Welding  | • Elevator Technician                |
| • Masonry  | • Carpentry                          |
| • Appliance Repair                                 | • Culinary Arts                      |
| • Tool Manufacturing                               | • Agriculture & Horticulture         |
| • Auto Repair & Manufacturing                      | • Dental Technician                  |
| • Airplane Repair & Manufacturing                  | • Veterinarian Technician            |
| • Industrial Mechanical Systems                    | • Emergency Medical Technician (EMT) |
| • Diesel Technology                                | • Radiology Technician               |

**Priority Deadline: April 25, 2025 | Final Deadline: May 30, 2025**

**American Industries Scholarship | Foster Love**