Thank you to all of our participating families for making screening such a major success! We screened over 250 middle school kids thanks to your amazing support. We are making great progress toward our goal of 150 kids completing the Lab Visit. To all the families who have completed the Lab Visits this fall/spring: THANK YOU! So far 50 kids have done their Lab Visits! We are 1/3 of the way to our goal!

What’s Next:

If you haven’t completed the Lab Visit, we’ll be contacting you soon! If you have completed Lab Visit, we’ll be contacting you for the 1st follow-up visit starting in May!

Did you know...

The greatest changes to the parts of the brain that are responsible for impulse-control, judgment, decision-making, planning, and organization occur in adolescence. This area of the brain (prefrontal cortex) does not reach full maturity until around age 25!

Stress Buster Tip:

Too many soccer, basketball and track practices might be the cause of your kids' stress, but in general, physical activity is actually a great way to reduce stress. Exercise not only lets you "get away" from what's bothering you and focus on something else; it also encourages the release of endorphins, which are the brain's "feel good" neurotransmitters. Hard to stay stressed when your brain's sending feel-good signals, right?
Thank you to all of our participating families who completed their Lab Visits this winter/spring! Over **100 middle school kids** have completed the Lab Visit so far! Thank you all so much for your amazing support and continued participation!!

**What’s Next:**

All participating families have completed, or are scheduled to complete, the Lab Visit in the next month! Some of you are already scheduled to complete the first follow-up visit! This is scheduled for about 6 months after your original lab visit. If you haven’t been contacted yet, we’ll be contacting you to schedule the 1st follow-up visit soon!

**Did you know…**

Teens interpret situations with the part of their brain that is called the amygdala (emotion processing part of brain). This is why they can appear overly sensitive and tend to personalize everything.

**Stress Buster Tip:**

Summer time tends to be less stressful because school demands are reduced! Over the summer encourage your child to take advantage of this time off and take a true break from stressful situations. Activities like listening to music, talking to a friend, drawing, writing, or spending time with a pet can reduce stress and help them recover from their academic year, and recharge to successfully take on the year ahead!