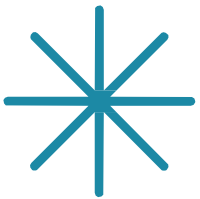
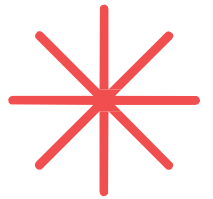


# \*TEACH CAMPBELL STUDENTS HOW TO "B UR BEST SELF" AND GET VOLUNTEER HOURS

**Looking for MHS students  
to teach Campbell  
students:**

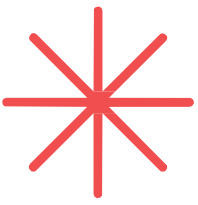


- Mindfulness
- Do's and Don'ts of Social Media
- Healthy Activities, Study Skills
- Responsible Decision Making

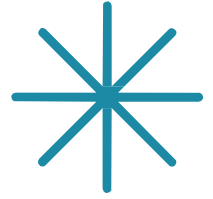


if interested, email [rcohen@metboe.k12.nj.us](mailto:rcohen@metboe.k12.nj.us)





# FAQs



## What is the MHS Mentor Program?

It is an opportunity for MHS students to teach younger students in Metuchen important life lessons about how to "Be Your Best Self" by teaching about activities and skills that promote a healthy lifestyle.

## What will mentors do?

Below is a list of the learning goals for the MHS Mentor program. Campbell students will learn:

1. the Do's and Don'ts of social media platforms
2. healthy, fun activities that help kids relieve stress
3. how to make responsible decisions for oneself
4. mindful practices and how to use them to self-calm
5. how to study

## When and where?

Lesson design and development workshops for high school mentors are Monday nights on the following dates from 6:00 - 8:00 PM:  
February 24, March 2, March 9 and May 11



If interested in participating, please email Rick Cohen, Assistant Superintendent at [rcohen@metboe.k12.nj.us](mailto:rcohen@metboe.k12.nj.us)

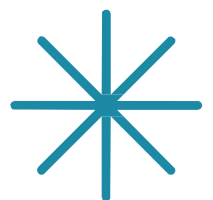


## When do I get to teach the Campbell students?

March 5: 6:00 - 8:00 First Session with Campbell Students

March 16: 7:30 - 8:30 Second Session with Campbell Students

May 18: 7:30 - 8:30 Third and Final Session with Campbell Students



All sessions will be at Campbell School. All MHS students receive volunteer service hours for every hour served preparing and with students. Total of 14 community service hours.