

Monthly Newsletter

2024-2025 YOUTH
ADVISORY COUNCIL

April 2025



Welcome back to our 24-25 YAC Newsletter!

Happy Spring! We had a great time during our April meeting. Our Healthy Living team provided members with a wealth of knowledge. Thank you to those who were able to attend. To those who couldn't be there, you were missed.

Our next meeting will be our End of Year Celebration at Frankie's Fun Park. A follow-up email will be sent with all pertinent details as well.

This was our last formal meeting of the year! You all have been such a wonderful group. We greatly appreciate your time and dedication.

Read on for some reminders and general information. As always, if you have any questions, comments, or concerns, please do not hesitate to reach out. Enjoy this month's newsletter!

YAC team

In this newsletter you can expect:

Welcome

April Recap

What's to Come

Reminders

APRIL RECAP

NUTRITION + HEALTHY LIVING DISCUSSION

CHA's Healthy Living Team - Nina Beech, Adaria Russell, and Emma Zelaya - presented on conscious eating and helped members with a healthy snack and mindfulness activities.



Healthy Snack - Yogurt Parfait

Ingredients: 3 cups vanilla nonfat yogurt, 1 cup fresh or frozen strawberries, 1 pint additional fruit of choice, 1 cup granola

Alternate layers of yogurt, fruit, and granola until cup/bowl is filled

<https://www.foodnetwork.com/recipes/rachael-ray/yogurt-and-fruit-parfaits-recipe-1940127>



Beach Guided Meditation - abridged

"Imagine you are at the sea shore on a beautiful day. It's the perfect time of day and the perfect time of year for you to be there. Recall the feeling you get in your body when you are at the beach or what it was like when you were there as a child. Let yourself explore that feeling."

"If you like, you might imagine going into the water and feeling gently carried on the waves, safe in the protected cove, warmed by the sun. Just rolling gently on the surf, carried safely away on the buoyant waves."

"When you have finished your guided meditation, take a few minutes to sit quietly, noticing what you are experiencing in your body, what your thoughts and emotions are like."



WHAT'S TO COME

The End of Year Celebration will be at Frankie's Fun Park on June 6th. An email with a complete outline of of the details will be sent as soon as they are finalized. We hope to see everyone there!

2025-2026 YAC

The 2025-2026 YAC Application closes on May 1st. If you are interested in participating next year you must apply again.

Please remember to share the flyer around your schools

Happy Birthday to our members with April birthdays!



Diarra Sene
Lea Ignacia chela Abarca
Sophie Johnson

Thank You!

Thank you all for being such a great group! I appreciate your time, hard work, and dedication this year. Best of luck to our seniors and I hope to see our juniors next year!

YAC SWAG ITEMS

Swag Item Pick Up was Wednesday April 30th from 3:30 pm - 5:15 pm at the Creamery. For those who were unable to attend and would like their items, please reach out to a YAC Staff member as soon as possible!