

parenting matters

By Jennifer Wolfrum



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For the past two years members of the School Health Advisory Council (SHAC) and a community group that originated at Temple Isaiah have been collaborating to create a website that would help students, parents, educators and community members negotiate the challenges of stressful living.

The website, **REDUCING STRESS AND DEVELOPING RESILIENCY**, is up and running at <http://lhs.lexingtonma.org/Stress/index.html>

The website provides a variety of resources, discussion about stress and strategies for addressing stress plus links to other related websites. The News and Announcements section featured on the home page provides timely updates of current events and activities related to stress reduction in Lexington. A section on school-based initiatives offers the community a sense of the steps that the Lexington Public Schools are taking to help

students manage school stressors. And the FAQ section (frequently asked questions) gives viewers a place to start as they maneuver through the challenges of our stressful times.

Designed to be interactive, the website has already generated questions from the community and discussion among educators, students and parents. There is also a section that offers a variety of ways to get involved with stress reduction initiatives in Lexington.

All interested people are encouraged to view the website and to give feedback on the site as well.

Additional Town of Lexington Online Resources:

Town of Lexington Human Services Dept., Services for Youth and Families:

<http://ci.lexington.ma.us/humanservices/youthfamily.cfm>

Town of Lexington Human Services Dept. and LPS PE & Wellness Dept. Red Flags and Resources Lexington Booklet: <http://lps.lexingtonma.org/Current/LexRedFlagsRiskyBehavior.pdf>

Lexington Public Schools Health and Safety Information:

<http://lps.lexingtonma.org/health.html>

buzzed
driving is
drunk
driving
designate a sober driver