

# Teen Summit 2019

A Day of  
Education  
as Well as  
Recreation!



For  
7th - 12th Graders,  
Parents, Guardians,  
Teachers, and Mentors

Free T-shirts!  
while  
supplies  
last.  
**SATURDAY ONLY!!!**

**Friday**

**October 18th: 5:00PM - 9:00PM**

Dinner and CHECK-IN (5:00PM - 5:45PM)

**Saturday**

**October 19th: 9:00AM - 6:40PM**

CHECK-IN and Light Breakfast (9:00AM - 9:45AM)

Free  
Breakfast,  
lunch,  
and  
Snacks!!

**Lincoln Avenue School**

Entrance on Jackson Street  
216 Lincoln Avenue  
Orange, NJ 07050

**\*Networking  
Opportunities**

**\*Panel  
Discussions**

**\*Interactive  
Workshops**

**\*Fun  
Activities  
too!!**

**Raffle  
PRIZES!**

creating a Ripple of Change  
One Person at a Time



[HTTP://Facebook.com/OrangeTeen Summit](http://Facebook.com/OrangeTeenSummit)

# 10th ANNUAL ORANGE TEEN SUMMIT

**Sponsored by  
Orange Public Schools**

**A Day of Education and Recreation!**

**Workshops and Activities  
for 7th - 12th graders,  
as well as**

**Parents, Guardians, Teachers & Mentors**

**(See Adult Flyer for Adult Workshop information)**

Join us for our 10<sup>th</sup> Teen Summit. Take part in Panel Discussions, Performance & Life Workshops, and Fun Classes that will help you view struggles and challenges as temporary road blocks. We will instill Strength and Resilience by encouraging Justice, Mutual Respect, and Kindness – for All. The food will be plentiful and delicious. The raffle prizes are the BEST this year – follow us on Instagram for more information. Raffle tickets will be distributed and collected in workshop rooms, so you must participate for chances to win!!! Our Summit will encourage you to, “Create a Ripple of Change – One Person at a Time.” So, be prepared to change your life and make an impact on others. Space is limited; register as soon as possible!!!

**Friday, October 18th: 5:00 pm to 9:30 pm**

**Saturday, October 19th: 9:00 am to 6:40 pm**

**Lincoln Avenue School  
Orange, New Jersey**

**Online registration is REQUIRED!**

**<http://orangeteensummit2019.eventbrite.com>**

**Email questions to: [BigOTeenSummit@gmail.com](mailto:BigOTeenSummit@gmail.com) or  
call Mrs. Sacks, School Nurse at OPA (973)677-4144.**





# Teen Summit 2019

## Adult Workshops

\*CHECKING THE PULSE OF THE COMMUNITY

\*SCREENS AND TEENS

THE LIES THAT TECHNOLOGY IS TEACHING YOUR TEEN!

\*Women's Workshop

Taking Care of Our Hearts and Our Minds

\*Men's Workshop

Living Responsibly for Ourselves and Our Families

Raffle Prizes

Free  
T-shirts  
WHILE  
SUPPLIES  
LAST!

**Lincoln Avenue School**

Entrance on Jackson Street

216 Lincoln Avenue

Orange, NJ 07050

**Saturday**

**October 19th**

**11:00AM - 4:30PM**

creating a Ripple of Change  
One Person at a Time



[HTTP://Facebook.com/OrangeTeen Summit](http://Facebook.com/OrangeTeenSummit)

# Teen Summit 2019

**Sponsored by Orange Public Schools**

Registration opens September 18<sup>th</sup> online at <http://orangeteensummit2019.eventbrite.com>

We invite parents, grandparents, guardians and mentors to attend our **Orange Teen Summit 2019**. Saturday, October 19, 2019, there will be 3 adult workshops. **Check-in is at 11am**. Lunch and refreshments will be served. Free t-shirts will be given, while supplies last. Please dress in or bring comfortable clothes for the last workshop. Women should also bring a yoga mat or towel. We have two raffle prizes – you will receive a raffle ticket for each workshop in which you participate.

## 1<sup>st</sup> Workshop

### *Checking the Pulse of the Community*

Discussion about what is going on in Orange and how to get involved in the community. We will share the latest information about the approved Master Plan and the Main Street Study, and what it means for the City. We will have a conversation about the upcoming election, and put together a list of questions to ask at the candidates' night. We will focus on what is most important for our students, and what issues are in the students' best interest.

## 2<sup>nd</sup> Workshop

### **SCREENS AND TEENS THE LIES THAT TECHNOLOGY IS TEACHING YOUR TEEN!**

DESCRIPTION: Are you suddenly finding yourself living at home with a stranger? What happened to that little girl or little boy you once knew? As they are maturing are you wondering why the phone and social media accounts take precedence over you, your family and school? What is happening to our young people? Have these questions and so much more answered as we explore the 5 most common lies that technology has made your teen believe! Understand how these beliefs manifest into how they behave and more. You are not alone! Learn about it, talk about it and gain some insight to help you understand how technology is affecting our relationships, our teens and our households! Leave with a better understanding, a stronger sense of community; get some concrete tips on how to get your teen to put down the phone, take out those air pods and or get off that computer and recognize who they are and who you are, once again...

## 3<sup>rd</sup> Workshop

### *Women's Workshop Taking Care of Our Hearts and Our Minds*

We will have a **CIZE** class and then a meditation class. Women have to take care of their hearts, learn to relax, find peace, and be kind to themselves.

### *Men's Workshop Living Responsibly for Ourselves and Our Families*

We will have a cardio workout class, and then an informal discussion with the dads.

**For more information, contact L. Sacks, school nurse at Orange Preparatory Academy.  
Call (973) 677-4144 or email [BigOTeenSummit@gmail.com](mailto:BigOTeenSummit@gmail.com)**