

Anchored 4 Life



The Anchored4Life program is the place where connections happen. It is a peer-to-peer club to connect youth while building transition and resiliency skills. The program provides opportunities for peers to enhance social skills, learn leadership skills, build character, improve self-esteem, and integrate into their community.

Fletcher Lead Sponsors:

Administrator Lead: K. Riley: archonk1@duvalschools.org

Counselor Lead: M. Brown: brownm13@duvalschools.org

Teacher Lead: S. Rampacek: rampaceks@duvalschools.org

Faculty Lead: M. Innis: innism@duvalschools.org

Club Meetings:

Date: 2nd Thursday of each month (beginning November, 2023 through May, 2024)

Location: Media Center

Monthly Focus Topics:

Each month, Anchored4Life members will make strategic and focused efforts to bring forth strategies to all fellow peers around change and resiliency, as well as the monthly focus topics below:

August: Homework

September: Making Friends

October: Healthy Body

November: Bullying (Kindness)

December: Fear

January: Moving

February: Deployment

March: Reintegration

April: Stress & Time Management

May: Stress & Time Management

New Transitioning Lunch Bunch:

Newly transitioning students are welcome to email archonk1@duvalschools.org to participate in weekly, Friday, Lunch Bunch opportunities. Established students lead Q/A Lunch Bunch sessions with newly transitioning students to answer commonly asked questions or concerns related to campus life, student interactions, are extended academic or counseling assistance.

**Additional small group lunch-bunch or individualized counseling sessions are available on divorce and grief, as needed, year-round with our School Counselor, Ms. Lucy Brown.

[Anchor link website](#)

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