

PARKLAND SCHOOL  
DISTRICT  
PARKLAND HIGH  
SCHOOL

**In-School Services  
Brochure  
2018-2019**

**Goal  
Statement:**

**To make our large school  
feel smaller to your child.**

**Mission Statement:**

**To ensure that your child  
feels that someone in the  
school cares about them  
and that they are not alone  
in dealing with day-to-day  
challenges.**



## ***The Mentor Program (SAP Permission is Required)***

--A mentor is a caring and committed older individual in a young person's life. By spending some time sharing activities, listening, encouraging, challenging, and building skills and self-reliance, volunteer mentors can help children achieve school success.



--A mentor will periodically check in with your child and your child's team of school personnel (i.e., teachers, counselors, nurses, administrators) to assess progress and provide support throughout the school year. Your child's mentor may contact you with updates on your child's progress and provide support and strategies throughout the school year. This is not a confidential relationship. Staff referral is required.

Activities may include:

Homework Strategies

Goal Setting

Joining School Activities

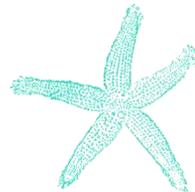
Organizational Skills

Study Habits

Career Exploration

Decision Making Skills

Strategies for Improving School/Class Attendance



Process: A staff member may refer your child for a mentor.



### Benefits of Mentoring



- Increased high school graduation rates.
- Lower high school dropout rates.
- Healthier relationships and lifestyle choices.
- Better attitude about school.
- Higher college enrollment rates and higher educational aspirations.
- Enhanced self-esteem and self-confidence.
- Improved behavior, both at home and at school.
- Stronger relationships with parents, teachers, and peers.
- Improved interpersonal skills.
- Decreased likelihood of initiating drug and alcohol use



(MENTOR, 2009; Cavell, DuBois, Karcher, Keller, & Rhodes, 2009)

Please note that mentoring is not a confidential relationship.

### ***Educational Peer Support Groups (SAP Permission Required)***

-Life Happens Group, Chronic Medical Condition, LGBTQT, and Loss, etc. are examples of educational peer support groups. This provides a space for students who are dealing with similar concerns to come together and support each other. Strategies are provided. Groups form as a result of student need. If a group is organized that may benefit your child, a member of the SAP team will contact you.

#### **Benefits of Group:**

- Children meet other students dealing with similar issues.
- Peer support
- Strategies are provided to move them forward.

Please note that the facilitator of the Educational Peer Support Group must report the following information in order to ensure the safety of your child or the safety of others. This will be explained to your child on the first day of group.

Child abuse

Suicidal thoughts

Homicidal thoughts

Health issues that could lead to serious injury or death (i.e., seizures)

Self-harm

Intimate relationships deemed illegal due to age difference

Gang involvement

Firearm possession

Parents providing drugs to child and/or child's friends; doing drugs with child

Substance use that could lead to injury/death

Impaired driving

Any other behavior that could or has inflicted harm on the student or another student.

## ***Educational Seminars***

- The goal of the Educational Seminar Program is to bring students together with similar concerns, educate them on these concerns, and provide strategies to address these concerns.
- Parents and students can request additional topics as well. If there is enough interest, the seminar will be provided.
- Seminar meetings will vary from one to five sessions depending on the topic. They meet during the school day for one period a week. Meeting times are rotated to different periods, so students are not missing the same class every week. You may even have the option of choosing the period and date of the seminar.

Process: A ConnectEd will be sent to parents for interest in the current seminars that will be running. Staff members may refer students as well.

### Benefits of Educational Seminars

- Offered to all PHS students.
- Students will leave the seminars with new information and skills.
- Students are not required to share any personal information as the seminars are educational only.



- If your child is still struggling with the topic, further training may be provided on an as needed basis.

#### Topics May Include:

Dealing with stress or anxiety; text anxiety; appropriate anger expression; making good decisions; organization and time management; loss of a loved one; dealing with a chronic medical condition; LGBTQ support; assertiveness training; dating successfully and healthy; improving self-esteem; ending toxic friendships; drug/alcohol recovery support; conflict resolution skills; and final exam seminar.

These seminars are not a confidential space for your child.



## **Mindfulness Training**

- Mindfulness is “Paying attention to the here and now...with acceptance & non-judgment” (kindness and curiosity.) It is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us. (Mindful Magazine)
- Mindfulness strategies are meant to ease anxiety, focus attention, calm anger, etc.
- The facilitators are trained by Dr. Christopher Willard, PsyD.



### **Benefits of Mindfulness Training**

This is strategy based, so personal information is not required to be shared.

Your child will learn immediate strategies that they can begin to utilize in everyday life.

This helps your child own their issues, so they feel a sense of empowerment.

### **Process**

Staff may refer your child to Mindfulness Training or you may request it for your child. Permission slips required.



### ***Check in for 3 for a New Me***

- This is a check in by a counselor to ensure that your child is equipped with a proper mindset and strategies so your child is able to follow school policy and avoid suspension again.
- A reentry plan will be created listing the strategies that your child learned. He/she will discuss this plan with their assistant principal upon return to Parkland High School.

### **Benefits**

- A connection with another adult at PHS is created.
- Your child is sent back with a toolbox of strategies to help them cope with future situations.

**Process:** If your child receives a 3-10 day, out of school suspension, your child will be referred by administration. This may be mandatory.

### ***In-School for 4 and No More!***

- If students receive 4 or more days of in-school suspension, they will receive skills intervention by a staff member to prevent further in-school days. This could be 1-3 meetings. They will fill out a reflection to analyze their infraction.
- The student may participate in a decision making educational support group.
- The student will be referred to the SAP team.
- The student may be offered a mentor.
- A Mid-Atlantic Rehabilitation Service Assessment may be offered to you for your child.

#### **Benefits:**

- At risk students will be identified quickly and interventions will be put in place.

- Students will make more adult connections in the building that are encouraging them to be their best.

## ***Conflict Resolution Squad***



This is a staff run initiative that aids students in addressing conflicts with peers. Staff and/or parents may refer students. Additionally, students may refer him/herself with the person of conflict.

Upon receiving a referral, parents will be contacted via phone call for permission. The parents of both students will need to respond to an email stating that the facilitators may move forward with the mediation. The other student's name will not be provided to the other parent. If necessary, administrators may be asked to sit in the mediation.



The adult facilitators will take your child and the person of conflict through The Six Phases of Mediation (Leslie Thompson, Classroom Leadership, October 1997)

1. Mediators and disputants meet and review the process and ground rules.
2. Each disputant tells his or her side of the story to the mediators.
3. Disputants talk to each other about the conflict. Mediators use questions to help the disputants focus on

the common problem and are trained to listen for possible solutions.

4. Disputants and mediators brainstorm ideas and solutions.

5. Disputants and mediators draft an agreement, which disputants sign.

6. Mediators check on the success of their mediation after two weeks.

#### Benefits:

- Available to all PHS students.
- Addresses issues before they escalate.
- Conflict resolution skills are work related skills that will benefit your child beyond the classroom.
- Conflict resolution "...promotes a safe school environment that permits optimal personal growth and learning" (American School Counselor Association, 2006)



The Starfish Story --Adapted from the Start Thrower by  
Loren Eiseley 1907-1977

Once upon a time, there was a wise man who used to go to the ocean to do his writing. He had a habit of walking on the beach before he began his work.



One day, as he was walking along the shore, he looked down the beach and saw a human figure moving like a dancer. He smiled to himself at the thought of someone who would dance to the day, and so, he walked faster to catch up.

As he got closer, he noticed that the figure was that of a young girl, and that what she was doing was not dancing at all. The young girl was reaching down to the shore, picking up small objects, and throwing them into the ocean.



He came closer still and called out, "Good morning! May I asked what it is that you are doing?"

The young girl paused, looked up, and replied "Throwing starfish into the ocean."

"I must ask, then, why are you throwing starfish into the ocean?" asked the somewhat startled wise man.

To this, the young girl replied, "The Sun is up and the tide is going out. If I don't throw them in, they'll die."

Upon hearing this, the wise man commented, "But, young girl, do you not realize that there are miles and miles of beach and there are starfish all along every mile? You can't possibly make a difference!"



At this, the young girl bent down, picked up yet another starfish, and threw it into the ocean. As it met the water, she said, "It made a difference for that one."