



Pine-Richland High School

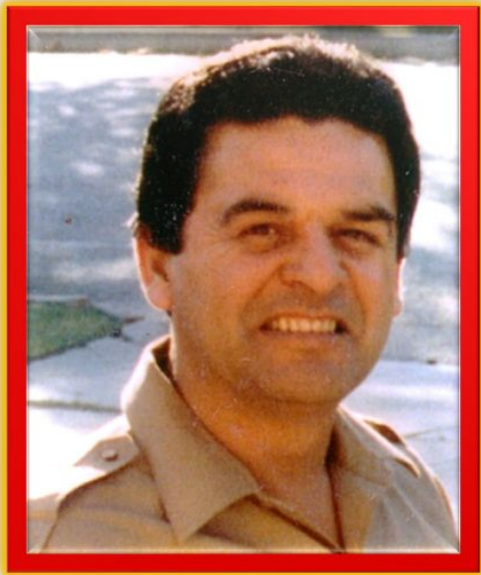
Quarter 1 Review Assembly

October 31, 2025



Red Ribbon Week

WHAT IS RED RIBBON WEEK?



Red Ribbon Week unites communities to take a stand against drugs

Began in 1985 as a way to honor the life of DEA agent Enrique Kiki Camarena

Gave his life to keep drugs out of the hands of children

Why do we Recognize Red Ribbon Week?

Key Data Highlights

- Approximately **4,000 young people (under age 21)** die each year in the U.S. from excessive alcohol use.
- Among adolescents, illicit drug use remains significant: in 2023, about **31.2% of 12th graders** reported any illicit drug use in the past year.
- Alcohol remains the most commonly used substance by teens, when they use, they often binge.
- Many adolescents with substance use issues don't receive treatment: for instance, in 2023 about **8.5% of adolescents (≈2.2 million)** had a substance use disorder, **but only ~19.3% of them (≈423,000) got treatment.**

Why These Matter for High School Students

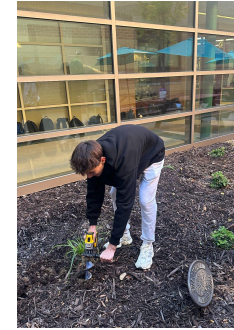
- Deaths and long-term consequences demonstrate that **this is *not* just about “trying something”** — the risks include **life-threatening outcomes and lasting brain/health effects.**
- The fact that many with substance use disorders are untreated emphasizes the **importance of getting ahead of the issue (education + peer support) rather than responding only after problems emerge.**
- Since the teen brain is still developing, early substance use carries **amplified risks for brain structure, mental health, learning.**

“Focus on learning for every student every day.”

Why the Tulips?



Special shoutout - Mr. Gray, Mr. Seybert,
and our student volunteers!



“Focus on learning for every student every day.”

The Pledge

There are **17 pieces still missing!** Find them and help us complete the pledge!



Please stop by during period changes to sign the banner.

"Focus on learning for every student every day."



Drug and Alcohol Resources

Concerned for yourself or a friend? Contact your school counselor or Mrs. Welshonce, the school social worker

- **PA Quit Line**
1-855-891-9989
<https://www.pa.gov/agencies/health/programs/healthy-living/tobacco-prevention-and-control/quitline>
- **Anchorpoint**
412-366-1300
<https://anchorpoint.org/>
- **Gateway**
1-800-472-1177
<https://www.gatewayrehab.org/resources/outpatient>
- **D&A service coordination provider, HSAO**
412-884-4500
hsao.org
- **Allegheny County Department of Human Services Office of Behavioral Health: Bureau of Drug and Alcohol Services**
412-350-3328
<https://www.alleghenycounty.us/Services/Human-Services-DHS/Publications/Resource-Guides/Drug-and-Alcohol-Services-Guide>
- **UPMC Addiction Medicine – Dual Diagnosis**
412-246-5910
<https://www.upmc.com/services/behavioral-health/programs/addiction>

Our Goal for You - Three C's.

College - Career - Community - Readiness		
<u>College Readiness</u>	<u>Career Readiness</u>	<u>Community Readiness</u>
Being prepared for college level assignments, work ethic, and organization.	Ability to understand & demonstrate that hard work, attendance, and persistence, matter a lot. (Even for things we do not like)	Learning that when we give back to others and our community - We gain much more than we give.
Enrollment in Honors, AP, and CHS courses. Challenging work and productive struggle in all classes.	Social skills and interactions that prepare you to successfully collaborate with other people - And valuing differences.	Ability to accomplish goals as a member of a team & Being a part of something that is bigger than yourself.
Support through a variety of staff and programs. Awareness throughout HS.	Connection to at least 1 PRHS club, activity, or sport.	Bringing our unique talents & interests to the greater good.
Positive Relationships, Kindness, and Learning from difficult circumstances.		

You are doing GREAT things!



**\$6,800+ raised to
support cancer
research!**



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support cancer
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PRHS is performing at high levels!



Top State
and National
Rankings



National
Merit and AP
Scholars



Scholastic
Art & Writing
Awards



WPIAL &
PIAA
Champs



PMEA Band,
Orchestra
and Choir



Gene Kelly,
Prime Stage,
Shakespeare
Awards



AP Gold
High School

EDUCATIONAL EXCELLENCE


Pine-Richland School District
 Oct 2 • 🌐

Sophomore Tisha Joshi, Level 7, and sophomore Abheek Tuladhar, Level 6, have earned their... See more




Pine-Richland School District
 Oct 15 • 🌐

Congratulations to seniors Simon Wynn, Isabella Fritz and Addilyn Nichols! Simon, Isabella and... See more



LAND SCHOOL DISTRICT


Pine-Richland School District ▶ Pine-Richland High School Fall Play—The Election
 Oct 15 • 🌐

Rehearsals are in full swing for The Election!



Fri, Nov 21 at 7 PM and 1 more
Pine-Richland High School Fall Play—The Election

☆ Interested


Pine-Richland School District
 Oct 10 • 🌐

This past Tuesday, 23 Pine-Richland High School students tested their language skills at SL... See more






Pine-Richland School District
 6d • 🌐

Congratulations to senior Ryan Noir and juniors Cody Leeper, Alex Goss and Chase Bisti! These four auditioned for and were selected to perform with the PMEA District 1 West Band February 5-7 at South Park High School.

Ryan and Alex also auditioned for and were selected to perform with the PMEA Honors Band Festival, planned for November 21-23 at North Hills High School.

Way to go!!!




Pine-Richland School District
 Sep 27 • 🌐

Earlier this month, sophomore Caleb Niyonzigira and ninth-grader Joshua Niyonzigira compet... See more



for every student every day.”

We know that everything is not always “ok”

WHAT PARENTS SEE

SOURCE:
NPR/IPSOS

73%

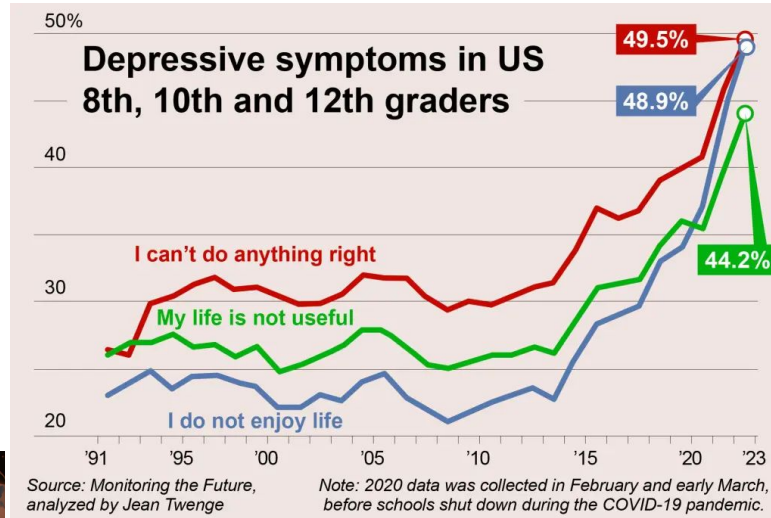
OF PARENTS SAY THEIR CHILDREN COULD BENEFIT FROM MENTAL HEALTH COUNSELING.

19%

SAY THEIR CHILDREN HAVE SYMPTOMS OF ANXIETY.

12%

SAY THEIR CHILDREN HAVE SYMPTOMS OF DEPRESSION.



U.S. Depression Rate Reached a New High in 2023

Share of respondents who have ever been told by a nurse or doctor that they have depression (in percent)



#AddictionAware

Understand the signs. Reduce the stigma.



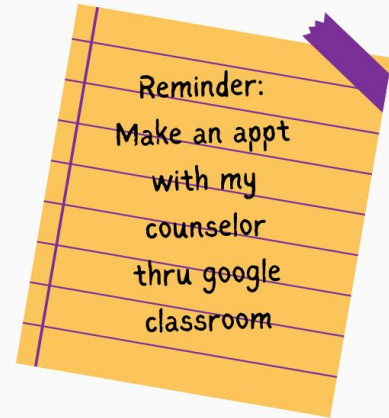
45% of students in high school admit to being stressed almost every day in school.

Student Support

The School Counseling Team is here for YOU!



Feeling stressed??
Need new study strategies?
Falling asleep in class??
Thinking about your future?
Worried about a friend??
Don't know who to ask???



A-D: Mrs. Zacharias
E-K: Mrs. Bowers
L-Q: Mrs. Filipowski
R-Z: Mrs. Straub

Transition: Mrs. Secen
College/Career: Mrs. Whalen
Social Worker: Mrs. Welshonce

Student Support

- SAP (Student Assistance Program) is an opportunity for students to connect with a mentor from the SAP team. This relationship provides additional support and resources.
- SAP can also help students and families connect with community resources.
- Students can be referred by themselves, a teacher, a parent, a counselor or even a friend.
- There is always someone here to help students overcome any obstacle..



Support for YOU and your peers

Reporting Mechanisms:

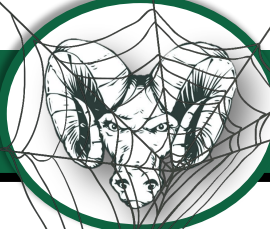
- Trusted Adult - We are here for you.
- Building Administrator & School Counselors.
- [Safe2Say Something](#) (or 1-844-SAF2SAY)
 - Be specific.
- [ChildLine](#) (or 1-800-932-0313)
- [Policy 103 including Complaint Form](#)
- Re:Solve Crisis Center: 1-888-796-8226
- **SAP:** Refer your friend or yourself to our Student Assistance Program
- **Dial 988** for mental health crisis and suicide prevention services [988 National Mental Health Crisis Line](#)



Q1 Strengths & Opportunities

Students:

Here are a few notes on what your teachers are sharing that they have noticed as strengths and opportunities for improvement from this school year.



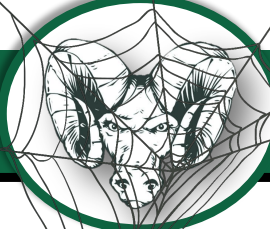
Q1 Strengths & Opportunities

Social Studies & AFJROTC would like to share:

Strengths:	Creativity and interest in making projects & Community of students. AFJROTC-Community service through high level of volunteers.
Opportunity:	Resiliency & Motivation when something doesn't go as planned. Personal accountability-taking responsibility for own actions.

Science would like to share:

Strengths:	Students are following the cell phone policy = Higher levels of engagement.
Opportunity:	Students need to take initiative in improving their work and study habits. Students also need to be accountable for their decisions.



Q1 Strengths & Opportunities

Math would like to share:

Strengths:

Collaboration & Peer Support - Many students are willing to work together, discuss strategies, and help classmates understand challenging concepts.

Opportunity:

Engage in Math Discussions - Participating in class conversations, asking questions when you're unsure, and explaining your thinking can build confidence and help every student (including you!) have a voice in the learning process.

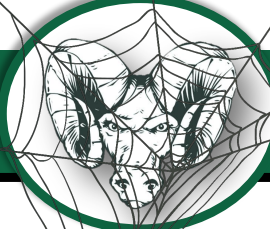
English would like to share:

Strengths:

Cell phone expectations are leading to higher quality student work.
Students are using teacher weekly updates to be best prepared for class.

Opportunity:

Critical thinking with reading/text dependent assignments & questions.
Ethical use of AI



Q1 Strengths & Opportunities

World Language would like to share:

Strengths:

Without phones, our students have been more engaged in the classroom during various activities. This has been great to see!

Opportunity:

In order to sharpen your skills during class, use more of the world language when communicating with peers and your teachers.

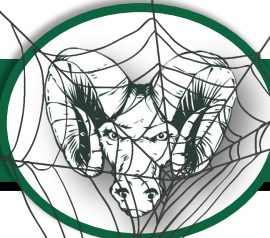
Family Consumer Science would like to share:

Strengths:

Cell phone expectations have helped students become more focused, actively participate, stay engaged, and show greater enthusiasm for learning new things.

Opportunity:

Mindfulness in cleaning up after yourself—putting away lab tools, equipment, and supplies, taking responsibility for personal items (computer chargers, textbooks, water)



Q1 Strengths & Opportunities

Physical Education and Health would like to share:

Strengths:	Students are participating and cooperating with one another.
Opportunity:	Students are spending too much time hanging out in the locker room and on their phones instead of changing quickly. They also need to clean up after themselves in the locker room.

PRHS Principals would like to share:

Strengths:	Our collective school capacity is <i>truly amazing</i> ! <u>Every</u> student adds value to <u>OUR</u> school.
Opportunity:	Off-campus parties and incidents are having a negative impact on students, our community, and school. <i>This is a recurring concern</i> that we need to do better with.

World Kindness Week

Kindness is important because:

- Community in the school
- Creates a positive ripple effect
- Inclusion

Our World Kindness Week activities are:

- Kindness bulletin board
- Others to come!



World Kindness Week

PRHS Friendsgiving Food Drive: November 21st

We will be collecting food for the Lighthouse Foundation during Friendsgiving this year. Some items to consider donating:



- Canned fruit
- Stuffing
- Cranberry Sauce
- Bread Crumbs
- Instant Potatoes
- Cooking Oil
- Mac and Cheese



The Lighthouse
FOUNDATION

Providing Hope...Changing Lives

Stay tuned and save the date....



Abby Laurent!
Student school
spirit X 1,000!!

PRHS Lipdub 2026

March 24, 2026

**Thank You Mrs.
Green!**

Claire Nussbaum, Serafina Julio,
and Avery Stieg!

All supporting our Lipdub!

Pine-Richland High School Lip Dub 2023

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