

STUDENT SUPPORT SERVICES S3

STUDENT ASSISTANCE PROGRAM (SAP)

Many students are troubled by problems that interfere not only with their academic and extra-curricular performance, but with their emotional, physical, and social development as well.

School staff, students, parents, and others recognize patterns of behavior commonly related to personal problems. These behaviors affect school performance. Early intervention with a student exhibiting problem behavior may alleviate greater problems in the future.

The Student Assistance Program (SAP) is designed to assist Upper St. Clair High School staff to better respond to the students' struggles. Student problems can hamper the healthy development of the entire school. Consistent, systematic, and professional response to the problems of young people is necessary, and can be provided by staff. SAP is an effort to help students resolve their problems and thus open the way for personally and socially satisfying lives. The team is made up of counselors, administrators, teachers, the school nurse, school psychologists, and outside liaison.

Any concerned person is encouraged to refer the name of a student exhibiting behaviors of concern to the SAP team. Referral forms are available in the principals' offices and in the counseling office. Referring persons are asked to report only observable behaviors of concern to the SAP team.

For more information... <https://www.youtube.com/watch?v=3Gk57QZjXh0>

PEER HELPING PROGRAMS

NATURAL HELPERS

Natural Helpers is a nationally sponsored peer-helping program for the middle and high school communities. The program is based on a simple premise: students with problems naturally seek out other students, and adults, whom they trust.

Natural Helpers are a cross section of students identified and selected through an anonymous selection process. This process assures that those selected are already seen by their peers as trustworthy and helpful people. Each year thirty-two students (four males and four females from each grade level) are invited to participate in a two- day training program. They receive at least thirty hours of training at a three-day retreat.

The Natural Helpers meet monthly to receive ongoing training to provide them with additional information and skills and opportunities for service.

For more information... <http://www.youtube.com/watch?v=CMn5MC47kgQ>

ATHLETES TAKING ACTION

Athletes Taking Action is a peer-mentoring program designed to pair incoming ninth grade student-athletes with a mentor in their sport. The purpose is to assist in the transition into the High School by providing each student-athlete with a mentor to answer questions regarding academics, athletics, and social interactions. Athletes Taking Action is also designed to help our student-athletes make good academic, athletic, and social choices.

For more information... <https://www.youtube.com/watch?v=ZZYMKz50FOo>

JUNIOR MENTORING PROGRAM

The Upper St. Clair High School Mentoring Program was established during the 2008-2009 school year. The program's purpose is to provide support for incoming freshmen students and ease their transition to the high school. Approximately 60 juniors are selected to serve as mentors and are assigned to ninth grade homerooms. These student mentors are trained in leadership skills, teamwork skills, helping skills, and listening skills. Members of the Upper St. Clair High School Staff facilitate the majority of this mentor training, which also incorporates the Outdoor Odyssey Program in Boswell, PA. These junior mentors attend weekly visits with their freshman mentees, providing valuable information to help these students navigate their first year of high school. In addition to the weekly homeroom visits, the Mentoring Program also sponsors a Mentor/Freshman Team Building event in the fall and other group-oriented activities during the year. Ultimately, every student who comes to the high school as a ninth grade student is impacted by the mentoring program. Not only do the ninth grade students experience positive benefits, but also, our junior mentors learn very important life lessons about leadership, dependability, and being a positive role model for others.

For more information... <https://www.youtube.com/watch?v=wJtDkPRgBlc>