



Greetings from the School Counselor & School Psychologist

Prevention programs can have a positive effect on a student's social emotional well being, health, and academic success. One such prevention program at Heuvelton School is the Student Assistance Program (SAP) through Seaway Valley Prevention Council. We would like to recognize the valuable services that Patti Hogle, the SAP counselor, provides to our students. Mrs. Hogle is in our building on Thursday and Friday each week. She works with students who may need extra support during the school day. She also goes into health classes and talks with students about making healthy choices.

To help parents of teens prevent and address teen risk-taking, Mrs. Hogle offers the following tips:

- Know what your children are doing – their activities and how they spend their time.
- Know who your teen's friends are.
- Check in with the parents who are hosting the party your teen will be attending.
- Praise and reward good behavior.
- Before going out, have them tell you:
 - ✓ **WHO** they are going to be spending time with
 - ✓ **WHAT** they will be doing
 - ✓ **WHEN** or what time they will be at their expected destination
 - ✓ **WHERE** they are going to be. Every once in a while, check on your teens to see if they're where they said they would be.



Remember – ***It's not pestering, it's parenting.***

For more information on the Student Assistance Program (SAP) or more tips, contact Patti Hogle at Heuvelton School Thursday or Fridays or email at phogle@svpc.net. More parenting tips will be posted throughout the year.

Suzanne Raffel, School Counselor (Ext 3307)
Stephanie Gilbert, School Psychologist (Ext 3301)