



PLEASANT VALLEY SCHOOL DISTRICT  
 Pleasant Valley Intermediate School  
 477 Polk Township Road  
 Kunkletown, PA 18058  
 TELEPHONE: (570) 402-1000 / FAX: (610) 681-8666



Mr. Todd Breiner  
 Principal

Ms. Kendal Askins  
 Assistant Principal

Dean of Students

Dear Parent(s)/Guardian(s),

With the assistance of the Monroe County Drug and Alcohol Agency, the Pleasant Valley Intermediate School will be offering support groups to students who are interested. Support groups are designed to assist students with being successful both emotionally and socially. The groups provide students with a safe and friendly environment where they can discuss their concerns in confidence. Students who express an interest in participating may be interviewed individually to determine their appropriateness for a group. The groups will meet once a week, on a rotating basis, during the school day. Because participation is voluntary, students are responsible for all work missed during the group time.

Listed below are groups that may be offered by Mr. Jonah Talbot, a Monroe County Drug and Alcohol counselor. Groups run by the counseling department are listed on the back. **If Mr. Talbot's groups are unable to be held due to his availability or lack of interest, a call will be made to you or your child will be informed.** If you are interested in having your child participate in one of the groups listed below, please check the appropriate box, sign, date, and return this form to your child's school counselor. Mr. Talbot's groups do not usually start until November.

**ALL GROUPS ARE CONFIDENTIAL.**

\_\_\_\_\_ **Normal but Bumpy:** A general support group for students who are experiencing some type of difficulty in their lives. Designed to help students examine communication skills, problem-solving skills, and self-esteem issues.

\_\_\_\_\_ **Concerned Persons:** This group is for students who are affected by the drug/alcohol use of someone close to them; parent, relative, or friend. Students learn about the process of addiction and examine alternative coping skills.

\_\_\_\_\_ **Brain Power:** This group uses science to help students explore how drugs & alcohol affect the brain and the body. Students will learn about stimulants, alcohol, and marijuana and also learn about the disease of addiction. Students will be encouraged to think about how drugs are presented in magazines, on the internet, and in movies and television and what impact they have on our society

**Student's Name:** \_\_\_\_\_ **Grade:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Homeroom Teacher:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*The mission of the Pleasant Valley Intermediate School is to inspire all students toward physical, intellectual, emotional, and social growth as lifelong learners.*

Listed below are support groups that will be offered by PVI school counselors. Groups will meet once per 6-day cycle either during lunch or on a rotating basis throughout the school day and will run for approximately 6-8 weeks. Please note that groups may need to be scheduled throughout the school year (i.e. one group may start in October and another group on the same or different topic may not start until January). If you feel that your child would benefit from joining a small group, please check the appropriate box, fill out the information below and return this form to your child's school counselor. If selecting more than one group, please rank order your selections. Place a 1 next to the group that is most important and so on. **Depending on the number of students choosing to participate in a group, there is a possibility that students may only be selected for one group this school year.** If your child is struggling with grief and loss or another topic not listed below, please contact the appropriate grade level counselor to discuss group and/or individual counseling options. Groups run by the school counselor usually start early- to mid- October.

\_\_\_\_\_ **Lunch Bunch** – Topics for this group may include how to make and keep friends, social skills, confidence building, and self-awareness.

\_\_\_\_\_ **Divorce/Separation** – This group is designed to help students manage their feelings and emotions associated with family changes due to divorce/separation and discover healthy coping strategies.

\_\_\_\_\_ **Anger Management** - Students in this group will learn alternative coping strategies for handling anger and frustration.

\_\_\_\_\_ **Anxiety** – This group focuses on helping students to identify their worries, understand how nervousness/anxiety impacts them, and learn coping strategies.

**Student's Name:** \_\_\_\_\_ **Grade:** \_\_\_\_\_

**Homeroom Teacher:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Student Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Phone number:** \_\_\_\_\_ **Email address:** \_\_\_\_\_

### **From the PVI Guidance Department**

4<sup>th</sup> Grade School Counselor – Nicole Moore – ext. 3014

5<sup>th</sup> Grade School Counselor – Julie Romanisko – ext. 3013

6<sup>th</sup> Grade School Counselor – Rachel Below – ext. 3015

*The mission of the Pleasant Valley Intermediate School is to inspire all students toward physical, intellectual, emotional, and social growth as lifelong learners.*