

Why Try

Goal: to improve school attendance

- Open to students in grades 7, 8, and 9
- Meets weekly during seminar period in the guidance office
- Program consisting of 10 lessons and school/home support
 - Decision making vs. consequences
 - Identifying and changing negative self- labels
 - Problem solving
 - Setting goals
 - Developing support systems
 - Staying motivated

See Ms. Deforno or Mrs. Ursiak for more information



ARMSTRONG JUNIOR SENIOR HIGH SCHOOL
300 BUFFINGTON DRIVE
KITTINGING, PENNSYLVANIA 16201

Office of the
Jr.-Sr. High School Principal

Telephone
(724) 548-7600

Dear Parent/Guardian of

The **Why Try** program at Armstrong Junior/Senior High School offers group prevention for our students. Group prevention is offered to students to support and enhance the development of personal and social skills and to support and promote educational success. Small groups provide not only additional social-emotional learning experiences but also allow the students a chance to belong, a chance to express themselves, and a chance to benefit from the support of group members.

In an effort to help students be successful both academically and personally, our program is conducting a group to assist students who may be struggling. The curriculum is titled **Why Try** and is designed to help motivate and give students the tools to be successful in school and in life. Students were selected based on student attendance.

The group will begin meeting / / . Students will participate in this group during the school day and will meet for 12-14 sessions with approximately 28 minutes for each session. Attendance is mandatory for all sessions. There will be student surveys for pre and post data collection to aid us in evaluating the effectiveness of this program.

Parent permission is requested for a student to participate in the group. Please return the bottom portion of this letter to Ms. Deforno, guidance counselor. If you have any questions regarding the program, please contact **WhyTry** program director, Amber Stewart at (724) 237-6190.

Permission for small group counseling

Student printed name:

Student Signature:

____ Yes, I, _____, the parent/guardian of the student named above give permission for my student to participate in the **Why Try** group.

____ No, I do not want my child to participate in this group, and I am currently working with my child's teachers and/or counselor regarding my child's attendance and academic struggles.

Parent printed name:

Parent Signature:

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Program Description:

"WhyTry" is a proven program to help youth improve attendance in school. Ten lessons are taught using techniques such as: sight (poster guides), sound (videos & music) and physical activities (hands-on). Youth practice skills to stay in school, avoid fines/probation, & graduate from school with goals for their future.

WhyTry Teaches:

- *Decision making vs. consequences
- *Identify & change negative self-labels
- *Recognizing defense mechanisms
- *How to solve problems & 'stick with their goals'
- *Find strengths, interests & set short & long term goals
- *The importance of obeying laws/rules
- *Develop long lasting support from family, friends & role-models

- *How to stay motivated & recognize accomplishments

Operation Principles:

- * Services delivered within the home, school, and community
- * Partners with school district to remove barriers preventing the youth from regular attendance, especially bullying
- * Supports Individualized Education Plans
- * Encourages family to be involved with school activities, create boundaries, rewards & sanctions regarding school attendance and homework
- * Will do "whatever it takes" to change behavior, including locating and transporting students to school
- * Guides families to utilize community resources

Specialist Name: Alexa Wilson

Contact Number: 412-627-8704