



PRINCIPAL'S NEWSLETTER

Volume 13, Issue 2
Winter 2017-18

FROM OUR NEW PRINCIPAL Mr. Michael Harkin

Dear Parents / Guardians:
As a New Year begins, I would like to wish everyone a Happy New Year.

Over the last few months, our students and staff were busy working on holiday projects that have included food drives, Make-A-Wish stars, care packages, raising awareness and monies for the Humane Society and caroling for various causes.

Please note that our January Regents testing week will be from

January 22nd to 25th. Instructors will also be giving in-class midterm exams January 8th to 22nd.



It is important that your child actively prepare for each one of their exams.

I will send out communi-

cation in the next few weeks about review classes that will be offered.

A special Regents Newsletter with exam and bus schedules will be posted later in January.

Once again, best wishes for a wonderful and productive 2018!

Your Partner in

Education,
Michael Harkin

Inside this issue:

Guidance News	2&3
Athletic Dept.	4
Unified Team to Special Olympics	5
Music Dept. News	6
Music Dates / Poetry Slam / ID Reminder	7
Art Dept. / Peer Leaders	8
Parking Info / STEM	9
OpGrad / Student Conf.	10
FBLA News / Education Foundation	11
Wonderful Causes	12&13
Cafeteria News	14
Dates of Interest	15
Parent Workshop Info	16

A LITTLE BIT ABOUT MR. HARKIN



We say good-bye and wish the best to Mr. John Sawchuk, who is embarking on new adventures after 18 years at CHS, 11 of those as the CHS Principal.

We welcome Mr. Michael Harkin as CHS's new Principal. Mr. Harkin comes from Lansingburgh School District where he has had 12 years of administrative experience as a principal and athletic

director. He has served as principal of Knickerbacker Middle School since 2014. Prior to that position, he was the director of physical education and athletics at Lansingburgh from 2007-14 and director of athletics at Brunswick (Brittonkill) Central School District from 2005-07.

Mr. Harkin began his career as a physical education teacher at Thomas O'Brien Elementary School in Albany in 1999. He has a bachelor's degree in physical education from Canisius College and a master's degree in educational administration from The College of

Saint Rose.

"Mr. Harkin has a record of success and background in educational leadership which will enable Columbia High School to ensure all of our



graduates are college and career ready," said Superintendent Jeff Simons. "We welcome Mike to our team!"

FROM THE GUIDANCE OFFICE

TRANSCRIPT FEE REMINDER

Please be advised, per the Board of Education, a \$5.00 fee is charged for transcript requests. Note that this fee does not apply to students who are currently enrolled in the East Greenbush Central School District.

Transcript request forms can be found on our website www.egcsd.org, under Forms. Please complete the transcript request form and mail to CHS along with a check made payable to the East Greenbush Central Schools.

If you have any questions regarding a transcript, please call the Columbia High School Guidance Department at 207-2020.



National Honor Society's Induction for Seniors

Advisors to the "Les Savants" Chapter of the National Honor Society will be reviewing academically eligible seniors for membership. Information packets and faculty input took place in December with an induction date in January. Potential candidates were reviewed based on the four pillars: Scholarship, Leadership, Service, and Character. Successful candidates will have their membership status forwarded to the colleges they are seeking admission.

Annual Alumni Day

On January 5, 2018, Alumni from Columbia's 2017 graduating class returned to participate in a discussion on "Adjusting to College." The Alumni addressed the current Senior class and talked about topics ranging from the college search process, academic workload, college housing, roommates, budgeting money and time management. As always, the interactive discussion provided valuable insight to Columbia's Seniors, who are navigating the college search process.

ASVAB Tests

The ASVAB, a timed multi-aptitude test given as a career interest inventory and military entrance exam, will be offered at Columbia High School on Wednesday, January 24, 2018, at 7:30am to students in grades 10 through 12.

If you have any questions regarding this test, or you would like to sign up, please stop in the Guidance Office.

The PRE ACT

Test Date/Time: Thursday, January 25, 2018 @ 7:15 AM

WHO SHOULD TAKE the PRE ACT? Sophomores who may be interested in attending college.

REASONS FOR TAKING THE PRE ACT :

- ◆ Taking the PRE ACT gives you practice for taking the real ACT during your JR. and SR. year for college applications. You can get an idea of how you will do on a college admissions test and can find colleges that seek students with similar interests and academic majors like your own.
- ◆ The PRE ACT lets you compare your ability to do college work with the ability of other college bound students. After the test you will receive a score report and your testing

booklet that will include correct answers, your answer, and your scores in each section.

- ◆ Taking rigorous high school courses have prepared you for the PRE ACT because it is based on what students are learning.
- ◆ The exam also includes an interest inventory, career map and career readiness indicators. This will provide information to help you plan for your future.

REGISTRATION : See Guidance Office for registration information due by January 11th.

SCHOOL COUNSELING NEWS

As we look forward to 2018, the Guidance Department would like to take a moment to point out some of the opportunities we have had to work with students so far this year.

Freshmen: We conducted an orientation session in English classes in September to help students acclimate to CHS and to learn about valuable resources available in the Guidance Office. In December we took students from their Global classes and used Naviance to have students learn about their personality, their strengths, and their weaknesses.

Sophomores: We used Naviance to have students conduct a Career Interest Inventory and research careers that align with their interests.

Juniors: Students who took the PSAT in October met with counselors in December and reviewed how to interpret their scores. Counselors will finish conducting the first portion of the post high school sessions this week.

Seniors: We did a review with seniors about the college application process in early September. Since then, seniors have been busy submitting applications and just over 75% have applied to college.

We also have many opportunities to work with students and their families in 2018.

- ◆ **Scholarships for Seniors:** Remember to check Naviance regularly for local scholarships opportunities. National scholarships can be found through various websites. Check the guidance website or Naviance for a list of websites.
- ◆ **Junior Conferences:** Please contact your child's counselor to schedule an individual meeting to talk about post-high school plans.
- ◆ **Course Selection:** In February, counselors will begin course selection with students. Please watch for your copy of the Program of Studies in February.
- ◆ **College Admissions Panel:** On March 6th at 6:00pm, we will host a College Admission Panel Discussion for parents and students with representatives from local colleges to answer many of your college application questions.
- ◆ **PreACT:** Counselors are going into Sophomore English classes to discuss registration for the PreACT that will be offered during January Regents week.

As always, if you have any questions, please do not hesitate to contact the Guidance Office at 207-2020.

Thank you.– Columbia High School Counselors

ATHLETIC DEPARTMENT NEWS

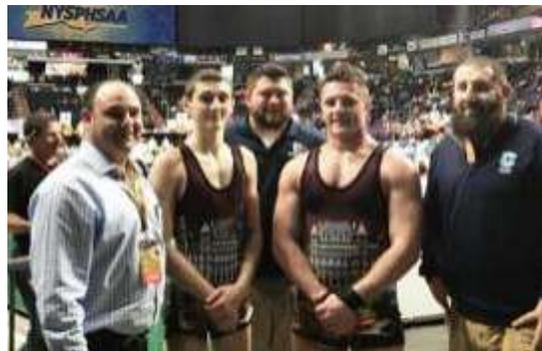


Columbia Wrestling Coach Reaches 300th Career Victory

Columbia High School's varsity wrestling coach Anthony Servidone reached 300 career coaching victories in December when the Blue Devils defeated Mahopac High School at the Columbia Wrestling Tournament.

Mr. Servidone, who is in his 19th year leading the program, has won eight Suburban Council Division Team Championships. He has coached 33 Class A Champions, 20 D1 Section 2 Champions and nine National All-Americans.

(L to R): Columbia Wrestling Coach Servidone, Michael Gonyea, Coach Ladd, Dylan Dubuque and Coach DeNisio.



ANTIBULLYING

Columbia Athletic Department along with the East Greenbush School District is dedicated to teaching tolerance and educating students and parents on the issues of bullying. Bullying is a violation of our District's core values and will not be tolerated. The actions of any one person or group of individuals which threaten the health and safety of students and or staff must be addressed promptly. Early intervention, reinforcement of a consistent message and follow through from students, parents, staff, and administration can ensure that everyone's right to

learn, play and work in a safe environment is respected.

If you feel that you are a victim of bullying or harassment in school, on the athletic playing field, or even outside of school please contact Athletic Director, Mike Leonard at (518) 207-2080 Ext. 3 or email leonarmi@egcsd.org.

CHS's Unified Basketball Team Selected for 2018 Special Olympics

Columbia High School's Unified Basketball team has been selected to compete in the 2018 Special Olympics USA National Games to be held in Seattle, Washington in July.

The team is composed of athletes with and without intellectual disabilities and will compete against unified teams from across the country. The members of the team are current students and alumni of Columbia High School who all have participated on its Unified Basketball team. "It's been an honor to be selected to represent Special Olympics USA in Seattle, Washington," said head coach Audra Di Bacco. "These student athletes are very excited to travel and experience the games first hand."

Unified Sports is a partnership between Special Olympics New York and the New York State Public High School Athletic Association (NYSPHSAA) to provide interscholastic sports for students with and without intellectual disabilities. The program piloted in 2012 in Section 2 of NYSPHSAA with 12 schools. There are currently 129 schools participating across the state. "It is a great honor that our Unified Basketball team was selected to participate in the 2018 Summer Special Olympics," said Columbia Athletic Director Michael Leonard. "It's a credit to Coach Di Bacco and our student athletes."



Columbia Unified Basketball Olympic Roster:

Matt Dzembo	Caitlin Lallier	Sean Freehill	Malliree Roberts	Ryan Snyder
Jacob Houser	Antonio Lebron	Eithan Reynolds	Austin Sitterly	

About the 2018 Special Olympics USA Games

The 2018 Special Olympics USA Games will be held in Seattle, Washington July 1-6, 2018. More than 4,000 participants representing all 50 states and the District of Columbia, along with the support of tens of thousands of volunteers and spectators, will compete in 14 Olympic-type team and individual sports. The 2018 Special Olympics USA Games will celebrate the Special Olympics movement and its 50th anniversary; promote the ideals of acceptance and inclusion through sport; and showcase athletes from throughout the U.S. and the abilities of people with intellectual disabilities. The 2018 USA Games will also highlight Special Olympics' work in sport, education, health and community-building. Special Olympics New York will be sending 52 athletes who will represent the state in volleyball, bocce, golf, gymnastics, powerlifting, soccer, tennis, bowling, athletics, aquatics and unified basketball.

MUSIC DEPARTMENT NEWS

STUDENT PERFORMANCES 1

Congratulations to this year's Area All State participants! Area All State was held Friday, November 17 and Saturday, November 18, 2017 at Saratoga High School. These students represent some of the most outstanding musicians in the capital region.

Area All State Chorus
Laura Haney

Area All State Band
Leif Haley
Connor Roizman

Area All State Jazz Band
Mike Digman
Nick Frost

Area All State Orchestra
Nikhil Bhat
Albert Chang
Shannon Farley
Ron Haynie
Brandon Kulzer



STUDENT PERFORMANCES 2



Brandon Kulzer has been recognized, for the second year in a row, as among the finest high school bass players in the state of New York! He performed with the All-State Symphony Orchestra in Rochester

from November 30 to December 3rd. Please congratulate him if you see him - this is a significant accomplishment!

STUDENT PERFORMANCES 3

On Wednesday, December 6, 2017 the CHS Jazz Band and CHS String Quintet performed at the State Education Building. Students performed for a State Employee Recognition Ceremony. The ceremony honored employees who have worked for the state for 20, 25 and 30+ years. The jazz band performed music for the ceremony. The string quintet performed during the reception. After the groups' performances, the students were given a tour of the historic state education building.



CO-CURRICULAR ACTIVITIES/CLUBS

We encourage all of you to take an active part in your Columbia High School community. Joining a club can enrich your high school experience. Many opportunities are available. See web page (EGCSD.ORG) for complete details and listings. Listen during morning announcements for meeting time and date information.

ID REMINDER

Please remember that all students need their Student Identification Badges on them at all times during the school day.

Furthermore, they will need to use these IDs to gain entrance to midterms and Regents examinations during the January Exam week.

Finally, students will need their IDs to buy tickets/bids and enter any school dance this year (Sno-Ball, Proms, etc.)

If a student has lost his/her ID badge, they need to go to their Assistant Principal's office to replace it.



POETRY SLAM

Last year's Poetry Slam was a huge success. This year's 3rd Annual Slam will be even better! Come be a part of this amazing event in the CHS Library on Friday, April 20, 2018



MUSIC AND THE ARTS EVENTS

The following exciting events are just some that are upcoming at CHS:

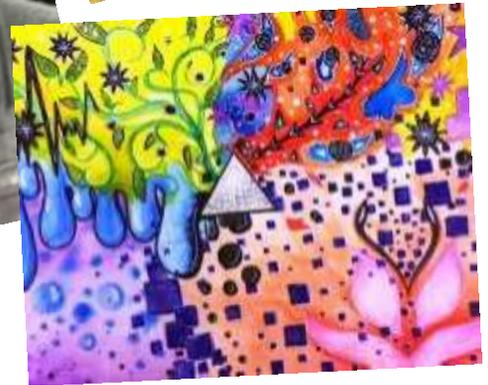
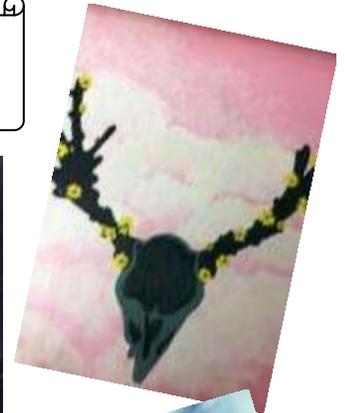
- 2/1/18 Choral Festival
- 2/6&7 DW Instrumental Fest.
- 3/2&3 CHS Spring Musical: "Cinderella"
- 3/20/10 Pops Concert #1
- 3/27/18 Pops Concert #2
- 5/3/18 DW String Festival
- 5/10/18 DW Arts Festival @ CHS
- 6/6/18 Spring Concert #1
- 6/7/18 Spring Concert #2



ART DEPARTMENT NEWS

This year's District Students' Art Show will be taking place at Columbia High on Thursday, May 10th, 2018. This year's theme is "The Great Outdoors".

STUDENT ARTWORK!



PEER LEADERSHIP

Peer Leadership is a very active community service group. We are partnered with the East Greenbush Youth and Community Events Department for the Afterschool Bowling Program and annual Easter egg hunt, STRIDE'S Organization to host a Harvest Ball for disabled young adults and teens, the EG Transportation Department with Winterfest, CoNSERNS-U for the holiday store, and many other organizations.

Our mantra continues to be: "If we all do a little, a lot gets done", "If it is to be, it is up to me" and **finally "Many hands make light work."** Our members truly embrace our philosophies, and are doing important work around our community! Our **Peer Leadership's Advisor is Jen Quail.**

JUNIOR PARKING UPDATE

Junior student parking will be reevaluated for Semester II. Students should listen to morning announcements in mid-January for date and time of the **mandatory**

informational meeting.

As always, Senior student parking applications are accepted all year.



A LOOK AT HOW THE STEM PROGRAM APPLIES TO CHS

Columbia High School offers a variety of STEM courses set in newly renovated labs with state-of-the-art equipment. Many of these classes can be taken for college credit through articulation agreements with Hudson Valley Community College, Schenectady County Community College and Rochester Institute of Technology.

STEM Courses

- Design and Drawing for Production – Entry level course into the world of Engineering Technology in which students create and build projects using the latest methods in the Engineering process. Students participate in team approaches for developing products and learn techniques in concept, design, prototyping, planning, building, testing and analysis.
- IT Essentials – Introduction to computer hardware and software skills to meet the growing demand for entry-level information and communication technology professionals. This course covers the fundamentals of PC technology, networking and security.
- CCNA I – Hands-on course introduces students to the organization and design of data networks and provides the foundation for Cisco ICND1 certification.
- Computer Integrated Manufacturing
- Introduction to Engineering Design – Introduction to Engineering is the first of three engineering courses that will be offered each year. This hands-on course focuses on architectural design and utilizes 3D modeling software.
- Principles of Engineering – Students explore a broad range of engineering topics, including mechanisms, the strength of structures and materials, and automation. Students develop skills in problem solving, research and design while learning strategies for design process documentation, collaboration and presentation.



Operation Graduation News

O.G. HELPS

The Operation Graduation students participated in a number of volunteer excursions at CoNSERNS-U.

They unloaded four thousand pounds of food for the Thanksgiving holiday and helped prepare 200 bags for needy families.

They also helped with the Christmas present presenta-

tion, helping to unload trucks and arrange gifts according to age.

It was an enjoyable and very worthy endeavor.



STUDENT LEADERSHIP CONFERENCE

Students received lessons in leadership from seven different guest speakers at Columbia's Student Leadership Conference December 19th, 2017 at the Comfort Inn & Suites in East Greenbush. The full-day program was organized by Principal John Sawchuk to teach students about leadership and how they can make a positive influence on others. In addition to a diverse panel of guest speakers, three CHS alumni (Mark Sargent / Allison O'Brien / Shannon Donahue) spoke on "Reflections on Student Council".

The full-day program included:

- ◇ "Rangers Lead the Way" – Sgt. Detective Gulinese,
- ◇ "Portrait in Leadership" – John Robinson, CEO, Our Ability, Inc
- ◇ "Building a Winning Culture" – Scott Marr, Head Coach Albany State Lacrosse
- ◇ "Take Your Own Path" – Scott Noel, Entrepreneur
- ◇ "Taking Leadership Opportunities" – Atty. Joel Abelow, Rensselaer Co. District
- ◇ "Importance of Mentoring" – Brad DiPietro
- ◇ "Importance of Sports in Teaching Life Skills" – Audra DiBacco, CHS Educator and Coach
- ◇ "Young People & the Issue of Sexual Harassment—Stand Up for What's Right" - Mike Fonda, Sexual Assault & Crime Victims Program at Samaritan Hospital



(Brad DiPietro speaking at Columbia's Student Leadership Conference)

FBLA VOLUNTEERS

FBLA Volunteers at CoNSERNS-U and Veterans Miracle Center for the holidays. Senator Neil Breslin was on hand to greet them.



EDUCATION FOUNDATION 2018 GALA

The EGCSD community is invited to the Annual Education Foundation Spring Gala and Hall of Fame Induction on Friday, April 13, 2018 at the Hilton Garden Inn in Troy. The evening will celebrate the achievements of district alumni and raise funds for enrichment grants.

Tickets for the annual Gala includes dinner and a donation for student scholarships. The event will also include an auction, a raffle, and musical performances by district students.

Further information can be found at :

<http://www.egedfoundation.org/joomla/annual-gala/galainfo>

HOLIDAY PROJECTS FOR WONDERFUL CAUSES!

Once again our students and staff have put together wonderful projects for the holiday season. Please see below:

Student Council - CoNSERNS-U Store; Columbia Apparel Store; Decorating the School, Blood Drive

CHS FBLA Team - Worked at CoNSERNS-U and **Veteran's Miracle Center**

Make-A-Wish - **Columbia's "Angels"** Lilly Hutton, Morgan Jones, Bryel Weinlein and Lauryn Grugan sold paper star ornaments during December, raising over \$300 for Make-A-Wish Northeast New York.



Cheerleaders and Leaders of Tomorrow Leading Today - St. Anne's Holiday Cheer; Caroling & Gifts.



(Bottom left) **Columbia High School's Cheer Team and Leaders of Tomorrow Leading Today** visited 20 preschool children at Saint Anne Institute on Monday. The Columbia students brought the children gifts and spent time with them to help brighten their holiday.

Peer Leadership/Jump Start/CAP - Participated in the CoNSERNS-U Store - set-up buy gifts and assist with shopping.

Music Students - Instrumental and Caroling performances at various sites:



Chamber Singers - at Town Hall singing carols at the town's Tree Lighting.

Singers and Orchestra, Instrumental and Jazz Bands performed throughout the school district.

Four Columbia Chamber Singers performed on the CBS6 production of **"Melodies of Christmas"** on December 24 and 25. Laura Haney, Briana Figgs, Catherine Weitzel and Peter Sergay were selected for the Capital Region Youth Chorale following auditions.

The production was filmed at four live performances at Proctors Theatre and aired multiple times on Christmas Eve and Christmas Day.

The event benefits the Melodies Center for Childhood Cancer and Blood Disorders at the **Bernard & Millie Duker Children's Hospital** at Albany Medical Center.



Columbia students raised \$2,500 for the Ronald McDonald House with their cabaret show Once Upon a Stage last month.



Humane Society Drive

Columbia Senior student Sarah Cuttler held a fundraiser in December to help local animals through the Mohawk Hudson Humane Society.

The project, which ran through December 21, came about as a tribute to the Cuttler's family dog Kallie that had passed away. Sarah's sister Emily had started the fundraiser in previous years, donating warm blankets and other items to the Mohawk Hudson Humane

Society.

Donations were collected such as food and toys, selling homemade dog biscuits during lunch periods throughout the day.



VETERAN'S DAY SALUTE



In honor of Veteran's Day (celebrated on November 9th), students joined community members in paying respect to our Veterans at the East Greenbush Cemetery, and at the VA Hospital.



SEASON OF GIVING

The East Greenbush Teachers Association also embraced the holiday spirit by volunteering at two different locations. The teachers packaged food donations into holiday baskets for 97 families at the Nassau Resource Center food pantry and wrapped presents for East Greenbush residents at the town hall.

"It was a great experience helping those in need this holiday season," said Columbia social studies teacher Dan Wagner.



The East Greenbush Central School District Athletic Department donated gifts to 10 families with 29 children as well as 10 senior citizens as part of its Adopt-A-Family and Adopt-A-Senior holiday program. All donations came from student athletes, parents and community members and were collected by the Athletic Department and brought to Rensselaer County Social Services.

CAFETERIA INFORMATION



Each school in the East Greenbush Central School District serves breakfast and lunch daily. Our goal is to provide nutritious and delicious meals that satisfy our students so they can focus on learning. A complete meal must include three of the five choices: Meat / meat alternative (ie: cheese, soy, etc.) ; Fluid milk ; Grain ; Fruit ; Vegetable.

At East Greenbush CSD, all seven schools offer breakfast to its students. With the convenience of online prepayment through MySchoolBucks.com, great value and a friendly atmosphere, kids can start their school day right.



A warm bowl of soup can hit the spot on a cold day. It can also be a healthy way to start off a meal because it tends to be filling, high in vegetables and low in carbohydrates.

At Columbia High School, the Food Services staff have set up a new healthy soup station for the winter. An email goes out to staff on the morning the soup station is available and students are informed with signage and the morning announcements. So far, the cafeteria has served Creamy Tomato, Vegetarian Vegetable, Bean with Bacon and the very popular Beans 'N Greens soup.

SOUP
STATION



SOUP
STATION

Columbia High School



CHS
962 Luther Rd
East Greenbush, NY 12061

Phone: 518-207-2000
Fax: 518-207-2009
E-mail: www.egcsd.org

Price Chopper Tools for Schools

Please help CHS earn free Educational Equipment.

Sign up with your AdvantageEdge Card at www.pricechopper.com.

If you do not have internet access, please send your name and AdvantageEdge Card Number to school or sign up at Price Chopper.

Columbia High School's code is 15753

Thank you for your support!



SCHOOL DANCES :

Sno-Ball	Saturday, February 3, 2018
Junior Prom	Saturday, May 19, 2018
Senior Prom	Saturday, June 2, 2018

Principal's Honor Roll:

Upcoming:
Thursday, March 1, 2018
Tuesday, May 8, 2018



EMERGENCY CLOSING
MAKE-UP DAYS for SPRING 2018

- #1 No need to make up
- #2 April 9, Monday
- #3 March 29, Thursday
- #4 May 29, Tuesday
- #5 May 25, Friday

Upcoming CHS Dates of Interest

Please refer to the CHS web site (egcsd.org) for further details:

- 1/10/18 PIG Assembly (snow date 1/11)
- 1/13/18 Winterfest
- 1/22 - 25 January Regents & Exams
- 1/26/18 Start New Semester
- 1/26/18 Prof. Dev. half day
- 2/10 - 2/12 Cheer Invitational
- 2/13/18 8th to 9th Grade Orient.
- 2/19 - 2/23 Winter Recess
- 3/6/18 College Admissions Panel
- 3/7/18 Class Ring Gr.10 parent mtg
- 3/8/18 GR.10 Class Rings ordering
- 3/15/18 Parent-Teacher Conferences
- 3/23/18 Prof. Dev. half day
- 4/2 - 4/6 Spring Recess
- 4/13/18 Ed. Foundation Gala
- 5/7 - 5/18 AP Testing
- 5/15/18 District Vote
- 5/18/18 Talent Show
- 5/23/18 PIG Assembly
- 5/24/18 Class Ring Delivery (date subject to change)
- 5/31/18 Awards Ceremonies
- 6/5/18 NHS Induction
- 6/5/18 Regents - Soc. Studies
- 6/12 - 21 June Regents & Exams
- 6/2018 O.G. June Graduation (TBA)
- 6/23/18 CHS Graduation



PARENT WORKSHOP INFORMATION

Dear CHS School Community,

I am very excited to make you aware of an upcoming parent resource program that is occurring. I was also wondering if you could help advertise and spread the word to help assist in utilization within our school community. Active Parenting Teen is a parent workshop that helps provide parents with additional strategies, education, and group support. This will be held at Goff Middle School Rm 217 at 6pm on Tue. 1/23/18; 1/30/18; 2/6/18; 2/13/18; 2/27/18; and 3/6/18. This workshop is free to parents. Parents do need to sign up for the workshop in advance so that the program is offered and that the appropriate amount of materials can be prepared. Thank you - Alyssa Evans, Student Assistance Counselor Below is the flyer for the program.

You're invited to attend

Active Parenting of Teens :)

For Parents of Teens and Tweens

The challenge of successfully ushering children through their teen years has always been among parents' hardest-won achievements. But in today's society where children seem to become adults overnight, and where they often make decisions about drugs, sexuality, and violence before they understand the consequences, a parent's job is more important than ever. So how can you ensure that your teens develop the skills and character they need to not only survive but to thrive as they gain independence?

You can create harmony and stability in your family while raising your teens to be responsible, courageous and prepared for independent life. *Active Parenting of Teens*, a video and discussion program by parenting expert Dr. Michael Popkin, will show you how. In six sessions packed with activities, discussion, real-world examples, and feedback, you'll learn a proven approach to parenting, plus indispensable techniques and insights for overcoming obstacles, that will bring happiness and harmony into your home. You'll leave each session energized and motivated to make positive and realistic changes in your own family's daily life.

Since 1983, millions of families have learned the benefits of Active Parenting. Now it's your turn.

Join us at the next session and see the difference!

Active Parenting of Teens will give you the guidance and support you need to turn the challenges of raising a teenager into opportunities for growth. You'll learn:

- Methods of respectful discipline
- Skills for clear, honest communication
- Concrete strategies to prevent risky behavior
- How to be an encouraging parent

... and much more, plus insight into important issues such as teens online, bullying, and depression.

SIGN UP NOW!

Narrated by TV mom Daphne Maxwell-Reid ("The Fresh Prince of Bel-Air") and by the author, Dr. Michael Popkin

Active Parenting of Teens :)

Date: Tuesdays 1/23, 1/30, 2/6, 2/13, 2/27, 3/6 **Time:** 6:00-8:00pm

Sponsored by: Rensselaer County Prevention, EGCS D

Location: East Greenbush Central School District - Goff Middle School Rm 217

To register, contact: Alyssa Evans, LMHC

Phone: (518)207-2102/(518)207-2455 **E-mail:** evansal@egcsd.org

Other Details: 6 Week Parent Workshop & Support; Free of Charge; Parents of Teens and Tweens.