

What is SAP:

The Student Assistance Program provides screenings and recommendations for students in contracted school districts who are experiencing barriers in their learning. The goal of the program is to identify students who need extra supports for behavioral, social, academic, substance use, and emotional needs. **Please contact your school Principal or Counselor if you think your child/student would benefit from SAP.**

Check out our website to learn more about SAP and Allegheny Children's Initiative: <https://www.pfq.org/allegheny-childrens-initiative-inc>

ACI Student Assistance Program Team
Amanda Sable Director of Student Assistance Programs 412-335-8149/asable@PFQ.org
Joshua Hoffman SAP Liaison jhoffman@PFQ.org
Amanda Cottrell SAP Liaison acottrell@PFQ.org
Nicole Fievet SAP Liaison nfievet@PFQ.org



Cell Phones, Mental Health and a New School Year!

Students in many local school districts are learning about new policies regarding cell phone use in classes for the school year. Many students are questioning the need for change. Since the pandemic, the use of cell phones in school has steadily increased among students. Teachers and Administrators often share their frustration with students using social media or texting during class. Schools are also hoping to reduce the opportunities for students to engage in or be exposed to cyberbullying. Students who engage in high cell phone usage have been known to experience depression, anxiety, eating disorders and self esteem issues. Some parents share concerns about not being able to get ahold of their child during emergency situations. Many schools are now taking action since cell phone use is a major distraction in class. Here are some steps to help your child cut down on cell phone usage:



DO A SMARTPHONE CLEANSE

Delete the apps that you don't truly use or get benefit from.



GO GRAYSCALE

Instagram wouldn't seem so pretty if all was in black and white.



TURN OFF NOTIFICATIONS

Most of the things that grab your attention can wait.



ALLOT NO DEVICES TIME

Spend an hour where you don't check your phone.



FIX SOCIAL MEDIA TIME

Organize your schedule with some social media and email time.



NO SCREEN BEFORE SLEEP

Screens disrupt your melatonin production, and your sleep quality.

3 Mindful Practices to start the day

Pathway 2 SUCCESS

www.thepathway2success.com



Practice Mindful Breathing. Use strategies and techniques to slowly breathe in and out while thinking about your breath.

Read Positive Affirmations. Keep a list of your favorite positive affirmation statements and read them aloud to yourself.



Make a Gratitude List. List out at least 3 things you are grateful for. Keep these in a daily journal to help you reflect about the positive things in your life.

