



**allegheny
children's initiative**
Hope starts here

Student Assistance Program Liaison Outreach Newsletter

Announcements, Resources & Raising Awareness

November/December 2025

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://alleghenychildrens.org/our-services/student-assistance-program/>



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As the holiday season begins, it's a perfect time to pause, reflect, and appreciate all that we've shared this year.

This season is about more than celebration—it's about connection, gratitude and generosity. Let's take this opportunity to come together, recognize our achievements, and support one another with kindness and compassion.

Wishing you a joyful and meaningful holiday season.

Here are some tips for managing Stress during the months of November and December:

Prep without Burnout	Sleep and Routine	Relief On – the - Go	Avoid Unhealthy coping Mechanisms
Start early, plan smart	7-9 hours of sleep	Quick breathing exercises	Don't over commit
Break it down	Creating a nighttime wind-down	Promote physical activities	Bottling up your feeling – Talk it out
Avoid cramming	Limiting screen time	Grounding techniques	Using substances to help with stress
Know what works for you	Small nap when needed	Journaling, creative outlets and social support	Overindulging on food and sweets

