

ATTENDANCE

Arriving 10 minutes or more after a session has begun will result in an absence.

If student or parent/guardian is ill and unable to attend, they should call the referring staff person at school or the school discipline hearings officer before 4 p.m. on Wednesday of Insight Class to inform him/her of the absence.

Families who miss a Saturday class are required to call the hearings officer the following Monday morning.

CLASS EXPECTATIONS

- Arrive on time (see attendance section).
- Participate positively in activities and discussions.
- Respect self and others in class.
- Respect the property where the class is held.
- Dress: The school district prohibits clothing or displays which are sexually suggestive, drug related, vulgar or insulting, demeaning to a particular person or group, or indicative of gang membership.
- Alcohol, tobacco and illegal drugs are prohibited by all parties in school district buildings, on school property, and at all school-related activities, at all times. Please see the *Guide to Student Responsibilities, Rights, and Discipline* for specific district policies on alcohol, tobacco and drugs.

INCLEMENT WEATHER

If Portland Public Schools (PPS) is closed, the Wednesday Insight Class is cancelled. If PPS after school/afternoon activities are cancelled, the Wednesday Insight Class is cancelled.

To determine if Insight Class will be held on a Saturday due to inclement weather, please call (503) 916-5460 and listen to the recorded message.

IF THIS IS LEVEL A

If this referral is the result of Level A discipline action, the student is eligible for expulsion if Insight Class is not completed.

REFERRAL

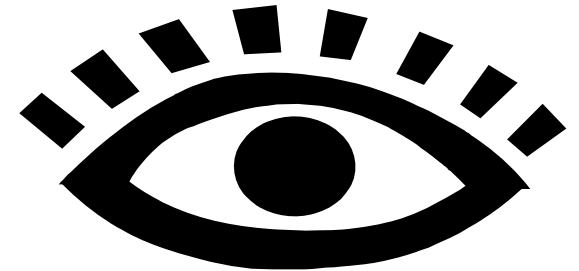
The school administrator refers students to the Insight Class by calling Student Services, (503) 916-5460 or by completing an Insight referral form and sending it to Student Services, attn. Insight Class, BESC/Rm. 100. Voluntary families may self-refer by calling (503) 916-5460.

For information on the
Portland Public Schools Insight Class
call Integrated Student Support
(503) 916-5460
Fax: (503) 916-2244



Portland Public Schools is an equal opportunity educator and employer.

2011-2012



Insight Class

for Students in grades 6 through 12
& their Parent(s)/Guardian(s)

**Please read this brochure prior
to attending class**

Insight Class

Insight Class is a program designed for students in grades 6 through 12 who have violated Portland Public Schools alcohol and drug policy. **It is expected that a parent/guardian will attend the Insight Class with their student.**

Students without a policy violation may attend the class voluntarily with their parent/guardian.

Siblings grade 6 and above are welcome to attend.

Please no children under the age of 11.

GOALS

- To better understand teen brain development
- To increase knowledge of the progressive nature of drug dependence
- To identify risk and protective factors at home, school and the community
- To provide an opportunity to practice healthy communication techniques
- To explore healthy lifestyle behaviors and stress management techniques

TOPICS

Session A: “Challenges” Teen brain development; risk and protective factors; progression of drug and alcohol use

Session B: “Choices” Guest presenter “Trauma Nurses Talk Tough”; establishing family policies

Session C: “Communication” Family strengths; conflict management; problem solving techniques

Session D: “Care for Self” Stress management and lifestyle choices; healthy coping strategies; refusal skills

WHEN?

Insight Class has two attendance tracks (see calendars on next panel). The student and parent/guardian will decide which track to attend:

- 4 Wednesday evening sessions
7:00 p.m. to 8:30 p.m.

OR

- 1 Saturday class (no class in September)
9:00 a.m. to 3:30 p.m.
(45-minute break for lunch—on your own)
Closest food for purchase is ten blocks away.

It is recommended that 6th-8th graders attend four Wednesday sessions

LOCATION

Portland Public Schools
Administration Office
501 N Dixon 97227
L-1 WyEast Conference Room
Questions? Call (503) 916-5460

PARKING/DIRECTIONS

Please park in the lot in front of the building and enter through the main double doors. Take the elevator on the right to level L1. Follow the signs to the WyEast Conference Room on the left.

TRANSPORTATION

Transportation to and from the Insight Class is the responsibility of the parent/guardian. For public transportation options, call (503) 238-7433 (Tri-Met).

INSIGHT CALENDARS

Students and parents/guardians will attend **either** 4 Wednesday evening sessions **or** 1 Saturday session. The calendars below list the dates the Insight Class is held. Wednesday sessions have “stand alone” topics so **families may begin the 4 sessions at any session.**

Wednesday Dates

DATE		SESSION	DATE		SESSION
SEPT	14	A	FEB	1	B
	21	B		8	C
	28	C		15	D
		22		A	
			29	B	
OCT	5	D	MAR	7	C
	12	A		14	D
	19	B		21	A
	26	C			
NOV	2	D	APR	4	B
	9	A		11	C
	16	C		18	D
	30	B	25	A	
DEC	7	D	MAY	2	B
	14	A		9	C
				16	D
				23	A
			30	B	
JAN	4	B	JUNE	6	C
	11	C			
	18	D			
	25	A			

Saturday Dates

September	XXX	February	25
October	1	March	17
November	5	April	21
December	10	May	12
January	21	June	2