

Sayreville Middle School
800 Washington Road
Parlin, New Jersey 08859
(732)-525-5290

September, 2005

Dear Parents,

The Student Assistance Program at Sayreville Middle School offers a diverse program of individual and group counseling sessions for students in grades 6 through 8. All student involvement in the program is strictly voluntary. The program will be under the direction of Ms. Doreen Cosenza, our Student Assistance Counselor, who is willing to work with any student who requests her services.

Individual and group counseling is provided on a weekly or bi-weekly basis, as needed. A student may choose individual counseling if he/she feels uncomfortable in a group. Group counseling is one of the alternatives for students who may be experiencing some of the same difficulties or situations. Involvement in a group creates a sense of connectedness to others, alleviating concerns that the student is alone. There are a variety of groups to choose from such as children of divorce, conflict resolution techniques and anger management skills, to name just a few. These sessions of approximately eight students meet once a week for eight meetings on a rotating basis, so that children lose very little time from any single class. Students are responsible, however, for making up the work they miss.

Although individual and group counseling sessions have different formats, their goals are similar. The program is designed to help students:

- understand themselves and their responsibilities,
- learn to express their feeling in acceptable and healthy ways,
- build character,
- acquire decision making skills,
- learn the negative consequences of the use of alcohol, tobacco and other drugs.

Unless I hear otherwise from you, I will assume that it is agreeable for your son or daughter to participate in this program. If you have any questions or concerns regarding your child's involvement in any of these individual or group sessions, please do not hesitate to call Ms. Cosenza at 525-5556. All information will be treated confidentially and respectfully.

Sincerely yours,

Donna Jakubik
Middle School Principal

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