



The Commonwealth of Pennsylvania's Student Assistance Program (SAP), is designed to assist school personnel in identifying issues including alcohol, tobacco, other drugs, and mental health issues which pose a barrier to a student's success.

The primary goal of the Student Assistance Program (SAP) is to help students overcome these barriers in order that they may achieve, remain in school, and advance.

SAP is a systemic process using techniques to mobilize school resources to remove barriers to learning. The core of the program is a professionally trained team, including school staff and liaisons from community alcohol and drug and mental health agencies. SAP team members are trained to identify problems, determine whether or not the presenting problem lies within the responsibility of the school and to make recommendations to assist the student and the parent. When the problem lies beyond the scope of the school, the SAP team will assist the parent and student so they may access services within the community. The student assistance team members do not diagnose, treat or refer to treatment; but they may refer for a screening or an assessment for treatment.

For more information or to make a referral, please visit the guidance office or call the main office and ask for Mrs. Boozer.



In an effort to keep in touch with our graduates and their successes, we are designing a series of surveys that will begin to be unveiled this month. Our ultimate goal is to help our alumni keep in touch and celebrate successes with us.

The first survey will be released this month to the Class of 2016 during Government Class. In the coming months, we will be releasing surveys for the class of 2015 to be able to see how well they are doing post-graduation.

Thanks in advance to the senior class for participating in our on-line surveys; your input will help us in academic planning.

More information to come soon!



RVHS

NOVEMBER
NEWSLETTER
11/2/15



Principal—Amy Rupp

814-275-2424

REDBANK VALLEY HIGH SCHOOL
910 BROAD STREET
NEW BETHLEHEM, PA 16242

BEING THANKFUL

Next week will mark 6 months since I entered the main doors as the Redbank Valley High School Principal. Six months! While the time of my tenure has seemingly flown by, I have learned much in this short time. As I begin to learn students' names, cheer them on at their sporting events, and pass them in the hall, I am continuously impressed with the students here at Redbank. For the most part, the students are well-mannered, considerate and willing to lend a hand. Even the handful of students whom I needed to call to my office for not-so-good reasons, turn out to be the most friendly in the hall. I have tried to impress upon all students that we are a community here and need to be united. If we are going to see each other day in and day out, we might as well get along.

The students are just one thing that I am thankful for this season. I am also thankful for the support of the staff and community. I have changed many things in these past 6 months, and although there were some small bumps in the road and a few editorials, for the most part, I think that we are on the road to an improved school climate. Change does not happen overnight, and I am thankful for the patience of all of the stakeholders. I am also thankful to my family who is very understanding of the time that it takes to give this school my all!

As the first quarter report cards are distributed, I am thankful for all of the teachers who put much time and effort into making sure that the students are mastering content. In addition, I am thankful to the students who are working so hard and the parents who support all of the efforts.

Take some time this month to express your thanks to others; you never know how much it will mean to them.

In appreciation for your continued partnership,

Amy Rupp



Congratulations to our Fall Sports Teams!



We are proud of all of the students who participated in Fall Sports. All of the teams showed great sportsmanship and school pride. Thank you for representing our school!

Best wishes to the following teams in their Playoff Games:

*Varsity Girls Soccer, Varsity Volleyball
and Varsity Football*

Upcoming Events

November 6th

Report Cards Distributed

November 10th

Picture Make up day

November 11th

Veteran's Day assembly— 1PM

November 26th—Dec.1st

No School (students return 12/2)

Study Skills



1. Remove all distractions while studying.
2. Study in short intervals of 30—60 minutes.
3. Finish all assignments at least a day before the due date.
4. Always submit your best work.
5. Use time efficiently— schedule study time.
6. Choose classes that you like if you are able to, but not ones that you have already taken or know the content.
7. View optional extra credit projects as mandatory.
8. Have an "I'm going to ace this test" attitude.
9. Watch successful students to see why they are doing so well.
10. Watch unsuccessful students to see why they are doing poorly.
11. Try to be as organized as you can.
12. Eat breakfast every day.
13. Review notes immediately after class if possible.
14. Read or skim your textbook before class.
15. Study with someone who knows the material well.
16. Ask for help if you are struggling.