

GCS JR./SR. HIGH SCHOOL NEWSLETTER

PRINCIPAL HILTON

OCTOBER 6, 2023

UPCOMING EVENTS

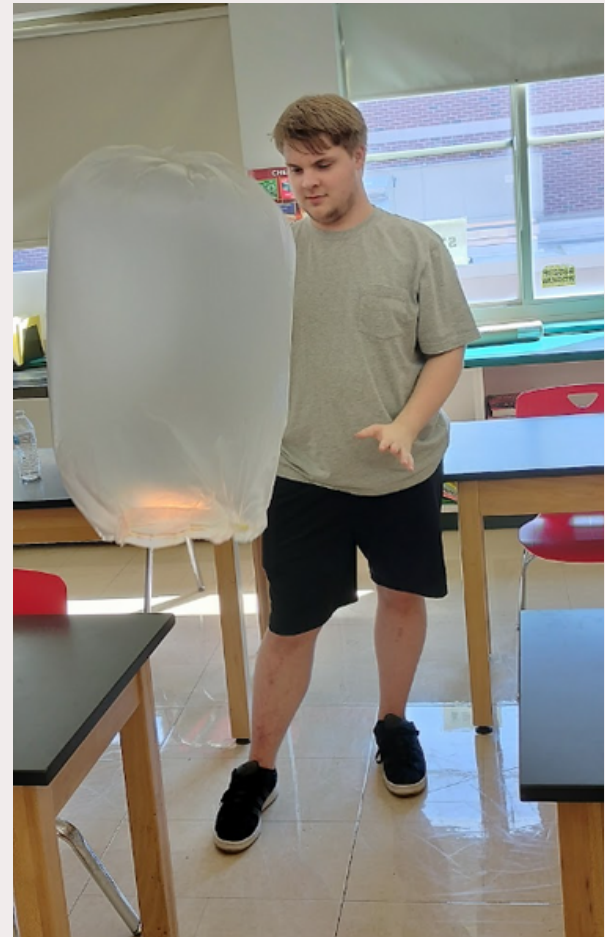
- Oct. 6: Q1 Progress Report Closes
- Oct. 9: School Closed
- Oct. 11: PTSA Meeting 5:30 pm, BOE Meeting 6:30 pm
- Oct. 16: Varsity Volleyball Senior Night, 5 pm
- Oct. 20: School Closed - Superintendent Conference

Students are able to make up missed classes and reduce their absences through our buyback system. This is available during FLEX, study hall, lunch or after school M/W/TH from 3:30-5:30 pm and Tuesdays 4-6 pm.



NEWS:

Last week, we had spirit week and a pep rally. This week, we conducted another fire drill. Seniors in FLEX applied the principle of buoyancy to create model hot air balloons (picture above). Progress reports for Quarter One closed today. Grades will be on the parent



and student portal next Wednesday (Oct. 11). Tonight is Senior Night for Girls' Varsity Soccer, 4 pm. We have a three day weekend - enjoy!



Dear Families,

I would like to introduce myself as the new Prevention Specialist from Twin County Recovery Services. My name is Rachel Karduna. Twin County is a non-for-profit agency based in Greene and Columbia County. They work with the community to provide prevention, substance abuse treatment, and residential care (<https://www.twincountyrecoveryervices.org/>). I am very excited for this new opportunity in Columbia County!

My role as the Prevention Specialist will be to come into the classroom for 30-minute periods to teach Evidenced Based Social Emotional Learning. For grades Pre-K to 2nd I will be teaching Incredible Years (<https://www.incredibleyears.com/>) and for 3rd to 6th grade I will be teaching Botvin Life skills (<https://www.lifeskillstraining.com/>). There is also a Middle School and High School educational program.

I will be able to provide Prevention Counseling for students who meet criteria for one-on-one support. In Prevention Counseling I will be able to assess their needs to provide counseling and/or additional resources. Prevention counseling is short term, problem-resolution focused activity/intervention to prevent, delay, or reduce substance use, problem gambling, and the negative consequences caused by these behaviors. It includes screening and assessment for risk & protective factors, and referral of individuals with symptoms of substance use, problem gambling, mental, emotional, educational, or social problems to the appropriate treatment and support services.

If you have any questions or would like further information, please reach out to my supervisor Tara Eldred (tarae@twincountyrecoveryervices.org). You can reach out to me at rachelk@twincountyrecoveryervices.org

Sincerely,
Rachel Karduna