

## Introduction

At Mahopac Middle School we believe in educating and supporting the whole child. The Middle School years are a time of growth and maturity as students begin to become more independent and discover who they are. It is an exciting time for our students but can also be a confusing one. As parents of Middle School students it is important to stay involved with our children's education and growth. There are times that we must look for outside resources in order to help our children or address concerns that they may have. We are fortunate to have many organizations throughout the Hudson Valley Region to help support our youth.

This guide was created by our SITE Based Team made up of Parents and Staff at MMS. We encourage you to review the resources in this pamphlet and reach out to our guidance department with any questions that you may have. This guide was created to help find the necessary resources to help when you have questions and concerns about your child.

### Mahopac Middle School Contact Information

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# MAHOPAC MIDDLE SCHOOL



# Coalitions that CARE

## HEALTH AND WELLNESS

- \* Replacement Behavior Bank
  - o <https://goo.gl/FLzDSr>
- \* Save a Life
  - o <https://goo.gl/wCPAfE>
- \* National institute on drug abuse
  - o <https://goo.gl/gpXzmY>
- \* Advance Care in the Hudson Valley
  - o <https://goo.gl/9LE12d>
  - o Cove Care Center  
<https://covecarecenter.org/>

## SAFETY

- \* Teaching Tolerance Publications
  - o <https://goo.gl/6Z4AVe>
- \* School Safety Plans Samples - Safe Havens International  
<https://goo.gl/3eSXVWDrugs>
- \* ALICE Training Institute
  - o <https://goo.gl/UPKJBkAlert>
  - o Lockdown Inform Counter Evacuate
- \* Civilian Response to Active Shooter Events - ALERRT
- \* Emergency Drills
- \* Maintaining safety measures
- \* See Something Say Something

## MINDFULNESS

- \* Mindfulness Resources
  - \* <https://goo.gl/cVHp5y>
- Courtney Aponte and Carol Ebberle (Elementary Teachers)
  - \* Mental Health (Caputo - Mental Health First Aid)
  - \* Anxiety and Stress - Relief
  - \* Self-Injurious Activity
  - \* Brain Core Therapy (Lisa M)
  - \* Drama and/or Music Therapy
  - \* Essential Oils
  - \* Service Animals

## CHILDRENS SERVICES

- \* Green Chimneys
  - o <http://www.greenchimneys.org/>
- \* Putnam County Dept. of Social Services
  - o <https://goo.gl/krJVRr>
- \* Four Winds Hospital
  - o <https://goo.gl/epyg1P>
- \* Family Ties of Westchester
  - o <https://goo.gl/VzZT47>

## DIGITAL CITIZENSHIP

- \* October - National Cyber Security Month
- \* Teen Guide to Social Media
- \* <https://goo.gl/SG3NbW>
- \* Online Safety Resources for Parents
  - o <https://kids.usa.gov/parents/online-safety/index.shtml>
- \* What Your Students Really Need to Know about Digital Citizenship
- \* <https://goo.gl/ZI6pST>
- \* Cyber Hate Response - Anti-Defamation League
  - o <https://www.adl.org/cyberhate-response>
- \* 9 key P's of digital citizenship
  - o
- \* Creating a Healthy Digital Environment
- \* <https://goo.gl/Vaon4z>
- \* "ScreenAgers"
  - o Common Sense Media
- \* PNW BOCES and RCT
  - o How teachers/admin to teach parents on how to resolve appropriate