

Randolph Municipal Alliance Committee (MAC)

502 Millbrook Avenue Randolph, NJ 07869

Michael Neves, Business Administrator
 Randolph Township Schools
 25 School House Road
 Randolph, NJ 07869

March 10, 2009

Dear Mr. Neves:

The County Freeholders have once again offered the MAC a Supplemental Grant for 2009. This money will need to be spent by December 31, 2009. The MAC voted to use a portion of this funding toward three proposed programs in the schools. In addition to the three programs, an agreement between the MAC and the P.L.A.I.D. advisor was made which is described on the following page. The specific programs and funding are listed below; however, detailed proposals for the three anticipated programs are attached.

The township has agreed to be responsible for the Cash Match portion of these programs. No "In-Kind" match is required for the Supplemental Grant.

<u>NAME OF PROGRAM</u>	<u>You Receive</u>	<u>Township Cash Match</u>	<u>Total Amt.</u>
Freshman Focus Group (RHS)			
Supplies	\$ 333.00	\$ 167.00	\$500.00
Focus Groups (RMS)			
3 Partial Stipends and/or supplies	\$ 1,222.00	\$ 611.00	\$1,833.00
Stay F.I.T. (Fernbrook)			
Facilitator and/or supplies	\$ 233.00	\$117.00	\$ 350.00
P.L.A.I.D. (RMS)			
Supplies for Prescription Abuse Awareness Campaign	\$ 33.00	\$ 17.00	\$ 50.00
TOTALS	\$1,821.00	\$912.00	\$2,733.00

P.L.A.I.D. (Peer Leaders Against Involvement with Drugs) is an after-school club open to all middle school students dedicated to living a drug- and alcohol-free lifestyle. In conjunction with the MAC's Clean Out Your Medicine Cabinet Campaign slated for May 2009, the club will be creating an awareness campaign throughout the Middle School on the dangers of prescription medication abuse. The club will make posters and provide awareness in the school for three weeks prior to the Clean Out Your Medicine Cabinet Campaign.

Please review the funding request and attached program proposals and present them for approval to the Board of Education at its next meeting. If any of these programs are not approved at the Board of Education meeting, the MAC reserves the right to withdraw that particular program funding. If you have any questions or require additional information, please contact me at (973) 659-9772 or e-mail me at oneilljm@optonline.net.

Sincerely,

Janet Pollio
Administrative Coordinator
Randolph Municipal Alliance Committee

Copy N. Ludwig, K. Garnett, M. Soccio, M. Emmel

**Proposal for Freshmen Focus Group
Randolph High School
Fall 2009**

Purpose/Goals:

- (1) To meet with students to provide information and resources on relevant teen topics with a concentration on alcohol and drug prevention
- (2) To provide a safe space for students to interact and learn during the lunch block
- (3) To empower students to make prudent decisions and develop positive self-worth while increasing self-esteem
- (4) For students to become acquainted with other students, faculty and staff, expanding their network of resources
- (5) To promote character-building activities that will foster maturity and security in ninth grade students

Target group: Small, randomly selected groups of freshmen initially; eventually open the sessions up to entire freshmen class by a sign-up process.

Facilitators: Freshmen guidance counselors Ms. Athena Borzeka and Mrs. Jaime Walker, assisted by Senior Mentors. Other guests may be invited, including RHS administration, School Resource Officer and Student Assistance Counselor.

Meeting times: Focus groups will meet during the lunch block; meeting days will vary.

Topics to include:

- alcohol/drugs
- depression/anxiety/suicide
- eating disorders & body image
- peer pressure
- relational aggression/bullying/cyberbullying
- relationships
- social skills
- other topics, as needed

Session Format: We hope to provide a variety of methods to disseminate information to students. Such techniques will include Power Point Presentations, video clips, small group discussion, role plays, and guest speaker presentations.

Materials desired:

- fee to cover guest speaker on violence & bullying: \$200
- fees to provide refreshments to students during focus groups: \$500

Contact information: Randolph High School—(973)-361-2400
Ms. Athena Borzeka—ext.231 Mrs. Jaime Walker—ext.225

PROPOSAL FOR MIDDLE SCHOOL FOCUS GROUPS
RANDOLPH MIDDLE SCHOOL
SPRING 2009

Purpose/Goals:

To meet with students to provide psychoeducation on relevant adolescent topics
To provide a safe, secure and confidential environment for students to interact with Guidance Counselors and peers
To empower students to make prudent decision and develop positive self-worth while increasing self esteem
To develop coping mechanisms and foster maturity

Target Group:

Three groups of 8-10 students, who are considered to be at-risk for substance use/abuse due to emotional, social, psychological and/or familial issues

Facilitators:

Three middle school Guidance Counselors/SAC

Meeting Times:

Focus groups will meet once a week (Wednesdays or Thursdays), from 2:45 PM-4:10 PM for 10 weeks.

Topics to Include:

Substance use/abuse prevention
Depression/anxiety/suicide
Eating disorders/body image
Peer pressure
Coping mechanisms for loss/divorce/familial situations
Strategies for the victim of bullying/cyber bullying
Development of social skills
Additional topics, as appropriate

Session Format:

Small group discussions, role play, activities

Materials Needed

Stipends for 3 Guidance Counselors/SAC

Contact Information

Ellie Fried – Guidance Counselor/SAC
Randolph Middle School
973-366-8700 x236

Pilot
Fernbrook is Tops (F.I.T.)

Proposal: Fernbrook School will have 5 students attending for 5 sessions a group for high risk children that have been identified by school administration and school staff. As recommended by Dr. Grefe, Fernbrook Principal, it will be before school.

The Character Education traits of friendship, courage, respect, responsibility and trustworthiness will be discussed. The pretences are that if a child feels good about him/herself than he/she will not be inclined to use tobacco, alcohol or other drugs. The literature points to many factors that could cause a child to turn towards the use of alcohol, tobacco and other drugs; some of which include poor self image, poor choices and poor role models. Through the use of tobacco, alcohol and drug literature and other's experiences through game/teambuilding activities the goal is to have a more positive self-image and to choose that there are better things to do than abuse your body and mind with substances. Stay F.I.T. is the name of the game (Fernbrook is Tops).

Target Group is at risk students in grades 1-5 who have been identified by the administrators and staff.

Facilitator: Michelle A. Polk. Elementary Counselor Fernbrook/Shongum Schools

Format:

Short Story that discussed the Character Education Theme
Game/Teambuilding Activity
Journal Entry

Contact Information: Michelle A. Polk
mpolk@rtnj.org
973-361-0660X211 T, Th, F p.m.
973-895-2322X211 M, W, F a.m.

Dr. Deborah Grefe, Principal Fernbrook School
dgrefe@rtnj.org
973-361-0660X201

Expenses:

Prizes for team building 50.00
Stipend for facilitator: 250.00
Preparation/proposal: 50.00

Total Costs: 350.00

Criteria Used to Measure Success for F.I.T. (Fernbrook is Tops)

Subjective Criteria:

- Improved change in academic performance
- Attendance record improves
- Less instances of visits to the nurse
- Decrease in visits to the Vice Principal

Pre/Post Assessment

- Am I Responsible?
- Honesty
- Are You A Bully?

The data above will be taken before the sessions start to get a base-line score in the 7 areas for each student.

At the conclusion of the 5 sessions the same 7 tools will be read ministered. The hope is for improvement in attendance or no change, improved academic performance and a decrease in visits to the nurse and the vice principal.

The Pre/Post Assessment:

Responsible: The student will become more responsible in his/her responses to specific situations.

Honesty: The student will identify correctly good judgment and not steal or take what does not belong to him/her.

Bully: The student will demonstrate less bully like behaviors at the conclusion of the pilot program F.I.T.