

September 10, 2020

Dear Parents and Guardians:

I would like to let you know about Bigfork School's voluntary Student Assistance Program. This program is available to all Bigfork High School students and consists of peer support groups led by specially trained teachers during the school day.

The goals of these groups are to build healthy relationships, improve communication and develop decision and problem solving strategies. Students who participate in a group gain valuable life-long skills and are better equipped to effectively cope with pressures associated with the teen years.

Students will have the opportunity to sign up for a support group each semester. Groups are scheduled so that students only miss one class once a week for eight weeks. Students are asked to check in with their classroom teacher prior to each group and are expected to make up any missed work.

You can support this program by encouraging your son or daughter to sign up for a group, and by respecting the confidentiality of these groups. Students are encouraged to share with you what they are learning about in group, but are not allowed to repeat what other group members have shared in the group setting.

This program is fully supported by our district administration and faculty as it has had a positive impact on school climate as well as benefiting individual students. If you have any questions regarding this voluntary program please feel free to call me at 837-7420 x4228 or stop by my office in the high school counseling center.

Thank you,

Solveig Munson  
School Counselor  
Bigfork High School