

## ATTENDANCE

Please arrive on time– we don't want you to miss any part of the class. If the student/family arrives more than 10 minutes late to class, it will result in an absence.

Students referred to Insight for disciplinary reasons are required to make satisfactory progress toward completion within 28 days.

Students unable to attend Insight for any reason are requested to notify their school ASAP.

## CLASS EXPECTATIONS

- Arrive on time. (see 'Attendance')
- Participate positively in activities and discussions.
- Respect self and others in class.
- Respect the property where the class is held.
- Dress: Students should wear clothing that does not interfere with the learning process. Please see the PPS Student Handbook for specific guidelines. (<http://www.pps.k12.or.us/equity/10407.htm>)
- Alcohol, tobacco and illegal drugs are prohibited by all parties in school district buildings, on school property, and at all school-related activities, at all times. Please see the PPS Student Handbook (see link above) for specific district policies on alcohol, tobacco and drugs.

## SIBLING ATTENDANCE

Siblings in grade 6 and above are welcome to attend class with the referred student and a parent or guardian.

**There is no childcare available at Insight Class.** Please do not bring children in grade 5 and lower as the class material is not appropriate for younger children.

## REFERRAL

The school administrator or counselor refers students to the Insight Class by completing an online Insight referral form to be found at

<http://www.pps.k12.or.us/files/student-services/insightreferral.pdf>

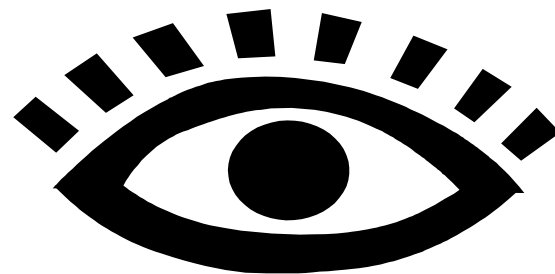
Families may also voluntarily self-refer by calling Student Supports at 503-916-5460.

For more information on the  
Portland Public Schools Insight Class  
call Student Supports



*Portland Public Schools is an equal opportunity educator*

# 2017-2018



# Insight Class

for students in grades 6 -12  
& their parent(s)/guardian(s)

*Please read this brochure prior  
to attending class*

Light dinner provided  
See details inside . . .

# Insight Class

Insight Class is an educational program designed for students in grades 6 through 12 who have violated Portland Public Schools alcohol and drug policy or who would benefit from the class.

**It is expected that a parent/guardian will attend the Insight Class with their student.**

Students without a policy violation may attend the class voluntarily with their parent/guardian.

## GOALS

- To understand teen brain development
- To increase knowledge of the progressive nature of drug dependence
- To identify risk and protective factors at home, school and the community
- To provide an opportunity to practice healthy communication techniques
- To explore healthy lifestyle behaviors and stress management techniques

## TOPICS

**Session A: “Challenges”** Teen brain development; risk and protective factors; progression of drug and alcohol use

**Session B: “Choices”** Guest presenter: Legacy Emanuel Trauma Nurse

**Session C: “Communication”** Family strengths; conflict management; problem solving techniques; establishing family policies

**Session D: “Care for Self”** Stress management and lifestyle choices; healthy coping strategies; refusal skills

## LOCATION

Portland Public Schools  
Rice Site  
6433 NE Tillamook

## DIRECTIONS

Transportation to and from the Insight Class is the responsibility of the parent/guardian. For public transportation options, call (503) 238-7433 (Tri-Met).

## PARKING

Parking is available in the school parking lot.

## INCLEMENT WEATHER

If Portland Public Schools (PPS) is closed that day, or if afternoon activities are cancelled, Insight Class is cancelled.

PPS closure information is available via radio, television, via School Messenger, and online at: <http://www.weather.com>

## QUESTIONS?

Contact (503) 916-5460 for specific questions regarding class content, interpretation services or directions to the site.

Contact your referring school staff for questions regarding attendance or the disciplinary referral policy.

## INSIGHT SCHEDULE

Four (4) Wednesday evening sessions:  
**7:00PM to 8:30PM**

**Families are expected to attend one of each letter session: A,B,C,D**

Families may begin on any Wednesday, as class content for each session stands alone.

A light dinner will be provided at the beginning of each session. A vegetarian option will be offered whenever possible.

## WEDNESDAY DATES/SESSIONS

DATE		SESSION	DATE		SESSION
SEPT	6 13 20 27	NO A B C	FEB	7 14 21 28	B C D A
OCT	4 11 18 25	D A B C	MAR	7 14 21 28	B C D NO
NOV	1 8 15 22 29	D NO A NO B	APR	4 11 18 25	A B C D
DEC	6 13 20 27	C D NO NO	MAY	2 9 16 23 30	A B C D NO
JAN	3 10 17 24 31	A B C D A	June	6	NO