



September 8, 2017

Dear Parent/Guardian,

We live in a complex and challenging world. For our students to succeed in school they require a specific set of skills. These important skills are often overlooked, but are very important to be successful in school and in life. Student success is not just about reading and math, it is also about effectively dealing with the many problems they face.

This year, all 7<sup>th</sup> grade students at the Mifflin County Middle School will participate in the *LifeSkills Training* program. This is a highly effective substance abuse and violence prevention program. Research shows that the *LifeSkills Training* program reduces tobacco, alcohol, and marijuana use among youth. Rather than merely teaching information about the dangers of drug abuse, *LifeSkills Training* promotes healthy alternatives to risky behavior through activities designed to:

- ❖ Teach students the necessary skills to resist social (peer) pressures to smoke, drink, and use drugs
- ❖ Help students to develop greater self-esteem and self-confidence
- ❖ Enable students to effectively cope with anxiety
- ❖ Increase their knowledge of the immediate consequences of substance abuse
- ❖ Enhance cognitive and behavioral competency to reduce and prevent a variety of health risk behaviors

This program will take place during your child's study hall period and occur one time per cycle for 14 weeks. Your child will bring home assignments about setting goals, making decisions, keeping friends, staying calm, and communicating with others.

If you would like more information about our lessons and how you can reinforce these important skills at home, please feel free to contact us.

Thank you.

Sincerely,

Mr. Reeder  
Principal, MCMS  
717-242-1401

A handwritten signature in cursive script that reads "Shelby Liebegott".

Shelby Liebegott  
Program Coordinator, TIU  
717-248-4942 ext 135