

**If** you don't stand for  
something, you'll fall for anything  
-Malcolm X  
-stated again by Darielle Daniels

**A quote can help.** Groups enjoyed inspirational quotes. **Darielle Daniels, 11**, handwrote her favorite quote by Malcom X, "If you don't stand for something, you'll fall for anything."



**Welcoming students in.** Students always were welcomed in the Guidance Department. **Mrs. Sue Koehler** and **Mrs. Susan Warm** were always willing to talk with all of the school's students.

# HELPING HANDS STUDENTS SUPPORTING EACH OTHER

By: Amanda Evans & Kristin Grueninger

Perhaps one of the best support systems offered within the school are the student formed groups. Ranging in everything from stress to ADD, the groups meet once a week during a rotation of bells and allows students to express their feelings in a comfortable environment.

"It's easier to talk openly about my issues with other students who are experiencing similar problems," said **Anna Alemagno, 12**.

"It is great to have a place to talk one bell a week," said **Sarah Ganson, 11**, a member of the Stress Group.

Every week the bell would rotate, but the participants would stay the same and discuss the stresses in their lives. The group not only talked and shared ways of de-stressing, but also did creative alternatives to calm themselves down in a high stress situation.

Other groups, like the Relationship Group, did similar activities relating to their specific topic. Participants had to fill out a simple application at **Mrs. Sue Koehler's** office and she placed students in the appropriate group.

"We're lucky to have the counseling groups and I see the benefits they bring to students," said **Mrs. Koehler**.



**Now lets all just breathe.** **Tamar Ingber, 11**, discussed her stresses of life with her peers in Stress Group. **Ingber** not only enjoys the confidential time to talk, but also made new friends.

## Groups

**Grief group:** helps students who have experienced the loss of a parent or sibling

**Relationships:** helps students improve interpersonal relationships with friends and family

**ADD: Discovery group:** students with ADD learn to organize responsibilities

**Quest group:** issues of interest of African American students

**Making Better Decisions:** making decisions that are supportive and helpful to students

**Stress Group:** ways to positively manage stress and handle life

**GLB Group:** topics of interest to gay, lesbian, or bisexual students