

# Lending a hand to the community... Helping the youth, step by step

By: Abby Listo

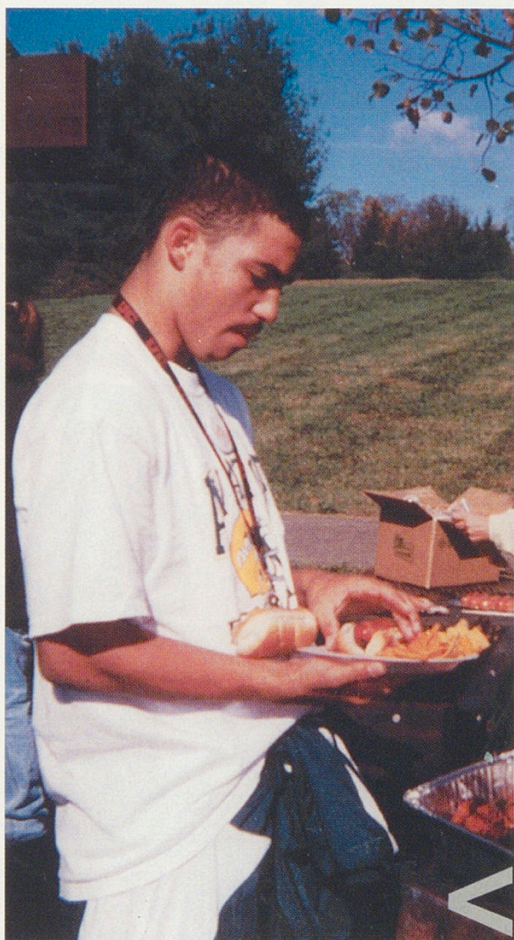
**H**ope was a special club that focused on ways to help teenagers deal with things that can be very hard to verbalize. They do helpful things to relieve stress in student's lives.

"Hope is a really unique club because it was started by students. It's a great opportunity to get involved with issues, like stress and suicide, that are directly affecting students within our school and community," said **Kim Thompson, 12**.

During exam week, they said a helpful hint every morning to better prepare students for their exams. This was also a group that came together to help prevent students who have thought about suicide or any other dangerous situations. They were a group you could talk to about serious problems that occurred in teens' lives.

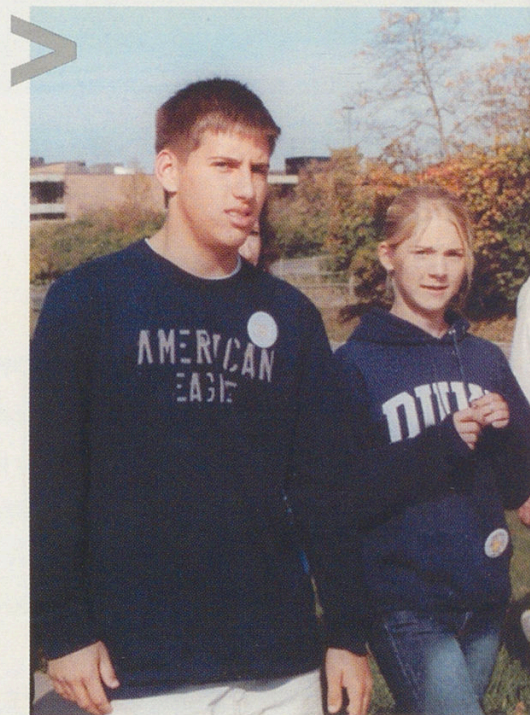
**Mrs. Susan Warm** was the adviser for this club. She was also a school student assistance counselor.

A similar yet different organization were the **counselors' groups**. The counselors' groups gave students a place to come and talk about things that were on their minds. The counselors helped students with their everyday problems, and if there was something specific going on in their life. There were sixteen groups that specialized in specific problems. These groups helped students make better decisions about things that were troublesome in a teenager's life. The counselor groups had a Wellness Walk which raised money for MADD (Mothers Against Drunk Driving). SAC and Hope helped organize it as well. Fifty students were excused from fifth bell class to walk to Dulle Park on Deerfield Road in October.



**A PICNIC ON A SCHOOL DAY?** It seemed unbelievable but the 50 students who signed up for the Wellness Walk got to enjoy a picnic complete with hot dogs, chips, pretzels and Sara Lee Cakes and Pies. **Josh Henderson, 12**, gets his hot dog.

**ON THEIR WAY TO THE PARK.** **John Stoughton, 12**, and **Natalie Sayre, 9**, walk away from the high school on their way to the park for the Wellness Walk. The Wellness Walk was sponsored by H.O.P.E. and Student Assistance Council. The Wellness Walk was a fundraiser in which students paid \$10.00 and walked to the park for a picnic.



**50%**  
of youth who have attempted suicide once  
will attempt it again within the next three  
years.

**23%**  
of students meet with student  
assistance counselors

**IN CHARGE OF IT ALL.** The H.O.P.E. Club board was responsible for planning all the events and conducting meetings. **Ms. Susan Warm**, counselor, took on the challenge of advising the club and board members **Alle Foster, 12**, **Samina Piracha, 11**, **Kim Thompson, 12**, and **Sonia Ahmad, 11**.

