

WARRENTON HIGH SCHOOL



Jeremy Way
Principal
wayja@warrencor3.k12.mo.us

803 Pinckney Street
Warrenton, Missouri 63383-2198
Phone 636-456-6902 Fax 636-456-5771
www.warrencor3.org

Sharyl Kelsch
Associate Principal
Student Services
kelschsl@warrencor3.k12.mo.us

Lisa Pirrung
Assistant Principal
Curriculum Development
pirrungr@warrencor3.k12.mo.us

Craig Frazier
Assistant Principal
Activities Director
frazierca@warrencor3.k12.mo.us

Dear Parents:

Among the most powerful risk factors for school violence is anger. The goal of anger management is to learn to control one's anger; its effects on people and their environment. **Anger itself is not the problem---it's how it is handled.** Helping students learn how to understand and manage their feelings may provide them with tools to control their actions and reactions in a potential conflict.

We are pleased to let you know that we now have an Anger Management Program being offered at WHS. The classes will run every Tuesday from 2:45 to 3:45 p.m. for six weeks beginning March 16, 2010. The last class will be held April 20, 2010. Class will be held in the Guidance Office and taught by Mrs. Richards, Crisis Counselor for WHS. Below is a list of the topics to be discussed according to the week. Students must attend all six sessions in order to receive a completion certificate. **Week 1-What Is Anger/Types of Anger, Week 2- How Anger Affects Your Body, Week 3-Anger Affects Relationships, Week 4-Coping Skills/Stress Reducers That Work, Week 5-Learning To Be Assertive, Week 6-Using "I" Messages/Putting It All Together.**

If you would like more information or have any question about the group please feel free to call me at the school at 636-456-6902 ext. 2345. If you would like your child to participate, please complete and return this form to the Guidance Office. There are only 30 slots available and students will be screened for appropriateness.

Sincerely,

Denise Richards/Crisis Counselor

I consent to have my child, _____ participate in the Anger Management

Classes March 16th, 2010 through April 20th, 2010. I understand that I am

responsible for picking my child up from school at 3:45 p.m.

Parent/Guardian Signature

PRIDE AND LEARNING

