

MILLENNIUM HIGH SCHOOL
All Student. All Leaders. All Career Ready



Mr. Ryan Bethel
Assistant Principal

Mrs. Nichole Bundy
Assistant Principal

Mr. Remigio Gordillo
Assistant Principal/AD

Mr. Todd Stevens
Principal

Mrs. LaToya DeJesus
Assistant Principal

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Dear Parent or Guardian:

Millennium High School offers the research-based MPOWRD educational program focused on leadership and prevention. This is a peer-to-peer group where teens support one another in making healthy decisions and dealing with the difficult issues teens face. Attendance is voluntary and completely confidential. **Teens join to support self or others.**

The principles of MPOWRD are:

- To provide an opportunity for positive change
- To discuss ways to work through life decisions
- To demonstrate peer support with unconditional acceptance
- To be honest about ourselves and our choices
- To reach others through communication and listening skills
- To develop personal visions while planning for a positive future
- To ensure that all participants understand their personal worth
- To give each person an opportunity to lead and to follow

Topics covered include but are not limited to:

- Leadership and Empowering one's self to live on their own healthy terms
- Depression/Loss/Grief
- Higher Power
- Stress/Anxiety
- Healthy Relationships
- 12 Steps for Decision Making
- Addictive Behaviors

Contact Jen Grumbling (School Counselor) at jgrumbling@aguafria.org or Erin O'Shaughnessy (School Counselor) at eoshaughnessy@aguafria.org with any questions. Return/email this completed form to one of them in the Counseling Office. We look forward to working with your student.

Student Printed Name _____

Parent or Guardian Signature _____

Date: _____