



What's up for the new year?

We are beginning our 3rd year of the Power of One project. Our vision and mission is to build a greater sense of "community" @ Niagara Falls High School while we reduce the risks of violence and other unhealthy choices. Many of our past action projects have helped "take the pulse" of the students' ideas on the needs of the learning environment, relationships within the school and school safety. For the coming year our student leadership team has started working on 4 new and continuing action projects:

- 1. Safe School training** - Our student are working closely with project staff and trainers in designing a violence-prevention training for students. A few students have been selected to return to the NY State Coordinators conference in Albany this October to meet with training staff from the NEW YORK STATE CENTER FOR SCHOOL SAFETY to plan this upcoming training session. Expect it to be interactive, experiential & unique.
- 2. Project Get Ready** - Late last spring the Power of One team raised this question: *What would help incoming freshmen have greater success in fitting in at the High School?* Team discussions and a few summer meetings soon birthed this new project. PROJECT GET READY is a year long varied course of activities that will help serve the community of freshmen with skills and fresh ideas. The primary goal is: **To increase healthy social behaviors in 9th grade students.** There are many secondary goals and objectives, including giving Power of One leaders the hands-on experience of developing, delivering and evaluating an action-based training program to all 600+ freshmen. Project Get Ready delivered its first activity during the September 6th freshman orientation (photo below).
- 3. Student Drop In Center** - Last November we held student-led focus groups during lunch that gathered student ideas on reducing "risk behaviors", increasing school safety, and improving the learning environment in the school. Out of the many ideas came the suggestion that many students often share personal concerns and problems with other students before talking to an adult. From this arose a project idea to start a STUDENT DROP IN CENTER in the school, staffed by specially trained students with professional back-up. Next steps include researching and refining our design.
- 4. Team training & retreats** - Monthly 3+ hour team training sessions & frequent planning meetings continue the Power of One tradition, with two overnight retreats coming for the current school year. The first retreat will occur over the weekend of November 9th @ **Beaver Hollow Conference Center**. Retreats are devoted to leadership training, teambuilding and project planning. The photo at left was taken during a Ropes Course retreat, held on July 9th, 2001 at the BOCES Ormsby Center in East Aurora, NY.



Power of One Team training on a Ropes Course day on July 9, 2001



"Project Get Ready" began on September 6th as a year long activity designed to help freshmen have a successful start at NFHS.