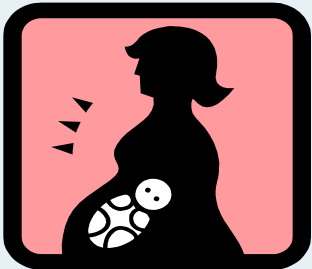


HEALTH AND NUTRITION

If you are pregnant, you can increase your chances of having a healthy baby by following the suggestions below:

- Get regular prenatal care from your doctor and start early in the pregnancy.
- Eat properly.
- Don't smoke. Smoking cessation resources are available.
- Don't consume alcohol. Fetal Alcohol Syndrome (FAS) causes serious fetal damage even in the early stages of pregnancy. The damage is irreversible.
- Don't use any drugs, including any over-the-counter drugs (unless directed by your doctor).



Teen Parents Services Contacts

Please contact one of the individuals listed below, your school social worker or school nurse if you have any questions regarding your pregnancy while in school.

Dori Railling, West High School
610 North Badger Avenue
Appleton, WI 54914-3405
(920) 997-1399 ext. 7477
raillingdora@asd.k12.wi.us

Stephanie Davey, East High School
2121 Emmers Drive
Appleton, WI 54915
(920) 997-1399 ext. 2768
daveystephanie@asd.k12.wi.us

Deb Strick, North High School
5000 N. Ballard Road
Appleton, WI 54913
(920) 997-1399 ext. 6510
strickdebbie@asd.k12.wi.us

Sarah Reis
Appleton Central High School
120 E. Harris Street
Appleton, WI 54911
(920) 997-1399 ext. 2164
reissarah@asd.k12.wi.us



TEEN PARENTS SERVICES

Teen Parents Services are designed to meet the unique needs of students in the Appleton Area School District who are facing the challenges of pregnancy and parenting while enrolled in school.

The Appleton Area School District provides counseling and referral services to teens that are facing the challenges of pregnancy and parenting.

TEEN PARENTS SERVICES

GOALS and SERVICES:

1. To assist teen parents in meeting high school graduation requirements.
 - Develop an Educational Service Plan for all teen parents during the pregnancy and post-partum period that facilitates services and accommodations necessary to continue their education through high school graduation.
2. To help the teen parents cope effectively with the responsibilities and stresses of pregnancy and/or teen parenting.
 - Provide confidential individual counseling and support groups for teen parents.
 - Provide assistance with referrals to community agencies
 - Provide assistance with arranging childcare and transportation, if needed. Financial assistance may also be provided on a limited basis, based upon economic need.
3. To inform and advise teen parents of post-secondary options for job training, education, and career planning to help prepare for economic self-sufficiency.

ATTENDANCE AND HOMEBOUND INSTRUCTION

Students are expected to attend school in compliance with the Appleton Area School District's attendance and tardiness policies (this can be located at www.aasd.k12.wi.us) until delivery unless medical complications arise. A verification from the student's physician must be provided for extended absences. Prior to providing homebound instruction, a PI-2217 Physician's Statement must be completed and on file. The student's health status will be reviewed by the Teen Parents Services Contact with input from the student, parent, school nurse, physician and/or other appropriate school staff.

If homebound services are determined to be part of the Educational Service Plan, the homebound teacher will bring assignments provided by the student's current instructor(s) to the student in his/her home or an alternative site and provide educational assistance. The student is expected to complete the school work in a timely manner and the homebound teacher will return the assignments to the current instructor for assessment and credit.

Students are required to return to classes as soon as medically determined following the delivery. The Educational Service Plan will be reviewed and modified, if needed.

SUPPORT SERVICES

The Teen Parents Services Contact facilitates support services. Students are encouraged to share concerns and questions in a safe, supportive, and confidential setting. The Teen Parents Services Contact will also provide information about community resources, guest speakers from various agencies, and appropriate literature. Some pertinent meetings may occur during regularly scheduled classes; teen parents are encouraged to participate in these informative activities, and are excused from their classes. The teen parent is responsible for making up any missed assignments.

INFANT/TODDLER LAB

Days may be scheduled periodically during the school year for students to bring their children to school for an infant/toddler lab. Developmental milestones of the child will be observed through various activities. The school nurse, school social worker, Teen Parents Services Contact, and/or guest speakers will facilitate the lab. For health and safety reasons, infants must be 6 weeks or older to participate and students are required to come directly to the designated room with their child(ren).