



# Upper Dauphin Area School District

5668 State Route 209, Lykens, Pennsylvania 17048-8414

Phone: 717-362-8134 Fax: 717-362-3050



Jared W. Shade  
Superintendent  
717-362-8134  
shadej@udasd.org

Mary Bateman  
Business Manager  
717-362-6547  
batemanm@udasd.org

Brent Bell  
Director, Operations  
717-362-6694  
bellb@udasd.org

Heather Haupt  
Director, Special Education  
& Student Services  
717-362-6573  
haupt@udasd.org

Jessica Megonnell  
Elementary School  
Principal  
717-362-4511  
megonnellj@udasd.org

Abbey Walshaw-Wertz  
Middle School Principal  
717-362-8177  
walshawwertza@udasd.org

Robert Miller  
High School Principal  
717-362-8181  
millerr@udasd.org

Dear Parents/Guardians,

We have a unique opportunity to participate in the Incredible Years Parent Basic Program with Hempfield Behavioral Health. This program is for parents with children ages 5-12 and focuses on strengthening parent-child interactions and attachment, reducing harsh discipline, and developing parents' ability to promote children's social, emotional, and academic development. During this 20-week program, parents gain tips on how to:

- Manage children after school
- Establish rules ranging from electronics to drug use
- Support children with their schoolwork
- Form partnerships with teachers to further promote children's academic, social, and emotional skills

In the parenting groups, trained Incredible Years® facilitators use video clips of real-life situations to support the training and stimulate parenting group discussions, problem solving, and practice exercises.

This program is **FREE** to parents and will run *in-person and virtually* on Tuesday nights starting on **January 11th at 6:30 pm in the Elementary School Library**. Class size is limited to 10 families.

A free meal and childcare will be provided every evening that the group meets in-person.

The first class will meet in person on January 11<sup>th</sup>, 2022.

Please sign up by calling: 717-362-6619 or email Cory Shade at [shadec@udasd.org](mailto:shadec@udasd.org)