MADISON METROPOLITAN SCHOOL DISTRICT

East High School | 2222 E. Washington Ave. | Madison, Wisconsin 53704 | 608-204-1603

Mikki Smith, Interim Principal | mmsd.org/east

January 4, 2022

Dear Parent or Legal Guardian,

We are committed to helping your child be a strong learner. Sometimes stresses or experiences with violence interfere with learning. Because of this, we are offering a program for 9th graders called REST (*Resilient response to the Effects of Stress and Trauma*). It is jointly offered by the Madison Metropolitan School District, the United Way and Journey Mental Health Center. REST is designed to help students deal with stress and upsetting events they may have experienced.

The REST program has two parts. The first is a general screening questionnaire given to all 9th graders. The questionnaire asks your child about seeing or experiencing violent or upsetting events at school, in your neighborhood, or other places. The questionnaire also asks about any distress that they are having related to those events. The questionnaire is filled out by students in class and takes about 20 minutes. Student Support Services staff are available to support your child during the screening. The student services team member listed below has access to a blank copy of the questionnaire if you would like to contact them to review it. In the event that your child indicates a need for follow up, school staff will conduct a face-to-face interview to determine if a stress & trauma group or other form of support could be helpful.

The staff at East High School will be screening 9th graders the week of January 31, 2022. If your child's responses to the questionnaire and the face-to-face interview show that they are eligible for the second part of the program (an educational group), we will contact you and describe that part of the program to you to see if you and your child are interested. Your child is under no obligation to participate in the second part of the program by participating in the screening.

The results of your child's screening are strictly confidential and will only be shared with you, your child, and the staff involved in the REST program. Non-identifiable, summary data of a grade, school or district may be shared with others for the purpose of quality improvement or shared in professional meetings or journals without any link to an individual's identity.

Participation in the screening is strictly voluntary. If you DO NOT want your child to participate in the REST screening, please complete the form below and return to Ann Reyes at East High School by January 28. If you have questions or would like more information about the REST screening, please call Ann Reyes at 608-204-1672 or Sara Lennertz (en espanol) at 608-204-1634.

Thank you,

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|---|---|---|
| Patrice Hutchins | Ann Reyes | Sara Lennertz |
| Principal | Psychologist | Social Worker |

Return to ***Ann Reyes*** by *January 28, 2022* or **via email to amreyes2@madison.k12.wi.us**

_____ I DO NOT want my child to participate in screening for the REST group.

Student's name (print)

_____

Parent/Guardian's name (print )

_____

Parent/Guardian's signature

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