



# LONGWOOD CENTRAL SCHOOL DISTRICT

LANCE LOHMAN, Ed.D. • SUPERINTENDENT OF SCHOOLS

Michael Kapfer  
Principal  
631-345-2735

LONGWOOD MIDDLE SCHOOL  
41 Yaphank-Middle Island Road, Middle Island, NY 11953-2374  
[www.longwood.k12.ny.us](http://www.longwood.k12.ny.us)

Yvette Bhola  
Assistant Principal

Lawrence Collins  
Assistant Principal

Tatiana Henry  
Assistant Principal

Longwood Middle School  
41 Yaphank Middle Island Rd  
631-345-2735  
December 19, 2025

Dear Parents and Guardians,

Your child's class is starting a social and emotional learning program called ***Too Good for Drugs*** to develop the skills children need to make healthy choices and achieve success. This program was developed by the Mendez Foundation — a leader in K-12 educational programs. The goal of ***Too Good for Drugs*** is to build children's social-emotional skills and empower them to be strong learners, make healthy choices, and be more resistant to peer pressure and peer influence. Children who learn and use the skills taught in this program are more likely to have a positive attitude, make good decisions, get along with their peers, and do better in school.

Each week, teachers will send home a fun family/home worksheet for you and your child to enjoy together. This activity is designed to encourage learning beyond the classroom in an engaging way. The worksheet will be available in both English and Spanish, and we invite you to complete it with your child at your own pace. If you'd like, you can sign and return it to share your participation with us!

We look forward to working with you and your children. Please feel free to contact the building principal or school social worker with any questions or concerns.

Sincerely,

Michael Kapfer  
Principal  
Longwood Middle School  
631-345-2735

*Michael Kapfer*

Suzanne Mahadeo  
Prevention Coordinator  
Family Service League  
631-933-7863  
[Suzanne.Mahadeo@fsl-li.org](mailto:Suzanne.Mahadeo@fsl-li.org)



Every One...Every Day



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Estimados Padres y Guardianes:

La clase de su hijo(a) comenzará un programa de aprendizaje social y emocional llamado **Too Good for Drugs** para desarrollar las habilidades que los niños necesitan para tomar decisiones saludables y alcanzar el éxito. Este programa fue desarrollado por la **Fundación Mendez**, líder en programas educativos para los grados K-12. El objetivo de **Too Good for Drugs** es fortalecer las habilidades socioemocionales de los niños y capacitarlos para ser buenos estudiantes, tomar decisiones saludables y resistir la presión e influencia de sus compañeros.

Cada semana, los maestros enviarán a casa una divertida hoja de trabajo para realizar en familia. Esta actividad está diseñada para fomentar el aprendizaje más allá del aula de una manera entretenida. La hoja de trabajo estará disponible en inglés y español, y los invitamos a completarla junto con su hijo(a) a su propio ritmo. ¡Si lo desean, pueden firmarla y devolverla para compartir su participación con nosotros!

Esperamos trabajar en conjunto con usted y su hijo(a). No dude en comunicarse con el director del edificio o el trabajador social escolar si tiene alguna pregunta o inquietud.

Sincerely,

Michael Kapfer  
Principal  
Longwood Middle School  
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