

Transform Your Future with ANCHOR!

Advancing **i**nnner Strength, **C**ultivating **H**ope, and **O**ffering **R**esilience

Dear Middletown High School Parents and Guardians,

I'm excited to share an exciting opportunity for your child: the **ANCHOR** program (**A**dvancing **i**nnner strength, **C**ultivating **H**ope, and **O**ffering **R**esilience).

Who is leading the program?

The ANCHOR program is offered by Middletown Public Schools' Diversity, Equity, Inclusion, and Belonging (DEIB) department, led by Dr. Jada Waters, Middletown Public Schools' Director of DEIB.

What are the advantages?

The 10 Middletown High School students, entering grades 10-12, who participate in ANCHOR will have the opportunity to become Student Belonging Ambassadors for the 2024-2025 school year.

Participants in ANCHOR will:

- ✓ Develop essential mindfulness and resilience techniques
- ✓ Learn powerful social-emotional strategies
- ✓ Gain practical academic success tools
- ✓ Acquire mental health advocacy skills
- ✓ Connect with supportive peers and professionals
- ✓ Attend a national conference in Washington, DC, August 1-4, 2024

ANCHOR Program Offerings Throughout the Year:

- ✓ Monthly workshops that focus on leadership development, cultural competence, and community building
- ✓ Quarterly service-learning projects addressing local social issues
- ✓ Ongoing training in public speaking, conflict resolution, and team management
- ✓ Spring showcase event to present student-led initiatives to the school community

A Global Opportunity:

As a highlight of the program, ANCHOR participants will attend the **National Student Leadership Conference in Washington, DC from August 1-4, 2024**. This prestigious event will allow students to:

- ✓ Engage with peers from across the country
- ✓ Participate in workshops led by renowned speakers and thought leaders

- ✓ Develop a broader perspective on global issues around well-being and diversity

Why is this program important?

The **ANCHOR** program is designed to cultivate crucial leadership skills that will prepare students for success in college and future careers. By participating, students will:

- ✓ Develop strong communication and interpersonal skills
- ✓ Enhance their ability to work effectively in diverse teams
- ✓ Build confidence in public speaking and advocacy
- ✓ Learn project management and organizational skills
- ✓ Develop a sense of social responsibility and community engagement

These skills are highly valued by colleges and employers, giving ANCHOR participants a competitive edge in their academic and professional futures.

The **ANCHOR** program is made possible by a generous grant from the Connecticut State Department of Education.

I encourage you to [review the program details](#) and consider this valuable opportunity for your child.

If you have any questions, please don't hesitate to contact me at watersj@mpsct.org.

Sincerely,
Dr. Waters