

# MASSABESIC HIGH SCHOOL

88 West Road, Waterboro, ME 04087  
Phone (207) 247-3141/Fax - 247-3146

**Ty Thurlow**  
*Principal*

**Scott Lavertu**  
*Assistant Principal*

**James Fryzlewicz**  
*Assistant Principal*



**Allison Ellis**  
*Dean of Academics*

**Daniel Lawrence**  
*Athletic Director*

September 7, 2023

Dear Mustang Students & Families,

The purpose of this letter is to address serious concerns surrounding the mental health of our student population as we transition and adjust in this return to school. Our students are strong and resilient. They handle many things each day with their heads held high. However, transitioning into a new school year with new courses, new teachers, and new groupings can bring unforeseen challenges and stress. In the early going of this school year we are observing some students experiencing these challenges and struggling to manage that stress. We are surrounding these students, and are prepared to surround all students, with support from our Guidance Department, Social Workers, administrators, and other support staff. We ask that you check in with your students on a regular basis to ensure that they know the entire school community is ready and willing to listen and provide support. To students, I ask that you check in with one another as well.

Struggles with mental health are real for our students and they can have major impacts upon learning, social well-being, and quality of life. Any indication of unsafe behavior, self-harm, lashing out, suicidal ideation, or plans to commit physical violence are strong indicators of struggles with mental health. Additionally, major changes in appetite, sleep schedules, socialization, and mood can be further indicators of mental health struggles. These instances should be reported to school officials as soon as possible so we can get our students the help that is needed - reports can be made to the school confidentially if that is more comfortable for students and families. In the coming days we will be sharing more information regarding a *Say Something Anonymous Reporting System* we will utilize to safeguard our students as well.

Thank you for your ongoing support of your students, our staff, and our school. We are truly a school community that looks out for one another and we are better as a result.

Take care,

Ty Thurlow, Principal