

Dear Families, At our school, your child's well-being is at the heart of everything we do. We are committed to nurturing not only their academic success but also helping them grow into confident, compassionate, and resilient individuals. This year, we're excited to introduce P.A.T.H. (Prevention and Awareness for Total Health)—a research-based educator-facilitated curriculum designed to empower students with essential life skills. Through engaging, grade-level specific lessons, P.A.T.H. educates students on topics such as bullying prevention, substance awareness, personal safety, mental health, and character development. For more information about the P.A.T.H. curriculum, please visit our website or feel free to reach out to us at the school. We know that families play a vital role in shaping a child's success and well-being. We believe that when schools and families work together, children benefit the most. Below, you'll find additional resources to support you in guiding your child through today's ever-changing world. We're grateful for the opportunity to partner with you and look forward to working together to support your child in building a bright, healthy future!

BULLYING • Stop Bullying <https://www.stopbullying.gov/> • Warning Signs of Bullying <https://www.stopbullying.gov/at-risk/warning-signs/index.html>

SUBSTANCE ABUSE • Kids Health from Nemours <https://kidshealth.org/en/parents> • SAMHSA Treatment Referral Helpline 1-800-662-HELP / Prevention of substance abuse and mental illness www.samhsa.gov/prevention • Do Something <https://www.dosomething.org/us/facts/11-facts-about-smoking>

ABUSE • Childhelp National Child Abuse Hotline 1-800-4-A-CHILD (800-422-4453) • Erin's Law (parent information) <http://www.erinslaw.org/for-parents/>

ABUSE (Cont.) • Stop It Now For Tips & Creating a Family Safety Plan <https://stopitnow.org/helpguidance/prevention-tools> • Do Something <https://www.dosomething.org/us/facts/11-facts-about-child-abuse>

MENTAL HEALTH • National Suicide Prevention Lifeline 1-800-273-TALK <https://suicidepreventionlifeline.org/> • National Institute of Mental Health <https://www.nimh.nih.gov/> • The Jason Foundation <http://jasonfoundation.com/about-us/jason-flatt-act/> • American Psychological Association <https://www.apa.org/helpcenter/communication-parents> • National Federation of Families for Children's Mental Health. www.Ffcmh.org

Helplines and Resources: We recommend the links below to provide support for raising children amid a changing and challenging world. **IMPORTANT NOTE:** We are excited to bring P.A.T.H. to all our students. If you choose to have your student sit out of these lessons, please contact the school in writing if you prefer to opt out. As a parent or guardian, you may want to keep the attached helplines and resources for reference if ever needed for your student or yourself