

Dear Kindergarten Parents,

Because our school is committed to your child's wellness, we will be using the Prevention and Awareness for Total Health (P.A.T.H.) curriculum, which is a school-wide approach to address mandated topics and strengthen character education. We believe that schools and families must work together for the betterment of the whole child, and communication is essential. We are excited to share this information with you as we use P.A.T.H. to empower students to make choices that will protect their safety and foster life-long physical health and well-being.

The purpose of this comprehensive prevention curriculum is to concentrate on critical prevention areas and expand into additional life skills and character traits. We desire for our students to be well-equipped with life-long skills which will help them combat challenges, protect physical health and safety, foster kindness, enhance relationships, promote mental wellness, and build positive coping skills and resilience. We want our students to do more than survive – we want them to thrive!

Kindergarten Curriculum Contents:

Throughout the year, your child will participate in the following lessons:

Lesson 1: My Go-To People

Lesson 5: To Tell or Not to Tell

Lesson 2: My Internal Alarm

Lesson 6: My Choices Matter

Lesson 3: My Good Choices

Lesson 7: My Feelings and Me

Lesson 4: Making the "No" Choice

Helplines and Resources:

We recommend the links below to provide support for raising children amid a changing and challenging world.

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/help-guidance/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/index.shtml>
- The Jason Foundation <http://jasonfoundation.com/about-us/jason-flatt-act/>
- American Psychological Association Public Education Line- 1-800-964-2000 <https://www.apa.org/helpcenter/communication-parents>
- National Federation of Families for Children's Mental Health. www.Ffcmh.org

IMPORTANT NOTE: We are excited to bring PATH to all our students. If you choose to have your student sit out of these lessons, please contact the school in writing that 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.

Dear 1st Grade Parents,

Because our school is committed to your child's wellness, we will be using the Prevention and Awareness for Total Health (P.A.T.H.) curriculum, which is a school-wide approach to address mandated topics and strengthen character education. We believe that schools and families must work together for the betterment of the whole child, and communication is essential. We are excited to share this information with you as we use P.A.T.H. to empower students to make choices that will protect their safety and foster life-long physical health and well-being.

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1st Grade Curriculum Contents:

Throughout the year, your child will participate in the following lessons:

Lesson 1: My Go-To People

Lesson 2: Was That My Alarm?

Lesson 3: The Choice Is Yours

Lesson 4: Sometimes You Should Say "No!"

Lesson 5: Tattling or Informing?

Lesson 6: Be a Buddy, Not a Bully!

Lesson 7: Emotions in Motion

Helplines and Resources:

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SUBSTANCE ABUSE

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- 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

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ABUSE (Cont.)

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

MENTAL HEALTH

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Dear 2nd Grade Parents,

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2nd Grade Curriculum Contents:

Throughout the year, your child will participate in the following lessons:

Lesson 1: My Go-To People

Lesson 5: Life's Roller Coaster

Lesson 2: Sound the Alarm

Lesson 6: My Choices Make a Difference

Lesson 3: My Healthy Choices

Lesson 7: Positive Me

Lesson 4: Positive Coping Skills

Helplines and Resources:

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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
- Center on Addiction. <https://www.centeronaddiction.org/e-cigarettes/about-e-cigarettes/10-surprising-facts-about-e-cigarettes>

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3rd Grade Curriculum Contents:

Throughout the year, your child will participate in the following lessons:

Lesson 1: My Go-To People

Lesson 5: My Bad Day

Lesson 2: My Internal Alarm

Lesson 6: My Choices Affect Others

Lesson 3: Healthy Choices Help

Lesson 7: My Self-Worth

Lesson 4: My Coping Skills

Helplines and Resources:

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

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

SUBSTANCE ABUSE

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ABUSE

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

ABUSE (Cont.)

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Dear 4th Grade Parents,

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4th Grade Curriculum Contents:

Throughout the year, your child will participate in the following lessons:

Lesson 1: My Go-To People

Lesson 2: My Body Safety Rules

Lesson 3: My Life Events/My Control

Lesson 4: Healthy vs. Unhealthy Coping

Lesson 5: I Choose

Lesson 6: My Character Strengths

Lesson 7: My Voice

Helplines and Resources:

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BULLYING

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

SUBSTANCE ABUSE

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- Center on Addiction. <https://www.centeronaddiction.org/e-cigarettes/about-e-cigarettes/10-surprising-facts-about-e-cigarettes>

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/help-guidance/prevention-tools>
- Do Something <https://www.dosomething.org/us/facts/11-facts-about-child-abuse>

MENTAL HEALTH

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- National Institute of Mental Health <https://www.nimh.nih.gov/index.shtml>
- The Jason Foundation <http://jasonfoundation.com/about-us/jason-flatt-act/>
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5th Grade Curriculum Contents:

Throughout the year, your child will participate in the following lessons:

Lesson 1: My Go-To People

Lesson 2: Keeping My Body Safe

Lesson 3: Coping with Life Events

Lesson 4: Can I Make Tough Decisions?

Lesson 5: What Are My Strengths?

Lesson 6: Using My Voice

Lesson 7: Cyber-Trouble

Helplines and Resources:

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BULLYING

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- 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
- Center on Addiction. <https://www.centeronaddiction.org/e-cigarettes/about-e-cigarettes/10-surprising-facts-about-e-cigarettes>

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/help-guidance/prevention-tools>
- Do Something <https://www.dosomething.org/us/facts/11-facts-about-child-abuse>

MENTAL HEALTH

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- National Institute of Mental Health <https://www.nimh.nih.gov/index.shtml>
- The Jason Foundation <http://jasonfoundation.com/about-us/jason-flatt-act/>
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