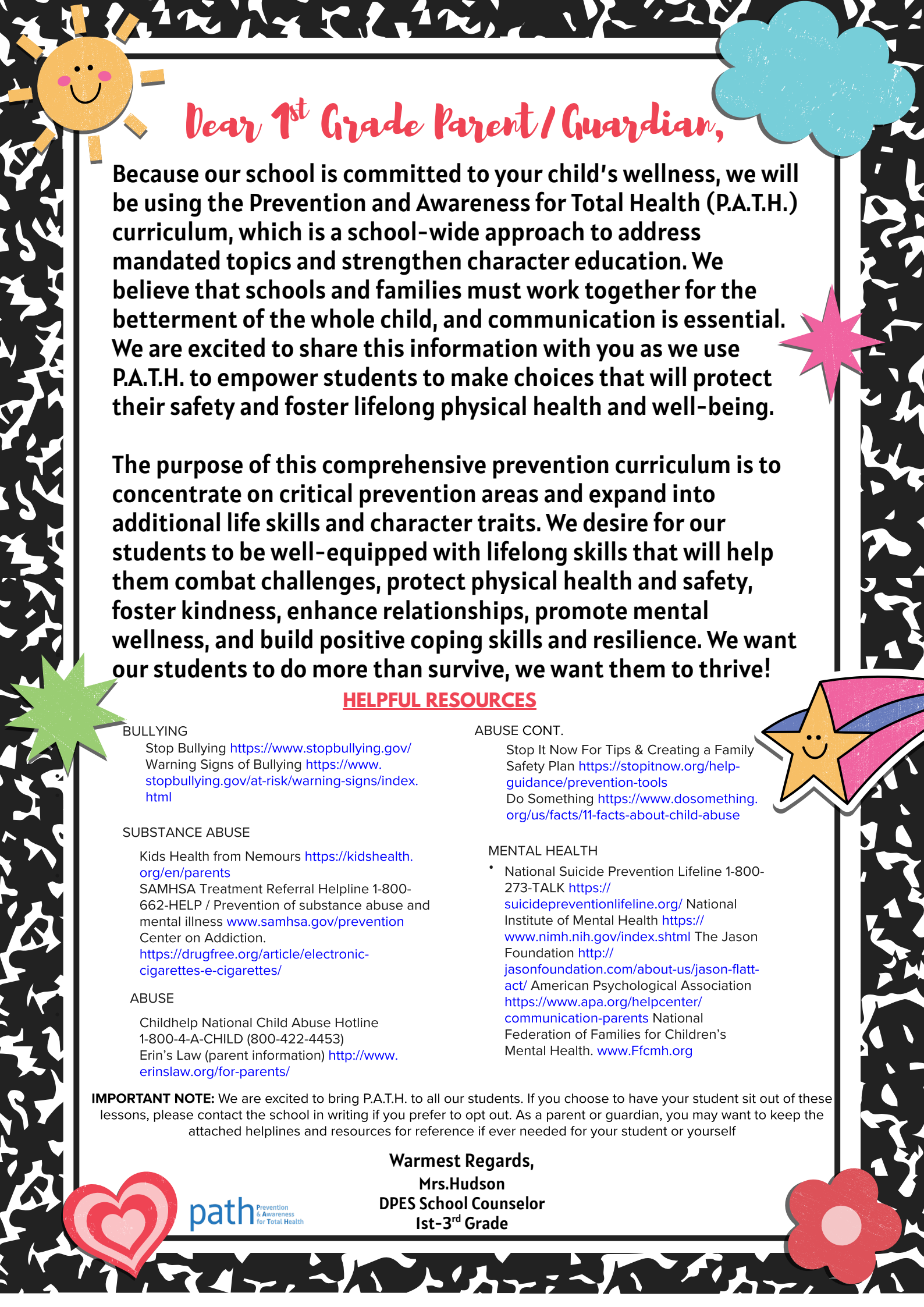




Dear 1st Grade Parent / Guardian,

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 lifelong 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 lifelong skills that 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!

HELPFUL RESOURCES

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
Center on Addiction. <https://drugfree.org/article/electronic-cigarettes-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

- 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 <https://www.apa.org/helpcenter/communication-parents> National Federation of Families for Children's Mental Health. www.fcmh.org

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

Warmest Regards,

Mrs. Hudson

DPES School Counselor

1st-3rd Grade