



Dear Parents/Guardians/Caregivers,

It is such a delight to share in your child's journey of learning during these early elementary years. As a school, we want to partner with families to help each of our learners develop not only their academic skills, but also the social and emotional skills they need to be successful in life. These skills interconnect in many ways: understanding others' perspectives is critical to problem-solving and group work, noticing and regulating emotions can impact success on tests and homework assignments, and increasing help-seeking behaviors can support success in the areas of academics, social relationships, as well as physical and mental well being. Social and emotional skills are foundational for success in many settings within the school, throughout the community, and across the lifespan.

We're excited to be using a curriculum this year called Sources of Strength. This curriculum will help us think about, develop, and practice positive social and emotional skills and identify and grow the Strengths in our lives. The curriculum is research-informed and is modeled after the evidence-based Sources of Strength program that has been in middle schools and high schools for decades. The focus of Sources of Strength is to support the development of a comprehensive wellness model centered on building community, strength, resilience, and belonging for individuals and communities. At the core of the curriculum are eight Strengths: Family Support, Positive Friends, Mentors, Healthy Activities, Generosity, Spirituality, Physical Health, and Mental Health (see definitions of each Strength on back). Each lesson invites students to explore these Strengths in their own lives and empowers them to grow their Strengths. By doing so, students build resilience and promote health and wellness for themselves and others.

Families/Caregivers play an important collaborative role in helping their learners truly apply these Strengths in their lives. You are encouraged to ask your student what they have learned during the Sources of Strength lessons and how they are applying it to their own life. We invite you to join them in this learning process by naming Strengths that you feel strong in and the people, places, and activities you use to navigate life's ups and downs. The power of using Strength in our lives can move us towards healthy coping, academic progress, positive problem-solving, resilience, and overall well being.

Sincerely,



<b>FAMILY SUPPORT</b>	Whether related to us by blood, or by choice, these are the people who support, nurture and care for us.
<b>POSITIVE FRIENDS</b>	Positive friends lift us up, make us laugh, are honest with us, and are there for us when we need them.
<b>MENTORS</b>	A mentor is an experienced person who shares their insight to help guide us, and help us draw on our own strengths to be the best version of ourselves.
<b>HEALTHY ACTIVITIES</b>	When we feel stressed, healthy activities-- whether they are physical, social, or emotional-- help us unwind, lift our mood, and gain clarity.
<b>GENEROSITY</b>	Generosity can look a lot of different ways, from donating money or time to being intentionally kind to other people. These acts of kindness towards others, big or small, can actually make an impact on how we feel about ourselves.
<b>SPIRITUALITY</b>	Spirituality is practiced in many ways, but at its core we consider what gives a sense of purpose and connection in our spirit. Thankfulness is a profound way to practice spirituality together, no matter what our cultural heritage and/or spiritual tradition.
<b>PHYSICAL HEALTH</b>	When we are injured, we don't have to stay in pain. We can get better, with access to the medical care we need and deserve. Physical and social/emotional pain are often integrated and it's important to take care of our bodies, hearts, and minds.
<b>MENTAL HEALTH</b>	Mental Health is all about getting the support we need and deserve to help us when we are struggling. Our mental health is a very important part of living a healthy life, and oftentimes, getting together with a trusted person, a counselor, or a doctor, can help empower us to overcome internal struggles we might be facing.