

# Dear Parents,

Our school is committed to your child's complete wellness and life-long health; therefore, throughout the year, we will be utilizing the evidence-based P.A.T.H. curriculum. Prevention and Awareness for Total Health (P.A.T.H.) is a schoolwide approach to address state-mandated topics, promote positive coping skills, and strengthen character building. The purpose of this comprehensive curriculum is to concentrate on critical prevention areas and expand into additional life skills and character traits. The program contents provide grade-level comprehensive lessons for each of the four domains: bullying, substance awareness, types of abuse, and mental health; plus, seven lessons for character education.

Each developmental phase for elementary students brings its own unique set of challenges and opportunities. We strive to equip our students with personal tools that will help them combat those challenges, protect physical health and safety, foster kindness, enhance relationships, promote mental wellness, maintain perspective, employ positive coping skills, and build resiliency. We want our students to do more than survive – we want them to thrive!

We believe that schools and families must work together for the betterment of the whole child, and our communication with you is a key factor in the success of that mission. 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, enhance connectedness, and encourage life-long physical and mental health. We consider this process an ongoing partnership and recommend the links below to provide additional support for raising children amid a changing and challenging world.

## 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](http://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/>
- 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](http://www.Ffcmh.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.