



Dear parents, guardians, and caregivers,

We are so happy to be part of your child's learning journey in elementary school. We believe that it's essential to work together with families to help our students not only with their school subjects but also with their social and emotional skills, which are crucial for success in life.

This year, we're using a unique curriculum called "Sources of Strength." It will help us learn and practice positive social and emotional skills and discover our strengths. These skills and strengths are important for doing well in school, making friends, and feeling physically and mentally good.

The curriculum focuses on eight strengths: Family Support, Positive Friends, Mentors, Healthy Activities, Generosity, Spirituality, Physical Health, and Mental Health. Each lesson will let students explore these strengths and how to grow them. Doing this will make them more resilient and promote wellness in themselves and others.

Parents, you can play a significant role in this too! Talk to your child about what they've learned in the lessons and how they apply these strengths. You can also join in by sharing your strengths and the things that help you navigate life's challenges.

By using these strengths, we can handle problems better, do well in school, solve difficulties in a positive way, and be healthier and happier overall.

Sincerely,

Lewis Elementary



FAMILY SUPPORT	Whether related to us by blood, or by choice, these are the people who support, nurture and care for us.
POSITIVE FRIENDS	Positive friends lift us up, make us laugh, are honest with us, and are there for us when we need them.
MENTORS	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.
HEALTHY ACTIVITIES	When we feel stressed, healthy activities-- whether they are physical, social, or emotional-- help us unwind, lift our mood, and gain clarity.
GENEROSITY	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.
SPIRITUALITY	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.
PHYSICAL HEALTH	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.
MENTAL HEALTH	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.