

Date:

Dear Parent/Guardian,

I would like to tell you about a set of lessons being taught in your child's classroom in the next week(s). The lessons are from a kit called ***Be Kind To Yourself & Others***. This kit was developed in partnership with Alberta Health Services – Edmonton Zone (Addiction Prevention/Mental Health Promotion and Public Health) in partnership with Edmonton Public School Board and Edmonton Catholic School District. The kit was made as a resource to support the areas of the Alberta Education Health and Life Skills Program of Studies that deal with mental wellness. My hope is that the activities in this kit will help youth learn about their strengths, and give them ideas to support their mental wellness.

A sample of topics includes:

- developing healthy relationships
- having hope
- dealing with stress
- having a positive body image
- developing good habits around eating, exercise and getting enough sleep
- dealing with cyber bullying
- preventing substance use
- addressing the stigma about mental illness and suicide prevention
- transitioning from Junior High to High School

Why address mental wellness?

Youth today are experiencing more and more stress and anxiety than ever before. These lessons will help your teen learn skills that will support their mental well-being, physical health, and even school achievement.

We hope that you can have some talks with your teen about the activities they will be doing during these lessons. We encourage you to help them with their take home activities that are part of each lesson.

Together, we can have a positive influence on youth and provide them with the skills they need to achieve mental wellness.

Sincerely,