

Dear Parents,

As we move towards October, we wanted to let you know about our Lifestyle Risk Reduction Program we will be running for our grade 9 and grade 10 students. Like all schools and communities in today's world we are working on ways to support our students, not only academically, but socially and emotionally as well. We believe helping our young people make informed, well-considered decisions with accurate information is very important for health, well-being, and academic success.

Sukriti Dabral will be working with our 9th graders on building healthy relationships, developing a positive body image, understanding human sexuality, and making good choices. She will speak with our grade 9 students the week of October 21 - October 24 (Monday-Thursday).

Will Slotnick will be working with our 10th graders on managing stress, healthy coping mechanisms, and increasing awareness of the effects of negative coping mechanisms (alcohol, drugs, etc). He will speak with our grade 10 students during the school day the week of October 28 - October 31 (Monday-Thurs).

Depending on their grade, your child will be scheduled to attend either Mr. Slotnik's or Ms. Dabral's session for one class period each day. *If you would like your child to be excused from these sessions, please contact your child's school counselor.* If you are not sure of who their counselor is, please check the parent portal or call Mrs. Todoroff in the main office.

In addition to the student programs listed above, we will be hosting a Parent Information Night with each presenter on Tuesday October 21 6:30-7:30 at **Sturgis West**. This is a great opportunity to hear a professional perspective on the challenges and choices facing today's youth. Will and Sukriti are very informative and engaging and will also provide an overview of how they approach the work with your students. Questions and feedback are always welcome.

For more information on Will Slotnick, please visit his website at <http://www.wellnesscollaborative.org/>

For additional information on Sukriti Dabral's programming, please visit <https://partnersinsexeducation.org/about-us/our-educators-2/sukriti-dabral/>.

If you have any additional questions or concerns, please contact your child's school counselor. We are looking forward to these programs and hope to see you at the parent session!