



September 29, 2023

Dear Parents and Guardians,

We love partnering with our families to help each of our learners develop not only their academic skills, but also social and emotional skills they need to be successful in life. Social and emotional skills are foundational for success within the school, throughout the community, and across a person's lifespan.

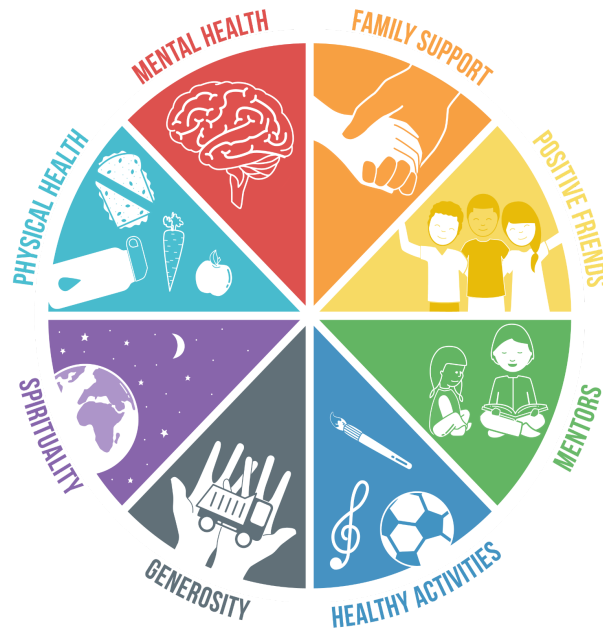
To help us strengthen our students, we are excited to introduce the addition of a new curriculum called Sources of Strength, which is modeled after the evidence-based Sources of Strength program currently utilized and well-loved at our middle and high school. At the elementary level, Sources of Strength lessons are taught within the classroom by the homeroom teacher and focus on building strength and resilience while cultivating healthy relationships, listening skills, emotional regulation, and proactive prevention of bullying.

At the core of the curriculum are eight Strengths: Family Support, Positive Friends, Mentors, Healthy Activities, Generosity, Spirituality, Physical Health, and Mental Health. These Strengths mean different things to each student. (See the definitions of each Strength below.) The program invites students to explore the 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 play an important collaborative role in helping learners truly apply these Strengths in their lives. We invite you to join your child in this learning process by naming your own Strengths and the people, places, and activities that help you 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.

Please scan this QR Code to learn more about Sources of Strength at WCA!





FAMILY SUPPORT	Family Support, whether immediate, extended, or family of choice, are the people who support, nurture, and care for us.
POSITIVE FRIENDS	Positive Friends lift us up and make us laugh. They are honest with us, and are there for us when we need them.
MENTORS	Mentors are people who are cheering for us in life. They listen when we need it, and help us learn new things and navigate life's ups and downs.
HEALTHY ACTIVITIES	Healthy Activities, whether physical, social, or mental, help us regulate our emotions in healthy ways and create opportunities for connection and growth.
GENEROSITY	Generosity can be acts of kindness towards others and ourselves and can positively impact how we feel about ourselves.
SPIRITUALITY	Spirituality is described as anything that lifts your spirits. This can be a person, place, or thing.
PHYSICAL HEALTH	Physical Health includes the way we care for our bodies on a regular basis, as well as when we are hurt or sick and need to seek medical access.
MENTAL HEALTH	Mental Health is about getting the support we need when we are struggling, which may include connecting to a trusted adult who can help empower us to overcome internal struggles we may be facing. Mental health is an important part of living a healthy life.