Dear Families,

During the 2019-2020 school year, the State Board of Education passed three rules related to required instruction in health education topics impacting middle and high school students. This year, the school district will designate ten dates as *Wellness Wednesday,* in order to engage students in this learning. The time set aside oneach *Wellness Wednesday* will provide students with tools to enhance their social-emotional well-being and support our families in the development of the whole child.

The school district has developed video instruction of these topics that is developmentally appropriate, comprehensive and focused on equipping students with strategies, resources and awareness related to the topics prescribed in the State Board of Education Rules. This curriculum includes the following topics, as required in State Board of Education Rule:

*(a) Recognition of signs and symptoms of mental health disorders;*

*(b) Prevention of mental health disorders;*

*(c) Mental health awareness and assistance;*

*(d) How to reduce the stigma around mental health disorders;*

*(e) Awareness of resources, including local school and community resources;*

*(f) The process for accessing treatment;*

*(g) Strategies to develop healthy coping techniques;*

*(h) Strategies to support a peer, friend, or family member with a mental health disorder;*

*(i) Prevention of suicide; and*

*(j) Prevention of the abuse of and addiction to alcohol, nicotine, and drugs.*

Health instruction is key in supporting our families and the whole child. The school district is committed to see our students through their successes and their challenges with an intentional focus on student health and well-being. Parents and guardians are encouraged to watch each month’s video lesson and engage with their student(s) in conversation about this learning. If you would like to review the topical coverage of the *Wellness Wednesday* curriculum, please visit the district’s [Mental Health and Wellness Portal](https://www.leeschools.net/StateBOE_Health_Rulings).

Thank you,

The School District of Lee County