



November 12, 2019

We are hopeful that your student's second-quarter/trimester has gotten off to a good start and will bring continued growth and progress in reaching their goals. The Alpine School District Community believes that a love for learning, a safe environment, connections to their teachers and peers along with parental involvement, are fundamental to building confidence and an overall state of well-being for students.

This time of year can be exciting and fun, but can sometimes bring about additional stress for students. This can be social/emotional stress, academic stress, or just the fact that it is a time of year when students are hit by illness and general exhaustion. All of these can impact a student's health and well-being. Here are a few articles/resources that may be helpful as you have conversations with your students:

- [Coping with School Stress](#) These 5 tips can help kids cope with school stress and homework pressure -- and ease school anxiety for kids of all ages.
- [School Stress Takes A Toll On Health, Teens And Parents Say](#) Teenagers say their parents often don't realize how overwhelmed they feel about school. Psychologists say parents can help children manage to put the child's distress in perspective.

We are pleased to inform you that, through the support of the AWARE (Advancing Wellness and Resilience in Education) Grant, we are offering mental health screening nights for all students grades 3-12. Our next scheduled screener night will be held on November 20, 2019, at Deerfield Elementary (4353 W. Harvey Blvd. Cedar Hills). Here is additional information about the [Screener Night](#).

We also want you to be aware of an opportunity for your high school student(s) to see the play *Every Brilliant Thing*. Participating high schools will be sending home information pertaining to the play that is being performed during the months of January and February. There will be a public viewing of this play on January 9, 2020, at 7:00 PM at Orem High School. All parents are invited to attend and are welcome to bring students ages 14 and up (if the student will not be attending a performance at their school). The following link provides some additional information about the content and purpose of [Every Brilliant Thing](#). Please contact Rebecca Andreasen at randreasen@alpinedistrict.org to secure your tickets.

In honor of Suicide Prevention and Awareness Month, the One Voice Children's Choir released ["One More Light"](#). The hope is that "awareness" will translate into a deeper sense of care for the people in our lives. Please enjoy and share this beautiful song.

The Alpine School District Health and Well-Being Team and Your School Administration