

Dear Families/Caregivers,

Building a strong support system is essential for getting one's needs met and living a happy and healthy life. A support system is a network of people who provide practical and emotional support. Having a strong support system provides many benefits such as decreased anxiety and an increased positive mood.

It is important for children to know the different people at school who can support them. It is also important for children to learn how to ask for help when needed. Students learned that to ask for help at school they should:

- Identify what they need.
- Think about who can help.
- Ask for what they need.
- Be polite.

To encourage your child to ask for help when he or she needs it, try:

- Set a goal for your child to ask for help at least once a day at school. At the end of the day, check in with your child and ask him or her what he or she asked for help with and why. Praise your child for asking for help when he or she needs it.
- Model asking for help for your child. Show your child that it is normal to ask for help when you need it by asking other adults and even your child for help when appropriate.

Sincerely,

Your Child's Teacher