

P.S. I LOVE YOU DAY



FRIDAY, FEBRUARY 10TH

WHAT IS P.S. I LOVE YOU DAY?

P.S. I Love You Day has the following mission: "to bring awareness to the importance of mental health and decrease bullying. We strongly believe that by educating students earlier about mental health, the conversation will be easier to discuss and students will be able to recognize when they or others around them need help." The overarching message is KINDNESS. If you would like to learn more about the mission, please visit the website: <http://psiloveyouday.net/>

HOW IS SAYVILLE RECOGNIZING THIS DAY?

As a district, we plan to do the following:



Everyone will be encouraged to wear purple on February 10th (staff and students)



We will have a Parent Workshop on Wednesday, February 8th via ZOOM for the community on QPR Training, which is an empowering, evidence-based prevention training to recognize the signs and symptoms of an individual who may be in crisis.



For our elementary students, we will focus on the theme of kindness.



For our secondary students, we will focus on the theme of spreading kindness via a "Pay it Forward" initiative.