



DR. JASON BOONE
SUPERINTENDENT
SOUTHMORELAND SCHOOL DISTRICT

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ALVERTON, PA 15612
724.887.2005

Friday, September 13, 2024

Dear Parents and Guardians,

The Southmoreland School District is pleased to announce a partnership with the Innersight Bridges program in order to support the mental health and wellness of all students.



Innersight Bridges has a team of licensed mental health therapists who will be available to provide support to students throughout the year. Types of support may include brief counseling, a quiet space to eat breakfast or lunch, check-ins with students who are experiencing moments of stress or anxiety, and collaboration with our school counselors and Student Assistance Team. Additionally, Innersight Bridges will offer activities throughout the year, including yoga, mindfulness, art and music. Students are welcome to choose any of these activities, as they do with all other clubs or events.

If you have any questions about the Innersight Bridges program or would prefer that your child not participate in any activities or support offered by Innersight Bridges during the school day or missing class time, please contact your child's school counselor.

Best regards,

Dr. Jason A. Boone
Superintendent
Southmoreland School District
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