

Dear 7th, and/or 8th Grade Caregiver,

This year, we are teaching 7th and 8th-grade students about mental health and how to seek help for themselves or a friend through the *SOS Signs of Suicide* program. Used in thousands of schools for over 20 years, SOS effectively educates students about depression and suicide, while reducing self-reported suicide attempts. For more information, visit www.mindwise.org/parents.

The months of November and December can be challenging for students due to holiday stress, seasonal changes, and other pressures. That's why we're providing this SOS program now, to better equip students with tools to manage these challenges.

Through SOS, students will learn:

- Depression is treatable, and they should seek help.
- How to identify signs of depression and suicide risk in themselves or a friend.
- To ACT (Acknowledge, Care, Tell a trusted adult) if concerned.
- Who to turn to at school for help.

Lessons are planned to be delivered during Allied Arts Classes as follows:

ART, STEAM, TECH ED	Monday, November 18th (B DAY)
ART, STEAM, TECH ED	Tuesday, November 19th (A DAY)

Students will watch age-appropriate videos, engage in guided discussions, and complete an anonymous depression screening, which helps identify whether further support is needed. They will also complete an exit slip indicating if they want to speak with an adult. Caregivers will be contacted if specific concerns arise.

Social-emotional learning (SEL), a core part of suicide prevention, is addressed throughout the year with all 4-8th grade Glen Hills students in *Wellness Wednesday* sessions, which focus on managing emotions, stress, and relationships.

If you have any questions or concerns about your child's participation in this program or would like to opt your child out of participating, please contact a member of our Student Services team at 414-351-7160 or via email.

Sincerely,

Glen Hills Student Services Team

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