



EVENT NOTICE – Monday, December 9, 2024
Fargo Public School District #1

The following information is for media outlets for the purpose of assigning staff coverage to the event.

SOUTH HIGH SCHOOL TO HOST FRESHMAN MENTAL HEALTH RETREAT LED BY 4-6-3 FOUNDATION

South High School's youngest students will learn a vital lesson about the importance of mental health to high school students on Tuesday.

- WHAT:** Freshman Mental Health Retreat
- WHEN:** **Tuesday, December 10**
Students last name A-K from 9:30 a.m. to 11 a.m.
Students last name L-Z from 1:15 p.m. to 2:45 p.m.
Culminating activity 2:55 p.m. to 3:35 p.m. (in the South gym)
- WHERE:** The ATTIC, 1892 17th Avenue South, Fargo
Gym, South High School, 1840 15th Avenue South, Fargo
- CONTACT:** **Greta Evanson**, South Assistant Principal, evensog@fargo.k12.nd.us or 701.446.2005 for more information.

South High School freshmen will participate in a retreat focused on mental health on Wednesday led by the 4-6-3 Foundation.

The retreat, held at The ATTIC, across the street to the south of the school, will help students understand the importance of mental health and the resources available to them should they feel they need help. Upperclassman members of the Bruin Ambassadors student outreach team will assist the 4-6-3 Foundation and lead small group activities.

Following the retreats at The Attic, all freshmen will gather in the South High School gymnasium for a culminating activity during Period 8. This activity will reinforce what they learned during the retreat and will feature a presentation from South's BARR (Building Assets Reducing Risks) Team.

The 4-6-3 Foundation's mission is to "Reduce Stigma, Build Hope, and End Suicide" by helping youth and families understand that there are not always symptoms or red flags leading to a suicide, that suicide is not reliably predictable, and to highlight the importance of access to resources, having difficult conversations, and providing education around mental health. It aims to connect youth with suicide prevention resources and techniques through engagement at youth sporting events, schools, and youth organizations.

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