



**Morris Hills High School**  
**520 West Main Street, Rockaway, NJ 07866**  
**Child Study Team**  
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September 5, 2025

Dear Parent / Guardian:

During this school year, the Child Study Team is working to teach students about mental health and how to seek help if they are worried about themselves or a friend. Morris Hills High School is using a program called *SOS Signs of Suicide*. This program has been a part of the Health 11 curriculum for years, but is increasingly relevant as today's climate often forces isolation.

Through the SOS Program, students learn:

- that depression is treatable, so they are encouraged to seek help
- how to identify depression and potential suicide risk in themselves or a friend
- to ACT (Acknowledge, Care and Tell a trusted adult) if concerned about themselves or a friend
- who they can turn to at school for help, if they need it

Between now and June 2026, during their Health class, 11th grade students will watch age-appropriate video clips and participate in a guided discussion about depression, suicide, and what to do if they are concerned about a friend. Following the video, students will complete a response slip which asks whether they would like to talk to an adult about any concerns. School staff will conduct brief meetings with any student asking to talk.

We encourage you to visit [www.sosignsofsuicide.org/parent](http://www.sosignsofsuicide.org/parent) for information on warning signs for youth suicide, useful resources, and some of the key messages students will learn.

If you have any questions or concerns about your child's participation in this program please contact Mrs. Sonya Boyer, District Director of Special Services, at 973-664-2324, [sboyer@mhrd.org](mailto:sboyer@mhrd.org).

Sincerely,  
Mrs. Sonya Boyer - District Director of Special Services  
Dr. Todd M. Toriello - Principal  
Mrs. Christine Dul, LSW - Social Worker  
Mr. Christopher Hurley, LSW - Social Worker