Green Township School District
Box 14, Greendell, New Jersey 07839
www.greenhills.org

Dr. Jennifer Cenatiempo
Superintendent/Director of Personnel & Staff Development

Mrs. Karen Constantino
Business Administrator/Board Secretary

Mr. Jon Paul Bollette
Principal/Coordinator of Instruction

Dear Parent / Caregiver,

After the last few challenging years, school staff are working to teach students about mental health and how to seek help if they are worried about themselves or a friend. On September 24th, our 8th grade students will have the opportunity to participate in a program called SOS *Signs of Suicide.* The program teaches students about this difficult topic and encourages them to seek help.

We invite all parents in the community to join a virtual Signs of Suicide program for adults at 7:00 on Tuesday, September 22nd. Please RSVP here if you are able to attend this important event. An additional communication regarding the parent program will be send to the community.

SOS has been used by thousands of schools for over 20 years. Studies have shown that it effectively teaches students about depression and suicide while reducing the number of students' self-reported suicide attempts.

Through the 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

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 brief depression screening form. This form is confidential and is not used to provide a diagnosis of depression, but may indicate whether a young person would benefit from speaking with an adult about how they are feeling. School staff will conduct brief meetings with any student asking to talk.

We encourage you to visit www.sossignsofsuicide.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, please contact me at jbollette@greenhills.org or our school counselor, Marybeth Stiles at mstiles@greenhills.org. If you would like to opt your child out of participating in the program, please complete the information below and return it to your child's homeroom teacher no later than Friday, September 18th.

Sincerely,

Jon Paul Bollette

I would like for my child/dependent to be excused from participating in the Signs of Suicide program. I understand that the event is not required and that my child's/dependent's participation is voluntary.

I DO NOT give my permission for my child/dependent (name) _____to participate in the Signs of Suicide Program.

Parent/Guardian Name (please print)_____

Parent/Guardian Signature_____