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Michael P. Shea
Superintendent

Barry O. London
Principal /
Asst. Superintendent

April 26, 2021

Dear Parent/Guardian,

Accompanying the social emotional learning curriculum, 6th through 8th grade students will be participating in Stress Management and Suicide Prevention Middle School Lessons. The main purpose of these lessons is to help students to:

- * understand stress
- * develop coping strategies for dealing with stress in their lives
- * understand anxiety and depression, and
- * learn about suicide and steps to reduce risks for themselves and others.

Developmentally appropriate lessons will include activities in which students:

- * understand personal stressors
- * identify signs of stress, anxiety and depression,
- * recognize and practice coping strategies for dealing with stress
- * learn how to help a friend they might be worried about
- * develop a personal emergency contact list

Students will be encouraged to discuss these lessons at home with parents/guardians, and share their insights and coping skills that work for both adults and students. We welcome your questions and interest in the curriculum lessons. Lessons are available for your review upon request. If you have any concerns about the topic or these lessons and how they might impact your child, please feel free to contact me.

The Stress Management and Suicide Prevention Middle School Lessons were developed by the Maine Suicide Prevention Program in collaboration with the Maine Department of Education. If you have questions and want to learn more about youth suicide and how you may help your child or others please visit www.maine.gov/suicide and check out the "For Parents" section.

Sincerely,



Andrea Osganian, LSW
School Social Worker



Come Grow With Us!