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# FRUITLAND SCHOOLS

DECEMBER 2017

## Promoting Student Social-Emotional Health

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Dear Fruitland School District Parents and Guardians,  
The winter season has arrived and with all the holiday activities and the change in seasons, it is important for all of us to maintain good health. As educators and parents we recognize the importance of protective factors (engagement; adult support; connectivity to peers, family, school, and community) in maintaining student health and well-being. Modeling positive coping strategies helps students best learn how to use these strategies in their daily lives. We believe that all students have strengths to help them be resilient when things are difficult. Our message is that there is always hope and help.

Here are links to information that may be helpful to you as a parent, guardian, or trusted adult to a student. Please contact your school or healthcare provider if you have concerns about your child.

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### HELPFUL LINKS

[Promoting Social-Emotional Health](#)

[Holiday Mental Health Tips](#)

[Sources of Strength](#)

[For Parents - Helping Your Children](#)

