 DATE

Dear Families/Caregivers,

We are excited to begin implementing the Well-being program with lessons and interactive activities for students, designed to promote mental well-being in the classroom and school community.

The Well-being program integrates the latest science and empirical research from the fields of positive youth development, service learning, and social and emotional learning to promote students’ social and emotional competence, positive mental health, and positive human qualities. Our goal with this program is to empower youth, educators and families with the educational tools and resources to promote their own well-being and the well-being of their communities.

Additionally, the Well-being program was developed in collaboration with leading mental health professionals including the University of British Columbia, the University of Illinois Chicago, and in partnership with school districts across North America.

The Well-being program objectives are as follows:

1. Promoting positive, inclusive and safe and caring environments and relationships
2. Reducing stigma, celebrating diversity and fostering resiliency
3. Increasing social, emotional, physical and mental well-being

Over the coming weeks, we’ll work through a series of 15 lessons, divided into 5 units that focus on the promotion of students’ social emotional competencies and well-being through service learning.

Each unit is focused on one of five positive human qualities including an intro to well-being and mindfulness, setting intentions, gratitude, empathy, altruism and resilience.

We invite you and your family to visit the [Well-being web site](https://wellbeing-canada.ca/) to learn more about the program and how you can support conversations at home with your children around well-being. We will also provide Home Connection Activity cards, that will help you further discuss and reinforce well-being practices at home.

If you have questions, we would love to hear from you.

With gratitude,

Your school