



COEUR D'ALENE PUBLIC SCHOOLS

1400 N. NORTHWOOD CENTER CT.

COEUR D'ALENE, ID 83814

(208) 664-8241

CDASCHOOLS.ORG

<<INSERT DATE>>

Dear Parents/Guardians/Caregivers,

Your student will be instructed this year using a program called Sources of Strength, which asks students to develop and practice positive social and emotional skills by identifying and growing their strengths. Students should expect to receive age appropriate lessons ____ (insert time frame...e.g.: every week for thirty minutes)____ delivered by ____ (insert name; e.g. Mrs. Smith)____, who has been trained in the delivery of this curriculum. The curriculum is research-informed and is modeled after the evidence-based program that has been in our middle and high schools for nearly a decade. Sources of Strength supports the development of a comprehensive wellness model centered on building strength and resilience in individuals and communities.

At the core of the curriculum are eight strengths: Family Support, Positive Friends, Mentors, Healthy Activities, Generosity, Spirituality, Physical Health, and Mental Health (see definitions on back). Each lesson invites students to explore how these strengths show up in their own lives, empowers them to grow their strengths, and builds resilience in order to promote health and wellness for themselves and others.

Families/Caregivers play an important, collaborative role in helping learners apply these strengths in their lives. You are encouraged to ask your student how they are learning about their strengths. We invite you to join them by naming their own strengths and helping them understand how to use them to navigate both the good times and tough times at home or school.

To preview the curriculum you may visit our District Office at 1400 N. Northwood Center Court and ask to preview the curriculum or call 208-664-8241 and ask to speak to the curricular representative. If you would prefer that your student not receive these lessons, you may complete the form located here: <https://tinyurl.com/yka3xd9e>.

The power of using strengths in our lives can move us towards healthy coping, positive problem-solving, resilience, and wellbeing.

Sincerely,

SOURCES OF STRENGTH

FAMILY SUPPORT	Whether related to us by blood, or by choice, these are the people who support, nurture and care for us.
POSITIVE FRIENDS	Positive friends lift us up, make us laugh, are honest with us, and are there for us when we need them.
MENTORS	A mentor is an experienced person who shares their insight to help guide us, and help us draw on our own strengths to be the best version of ourselves.
HEALTHY ACTIVITIES	When we feel stressed, healthy activities-- whether they are physical, social, or emotional-- help us unwind, lift our mood, and gain clarity.
GENEROSITY	Generosity can look a lot of different ways, from donating money or time to being intentionally kind to other people. These acts of kindness towards others, big or small, can actually make an impact on how we feel about ourselves.
SPIRITUALITY	Spirituality is practiced in many ways, but at its core we consider what gives a sense of purpose and connection in our spirit. Thankfulness is a profound way to practice spirituality together, no matter what our cultural heritage and/or spiritual tradition.
PHYSICAL HEALTH	When we are injured, we don't have to stay in pain. We can get better, with access to the medical care we need and deserve. Physical and social/emotional pain are often integrated and it's important to take care of our bodies, hearts, and minds.
MENTAL HEALTH	Mental Health is all about getting the support we need and deserve to help us when we are struggling. Our mental health is a very important part of living a healthy life, and oftentimes, getting together with a trusted person, a counselor, or a doctor, can help empower us to overcome internal struggles we might be facing.

