

Dear Parents/Caregivers,

We are starting a new literacy and mental health series called *Well Aware*! We will be reading interesting books written by exemplary Canadian authors. As we work with these books, we hope to come to understand more about how to be happy and healthy, make good choices, and reduce stress and anxiety. We also expect to improve our literacy skills.

The intent of this series is to use the skills of language, such as listening, speaking, reading, and writing, to address important ideas about positive mental health. The mental health of all of our children is critical to their social and emotional development, but it also plays an important role in their success at school.

Exploring ideas through literature is not new and it is not meant as an “add-on” to an already full curriculum. It is simply a way to use the strength of communication skills as a vehicle to help children not only manage and cope with their everyday lives, but also to “be the best they can be,” physically, socially, intellectually, and emotionally.

As with all curriculum initiatives, please feel free to contact me if you have any questions about this exciting new resource.

Thank you for your interest!

Sincerely,