

Dear Parents,

We are excited to share with you about the Fillmore Central School Wellness Initiative for the first semester, the Power of Connection. This initiative will focus on Social Wellness and teaching students the impact of their own lives while encouraging them to connect to the world around them.

Social Wellness is defined as the ability to relate and connect with other people in our world. Our ability to establish and maintain positive relationships with family, friends and others contributes to our Social Wellness.

The education portion of the social wellness initiative will take place at school. On four consecutive Tuesdays, starting October 30th, each homeroom/PRIDE will be spending time learning more about social wellness and how to strengthen these skills.



On Tuesday, November 20th, students will be participating in a 'Throw Back Challenge'. On this day we will be attempting to go tech free. Students will place their cell phones in a box (which will stay at the teachers' desk) at the beginning of each period. Kids will be able to collect their phones after each period. We will also be encouraging students/teachers to avoid using their iPad/computer unless it is necessary for educational purposes (as deemed by each teacher).

To go along with our Throw Back challenge, we highly encourage students to dress up in their '80s or '90s best! So fluff those bangs, tight roll those jeans, and let the good times rolls 😊

We encourage you to continue the conversation at home. On the reverse side you will find a helpful handout about setting a good social media example. We will also be posting some great educational links on our webpage under the Wellness Policy tab.

Thanks as always for working as a team with us in building a bright future for your student.

Lead By Example

 *Setting a good social media example* 



DON'T ENGAGE IN ONLINE GOSSIP!

You're children who are active on social media will see your posts. If you post gossip and rumors, they are likely to think that is proper online behavior and partake themselves.



BE AWARE OF THE PHOTOS YOU SHARE!

Only posting and sharing appropriate pictures goes a long way towards showing your child what kind of photos are okay to post. Teach them about the impact pictures can have on themselves and others.



BE POSITIVE AND UPLIFTING!

Only post positive and uplifting messages on your social media profiles. Negative messages, comments, or pictures will not only get your child down but also may lead to them using it the same.



AVOID VENTING OR POSTING TOO PERSONAL!

Avoid venting your frustrations online, instead find other ways to do your venting. Also avoid posting information that would be considered too personal, or things that don't really need to be public. This can help your child see social media isn't the place for these things.