



Michael K. Ginalski
Superintendent of Schools

November 20, 2017

Dear Parent(s) or Guardian(s):

As we all are aware, this is a very difficult era for children to grow up in and the stress level in kids is higher than ever. As a result, the School District is attempting to take a proactive effort in working with the greater C-PP community to begin to address these issues.

We have formed the **Student Mental Health Action Team** in an effort to continue the discussion around supporting our students' mental health needs. This team, made up of District staff, parents, community and service agency staff, will work to bring the issues to the forefront and create a master plan for how we will work with parents and the community going forward in order to support children who are growing up in a very rough world. As a District, we will be looking at everything we are doing and identify areas of need to support our students' mental health. This includes looking at ways we can provide education and support to all of you, knowing that collectively we all play a role.

With this in mind, we have scheduled three programs for parents and students in the coming months. Mike Veny will present *Transforming the Stigma of Mental Health* on Monday, November 27th at the C-PP High School Theater at 6:30 p.m. This event is geared towards parents and students. Mr. Veny will talk about the importance of discussing mental health and will offer simple and practical steps that at-risk youth can take to transform self-destructive behavior.

In January, we will host a training event with an expert panel for parents and community members focusing on the stressors affecting our students, the short and long-term consequences of stress and anxiety, and high-risk behaviors for youth. Attendees will be provided with both resources and support to assist youth. The date and time for this event is to be determined.

In late February, Chris Herren, who was the focus of an ESPN 30 for 30 documentary, will be in C-PP. Herren is a former NBA draft pick who struggled mightily with substance abuse and destroyed his life as a result. Herren will be in C-PP on Tuesday, February 27th and we invite you to his 7:00 pm community session in our High School Theater to discuss his journey from addiction to sobriety. This powerful event is sponsored by the School District, C-PP High School and the Hawks Sports Boosters.

There will be more to share going forward. I feel strongly that it is time to begin discussing the issues our children are dealing with in an effort to support all kids. The African proverb, "It takes a village to raise a child" has never been more true or necessary than it is today. We look forward to partnering with all of you. This is the most important thing we will ever do.

Sincerely,

A handwritten signature in black ink, appearing to read 'MKG', followed by a stylized flourish.

Michael K. Ginalski
Superintendent of Schools

MKG/krd

