

Dear Parent/Guardian,

Southwest Junior High believes that to do well in school, students need to be comfortable with who they are and feel physically and emotionally safe. In this effort to create a safe and caring culture, we are bringing in Youth Frontiers to facilitate a Courage Retreat.

Since 1987 Youth Frontiers, a nonpartisan, nonprofit organization based in Minneapolis, has been delivering programs to build positive school communities that help young people realize the importance of respecting themselves and others. Their vision is to change the way young people treat each other in every hallway, lunch line and classroom of every school in America so that today's young people make tomorrow's world better. Last year, Youth Frontiers worked with nearly 100,000 students and educators throughout the country.

On the Courage Retreat, the Youth Frontiers retreat staff will focus on creating a more positive school community by engaging students in a variety of activities that build students' empathy skills and teach safe ways to prevent bullying.

This high-energy, interactive retreat is scheduled for Wednesday, February 8th for the 7th grade class and will be held in the East and West Gyms at Southwest Junior High. We encourage parents and caregivers to inquire about the retreat experience once the student returns home by asking the following questions:

1. What activities did you find fun?
2. What were some of the fears that you discussed with your classmates during the small-group discussions?
3. What do you think is the most common fear in your class or school?
4. What is one thing you can do tomorrow at school to show more courage?

Visit www.youthfrontiers.org/courageparentvideo/ for more information on Youth Frontiers or to access great parent resources and watch a video about the Courage Retreat.

Sincerely,

Marc Peterson
Southwest Junior High Principal

Cindy Walker
Southwest Junior High Guidance Counselor