

September 5, 2024

Dear SJS Parents,

This year, SJS will be partnering again with Ohio Guidestone to provide whole group wellness sessions for grades K-8. For our lower hall students, these sessions will focus on emotional development, building friendships, and how we think, feel, and react in various social and school situations. In our upper grades they will continue to focus on how we think, feel, and react when presented with situations both inside and outside of school, with a focus on how we can deal with stress and anxiety as responsibilities grow and change as we get older and mature. Miss Sarah Rozman, a licensed therapist, will lead our students with the support of their SJS homeroom teacher. We are excited to have this partnership continue this school year and to give our students an opportunity to participate in universal prevention programs to grow to be happy, healthy people now and in the future. This program is offered to us for free courtesy of the Mental Health Board in Lorain County. Our sessions will begin the week of September 11th and will take place for different grades levels over the course of both school semesters. All students in each grade will participate in the groups unless we receive a written request from a parent/guardian to have them placed in a different classroom during whole group wellness sessions. This can be via a written note or email to the homeroom teacher.

Sincerely,

Mrs. Amy Makruski
Principal

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