

Family Communication

April

Stress Awareness Month



Dear Eagles (Insert School Name or Mascot Here) Family,

This month is Stress Awareness Month. Stress is a normal part of human existence that can help us function at peak performance. But it can be damaging to your brain and body if it becomes chronic. Chronic stress can hamper the development of your frontal lobe and decrease your ability to cope in the future.

At _____(insert name of school), your children's healthy development is a top priority. That is why this month we will learn new strategies for coping with stress together. Our students will have the opportunity to learn more _____ (insert text from checked boxes below).

- From our counselor, teacher, or nurse
- During a homeroom or advisory class activity
- At the information table in the library, lunchroom, or (other public area)
- In this week's health classes
- In the www.KnowYourNeuro.org website
- Other _____

Learn how to utilize the stress response to achieve peak performance and increase coping skills. Get more information and at www.KnowYourNeuro.org.

For questions or more information, please contact me.

School Official's Signature and Contact Information