

THE PEACEFUL SCHOOLS PROGRAM

*for thoughtful problem solving
healthier relationships*

Dear Parents,

Your child has recently completed the last session of the Peaceful Schools Program, a program committed to creating safer, more respectful, bully-free environments for children and youth. This program was presented in your child's classroom by students from Mountain Vista High School Interact Club, a community service organization sponsored by the Highlands Ranch Rotary Club. The program uses an adaptation of Rotary's 4-way test along with educator-endorsed lesson plans to teach the concepts of expressing feelings, building community, resolving conflicts, and celebrating diversity.

Each lesson highlights the Four Awesome Questions, a simplified version of Rotary's 4-Way test, listed below:

Before you think, say, or do something, ask yourself:

- **Is it true?**
- **Is it fair?**
- **Will it build friendships?**
- **Is it good for everyone?**

During the lesson, high school students use the Four Awesome Questions (FAQ'S) to explore various emotions and to facilitate understanding of the lesson theme. The high school students work in both large and small groups reading books, facilitating group discussions and conducting activities tied to each theme.

During this program your child learned the acronym **BE STRONG** which refers to specific strategies students can use if they are in a situation where they feel they are being bullied.

B - Be a buddy, have a buddy

E - End it, walk away

S - Stand tall, be brave

T - Tell an adult, help is nearby

R - Remember your sense of humor

O - Own your actions, feel good about yourself

N - No need to engage

G - Get busy doing something else

We so much enjoyed the time we shared with your child. We hope you will continue the conversation about these important topics at home.

Your Peaceful School/Interact Representatives