



## THE SCHOOL DISTRICT OF LEE COUNTY

2855 Colonial Boulevard, Fort Myers, FL 33966

Dear Families,

During the 2019-2020 school year, the State Board of Education passed rules related to required instruction in health education topics impacting middle and high school students. Each year, the school district designates ten dates as *Wellness Wednesday*, in order to engage students in this learning. The time set aside on each *Wellness Wednesday* will provide students with tools to foster resiliency and support our families in the development of the whole child.

The school district has developed video instruction of these topics that is developmentally appropriate, comprehensive and focused on equipping students with strategies, resources and awareness related to the topics prescribed in the State Board of Education Rules. This curriculum includes the following topics, as defined in State Board of Education Rule:

- (a) *Strategies to develop and foster resiliency;*
- (b) *Prevention of mental health challenges;*
- (c) *Recognition of signs and symptoms of mental health concerns;*
- (d) *Mental health awareness and assistance;*
- (e) *How to reduce the stigma around mental health concerns;*
- (f) *Awareness of resources, including local school and community resources;*
- (g) *The process for accessing assistance;*
- (h) *Strategies to support a peer, friend, or family member through adversity;*
- (i) *Prevention of suicide; and*
- (j) *Prevention of the abuse of and addiction to alcohol, nicotine, and drugs.*

Health instruction is key in supporting our families and the whole child. The school district is committed to see our students through their successes and their challenges with an intentional focus on student health and well-being. Parents and guardians are encouraged to watch each month's video lesson and engage with their student(s) in conversation about this learning. If you would like to review the topical coverage of the *Wellness Wednesday* curriculum, please visit the district's [Mental Health and Wellness Portal](#).

Thank you,  
The School District of Lee County