



*Think...*  
*Have Empathy*  
*Respect Differences*  
*Identify Feelings*  
*Value Yourself*  
*Emanate Kindness*

Dear Parents & Guardians,

This is our fourth newsletter of the year to keep you up to date on the progress of the *THRIVE* program. As we've described, *THRIVE* combines the teaching of anti-bullying skills and social-emotional skills to help ensure that all of our children will thrive both socially and academically!

The fourth lesson was recently delivered to every K-5 student in the Summit Public Schools and covered the topic of *Regulating Emotions*.

Each month we are providing you with lesson objectives and a link to the curriculum in order to allow you to reinforce the lessons at home, making *THRIVE* a truly collaborative effort. Each month we are providing you with lesson objectives and a link to the curriculum in order to allow you to reinforce the lessons at home, making *THRIVE* a truly collaborative effort. To keep track of what your child discussed today, you can access all lessons on the *THRIVE* website.

FAQs:

1. *Where do I find the lessons?* Click here: [THRIVE website](#)
2. *Why can't I view some of the videos?* Some videos may contain pictures of Summit students. This is a privacy issue since our website is live on the internet.
3. *What if my child was absent on the day of the lesson?* You can access the lesson and materials on the website and review it with your child.
4. *What if I have questions about a lesson?* You can contact your child's teacher or school counselor.

~The Summit K-5 Thrive team