



Dear Parent/Caregiver,

Our school believes that to do well in school, students need to be comfortable with who they are and feel physically and emotionally safe. In this effort to create a safe and caring culture, we are bringing in Youth Frontiers to facilitate a Courage Retreat.

Since 1987 Youth Frontiers, a nonpartisan, nonprofit organization based in Minneapolis, has been delivering programs to build positive school communities that help young people realize the importance of respecting themselves and others. Their vision is to change the way young people treat each other in every hallway, lunch line and classroom of every school in America so that today's young people make tomorrow's world better. Last year, Youth Frontiers worked with more than 110,000 students and educators throughout the country.

On the Courage Retreat, the Youth Frontiers retreat staff will focus on creating a more positive school community by engaging students in a variety of activities that build students' empathy skills and teach safe ways to help prevent bullying.

This high-energy, interactive retreat is scheduled for January 20th. The 7th grade class will split up into two groups. One group will be heading to The Grove Community Center and the other group will be traveling to Church of St. Patrick.

To continue the positive effects of the experience, we believe it's important for the entire community to be involved in supporting and communicating the messages delivered on the retreat. Because of this, we encourage parents and caregivers to inquire about the retreat experience once the student returns home by asking the following questions:

1. What activities did you find fun?
2. What were the small group leaders like?
3. What were some of the fears that you discussed with your classmates during the small-group discussions?
4. What's a fear you really struggle with?
5. What do you think is the most common fear in your class or school?
6. What is one thing you can do tomorrow at school to show more courage?

Visit youthfrontiers.org/courage-retreat for more information on Youth Frontiers, access great parent resources and watch a video about the Courage Retreat.

Please take a minute to fill out the permission slip below and return it with your student before **Thursday, January 12th**.



Courage Retreat Permission Slip

Student's First Name _____ Last Name _____

Student's Advisor _____

- My student will bring a bag lunch.
- My student would like to order a bag lunch from the school.

I grant permission for the above named student to attend the Youth Frontiers Courage Retreat on Jan. 20th. I agree that the school will not be held responsible for any accidents which might occur.

Parent or Guardian Signature _____ Date _____

- I would like to volunteer to chaperone this field trip. Please contact me at:
 - Email _____ **OR** Name _____
 - Phone _____