

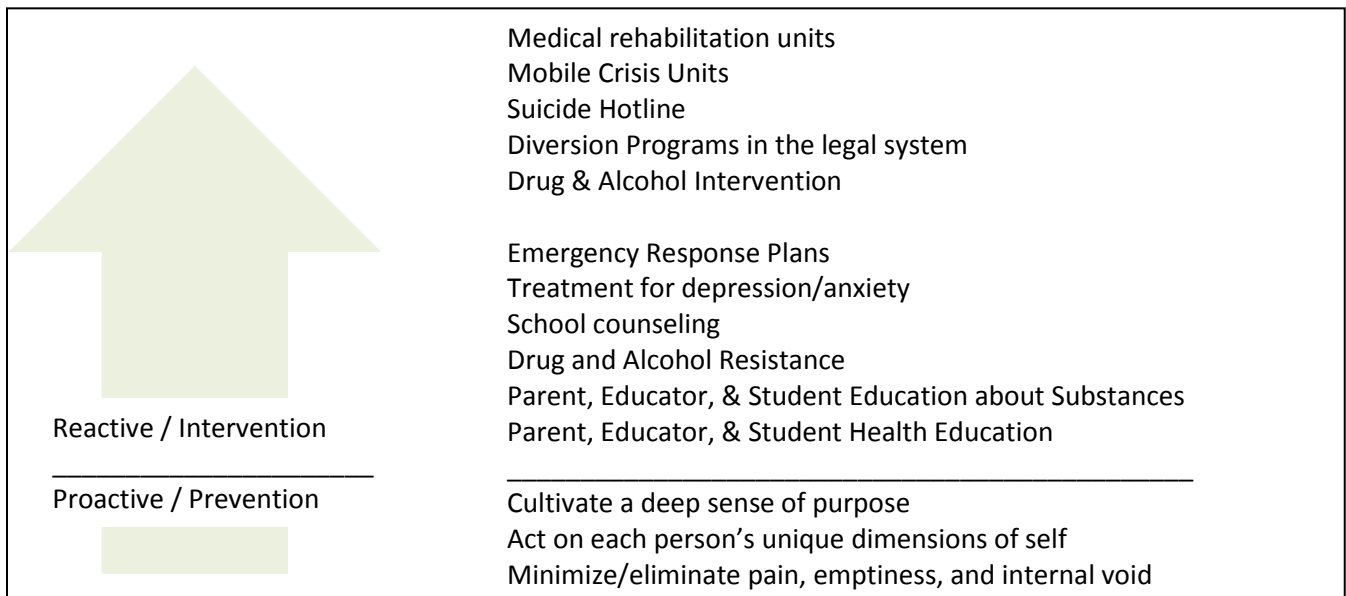
September 9, 2016

Dear Parents and Educators,

Wellness has become a more central component of our schools and community over the last couple of years. Conversations that, in the past, might have been more focused on the cafeteria menu have expanded and evolved. Today, the topic of wellness encompasses a wide range of issues that can impact a person.

Pentucket Regional School District uses a comprehensive approach to wellness with features that are proactive and responsive. Our view is that it is better to prevent than to heal. With this in mind, each classroom continues to build its capacity to engage each student with learning experiences that enable him/her to think deeply, take action, and discover and apply his/her unique dimensions of self.

Our **proactive** approach is based on the work of Viktor Frankl whose view was that people seek meaning and purpose in life. Those who fall short can develop psychological complications and addictive behaviors. People who engage in meaningful activity can be more resilient and optimistic during stressful times. We are also **responsive** to students' needs and offer a variety of supports and interventions at our schools. Interventions can be coordinated between our schools and service providers in the community.



The Pentucket Wellness team planned several events for the 2016 – 2017 school year as a way of supporting greater understanding among parents, educators, and the community about issues related to wellness. Our next two events are:

Most Likely to Succeed!

Monday, September 26, 2016 6:00 pm – 7:30 pm Pentucket Middle School Auditorium

Roots of Addiction: Causes & Correlations – Dr. Edward Khantzian

Monday, October 24, 2016 6:30 pm – 7:30 pm Pentucket Middle School Auditorium

I hope you will attend and learn more about the ways we can work together to support the wellness of our students.

Sincerely yours,

Jeff Mulqueen, Superintendent of Schools