

Sheridan School District 48J

435 South Bridge Street
Sheridan, Oregon 97378

Steve Sugg, Superintendent



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Dear Parent,

The Sheridan School District believes in supporting the whole child as part of the learning process. An important part of support involves mental and physical health. As such, in-house mental health counselors in partnership with Yamhill County Family and Youth, and school based academic and socio-emotional counselors provided by the district. To support physical health, we offer dental, vision, and nursing services throughout the year.

An important component in physical and emotional well-being is ACEs (Adverse Childhood Experiences). In short, ACEs are difficult events in childhood that can cause later challenges for mental and physical health later in life (please refer to the ACEs survey on the reverse of this letter). Adults with higher ACE scores have higher rates of poor health and increased risk of alcohol and drug abuse compared with adults with lower ACE scores.

As a school district, we care about ACEs because we believe we can prevent ACEs in students and build resiliency in students to help them overcome ACEs by working closely with families. Please consider completing the attached form and returning it in the sealed envelope provided. The form will only be used by our mental and physical health team members. The form will NOT be a part of your child's academic records. By helping us understand your child's ACE score, we can offer additional services to your family and your child to help him/her grow to be a healthy, happy adult. While we cannot change the past, together, we can positively impact the future.

For further information on ACEs, please visit <http://www.acestoohigh.com> I am happy to answer any questions you may have regarding ACEs or the services offered through our schools. Please feel free to contact me via email at steven.sugg@sheridan.k12.or.us or 971-261-6959.

Sincerely,

Steven Sugg, D.Ed.
Superintendent
Sheridan School District