

Fieldale-Collinsville Middle School

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Dear HCPS Families,

This letter is to inform you of a survey that will be conducted at the beginning and end of your child's Health and PE course related to LifeSkills Training. The LifeSkills Training program provides an organized way for students to learn important life skills including methods for increasing self-esteem, making decisions/problem-solving, communicating effectively, avoiding misunderstandings, managing anxiety, making new friends, standing up for one's rights, saying "no" to unfair requests, resisting advertising pressures, and resisting the pressure to use drugs, alcohol, and tobacco. This curriculum aligns with the Health Standards of Learning approved by the Virginia Department of Education.

The survey will be used to determine how effective the program is in preparing students to deal with various challenges they may face in life and with resisting the pressure to use drugs, alcohol, or tobacco. Data collected from past participants appears to indicate that students who receive this training are better prepared to deal with various challenges they may face in life and they are less likely to smoke, drink, or use drugs. The survey can be accessed [here](#) or through the link provided below for your review. **Please know that your child can be excluded from participating in the survey if you wish. If that is your preference, please contact your child's school before September 15, 2021 to opt-out of the survey. The survey will be given on or around September 21, 2021.**

Should you have any questions, please feel free to contact your child's Health and PE teacher. The teachers' email addresses and the school's phone number are listed below.

FCMS		LPMS	
Ms. Mitchell	smitchel@henry.k12.va.us	Mrs. Bowers	mbowers@henry.k12.va.us
Ms. Stone	wstone@henry.k12.va.us	Mr. Mills	pmills@henry.k12.va.us
Mr. Walmsley	jwalmsle@henry.k12.va.us		
FCMS	276 - 647 - 3841	LPMS	276 - 632 - 7216

URL to access survey:

https://drive.google.com/file/d/1uWzml_AYWOxHXUjYGkFJKx0HsucTbv4/view?usp=sharing