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Dear Parent/Guardian,

Hillsborough County Public Schools recognizes that educating children involves promoting their mental wellness as well as their academic achievement. To encourage positive mental health, all grade levels will be participating in *ACT Now!* class sessions with Student Services personnel (school counselors, school psychologists, and school social workers). The focus of these sessions is to define mental health, recognize concerning behaviors, learn healthy coping skills, identify trusted adults, and receive information regarding local and national resources. "ACT" in *ACT Now!* stands for:

- A** = Acknowledge signs that the student or a peer may need mental health support
- C** = Demonstrate Care in interactions
- T** = Tell a trusted adult (school personnel, parents, and others)

Presentation Topics by Grade Level

**Students in grades K-3:** school safety and trusted adults

**Students in grades 4-5:** mental health, school safety, and trusted adults

*If you would like your child to participate in ACT Now! no further action is needed.*

If you have questions regarding *ACT Now!* sessions, please reach out to one of the following individuals at your child's school: Christy Oliver, School Counselor or Michelle Vick, Assistant Principal.

**Resources:**



***ACT Now!* OPT-OUT FORM**

If you *do not* want your child to participate in an *ACT Now!* Session, please complete the following electronic form by Monday, September 2, 2024.

<https://forms.office.com/r/QQDr9Ga5Q0>

or

ACT Now presentation at Valrico Elementary School



Valrico Elementary School • 609 S. Miller Rd • Valrico, FL 33594 • (813) 744-6777  
Connect with Us • HillsboroughSchools.org • P.O. Box 3408 • Tampa, FL 33601-3408 • (813) 272-4000  
Raymond O. Shelton School Administrative Center • 901 East Kennedy Blvd. • Tampa, FL 33602-3507

