

# JUMP-START!

## LETTER TO PARENTS/GUARDIANS WEEK 3: REACH OUT

Dear Parents/Guardians:

As part of JUMP-START! this week, our school is focusing on *reaching out* to others. Reaching out to others helps us become aware of the needs of others and help others with these needs. It is easy to become so involved in our own worries and day-to-day activities that we don't notice things around us. Encourage your child to step back, look around, and reach out to others.

Fun Family Tips:

- At dinner, have each member of your family talk about one way he/she can reach out and help a family member. Have a celebration at the end of the week if everyone has done a great job of reaching out to others!
- Invite a neighbor or relative to join your family for dinner.
- Visit a nursing home. Spend some time just talking with the people who live there.

Have a great week!

