

# Morrow Elementary Patriot Press

October/November 2022



*Morrow Patriots Accelerating to  
Excellence  
Empowering Positive Relationships, Grace,  
and Respect.*

## PRINCIPAL'S CORNER

I am proud to say that our school year is off to an exceptional start! Since our students returned in August, they have actively engaged in a variety of academic and Social Emotional Learning (SEL) experiences. We are excited about the growth we are already seeing from our Patriot students! Safety continues to be our priority here at Morrow. We would like to thank you for your adherence to our safety protocols, including our arrival and dismissal procedures. Please be aware that every student is required to wear an ID badge the entire day at school. All safety drills and school related updates will be communicated via Parent Link. Please stay connected to what is happening at Morrow by regularly checking our website at [www.browardschools.com/morrow](http://www.browardschools.com/morrow) and by following us on Twitter at @MorrowElem. In addition, please check your child's backpack daily for flyers and announcements. Parents, please remind your children and grandchildren regarding safety procedures and the importance of **NOT** making threats to schools, students, and employees. All threats will be taken seriously and investigated by the school district and law enforcement agencies. **All** visitors to our campus will be required to present a picture identification for entrance.

All compulsory age students are required to attend school every day of the 180-day school year (based on Florida State Statute). A student has a "pattern of non-attendance" if he or she is absent from school a total of 30 hours (5 days) in any one marking period or 60 hours (10 days) within 90 days. Unexcused absences, excused absences, tardies, or early sign-outs add up to non-attendance. Please ensure that your child is in school every school day before 7:45 a.m. for students in grades Kindergarten through Grade 5 and 8:00 for students in Pre-Kindergarten Classes. Please plan family activities and doctor's appointments after 2:15 p.m. to allow students the opportunity to participate in all learning activities. If there is an emergency and you need to pick up your child prior to 1:30 p.m., please allow enough time, you will need to wait for a staff member to escort your child to the office. Your patience and cooperation with this procedure is appreciated. Early dismissal will not be allowed after 1:30 p.m.

Now that the 2022/23 school year is underway, the District will host Parent Universities. Topics include educational changes at the state level – such as the new academic standards, instructional materials and the student assessment program that replaces the FSA – as well as information on innovative program opportunities, 21st-century skills that help with academics, applying for free or reduced-price meals, how to track your student's school bus and much more. Parent University for elementary grades can be accessed through the link: [Monday, October 10, at 6:30-8 p.m. for elementary grades \(K - 5\)](#). Participants will have the opportunity to ask questions at various points throughout the presentation and closed captioning will be available in Spanish, Portuguese, Haitian-Creole, Arabic, Chinese and Vietnamese. Find more information about Parent University – What's New in Schools by visiting [browardschools.com/parentuniversity](http://browardschools.com/parentuniversity).

Parents, we would like to hear from you. The 2022-2023 Title I Parent and Family Engagement Survey (PFE) will be going home soon. This survey is designed to help our school find out how well we are collaborating with our parents. Please take a few minutes to let us know how we are doing here at Morrow Elementary. Thank you for your continued support. You may also contact the school at 754-322-7150.

Dr. Crowle, Principal

## ASSISTANT PRINCIPAL'S CORNER –

I am happy to share that our 2022-2023 School Year is off to a great start! Our Morrow scholars are back into their school routines and have adjusted well to their new grade levels and teachers. It is the absolute best part of my day when our scholars enter our building on time, smiling, and ready to start their day.

As part of our continued efforts to provide the best education for your child, we need your help in getting your child to school on time every day and only keep them home when they are having symptoms of being ill. We are working diligently to teach our students good habits of coming to school every day and arriving and leaving on time. As always, please let us know if there is anything we can do to assist.

On another note, Morrow Patriots and our Morrow Families need to continue to work together in teaching our youth excellent work and study habits, respecting their teachers and classmates, and to behaving appropriately in all settings. We strongly encourage our families to have regular communication with Morrow teachers and to participate in monthly SAC/SAF meetings and school events. We keep our Morrow website updated regularly and check out our new school marquee for weekly updates.

I look forward to our Morrow Patriots continuing to *Learn and Accelerate towards Excellence!*

Your Proud Assistant Principal,  
Mrs. Jamie Ferguson

- School begins promptly at 7:45 a.m. for students in Grades Kindergarten through Grade 5. Students in Grades K – 5 who arrive to school after 7:45 a.m. must be escorted to the front office and signed in by a parent. The parent will need to have identification and wait for a staff member to escort the child to class. Just a reminder that students in Grades K to 5 may arrive at 7:15 a.m. for breakfast. There is no charge for breakfast and all students are eligible for breakfast. Students in Grades K – 5 who eat breakfast at home should not arrive to school until 7:30 a.m.

## IMPORTANT DATES

October 11, 2022	SAC/Math Night	5:30 p.m.
October 14, 2022	Zone Meeting	9:00 a.m.
October 18, 2022	Picture Day	
October 20, 2022	Early Release	Noon
October 21, 2022	No School	Planning
October 27, 2022	Read for the Record	
October 31, 2022	Fall Book Character Parade	
November 8, 2022	No School	Planning
November 10, 2022	Report Cards via Virtual Coun.	
November 11, 2022	No School	Holiday
November 7–11	Anti Bullying Week	
November 14–18	Family and Community Engagement Week	
November 15, 2022	SAC/SAF Meeting	5:30 p.m.
November 15, 2022	Multicultural Event	6:00 p.m.
November 20-25	Thanksgiving Holiday	
December 6, 2022	SAC Meeting	2:30 p.m.
December 22, 2022	Holiday Show	6:00 p.m.
December 26, 2022 to January 6, 2023	Winter Break	

- Pre-K students should not be on campus until 7:45 a.m. If you arrive early, please move all the way to the north to allow other vehicles to enter the campus. Staff will be at the north gate beginning at 7:45 to escort Pre-K students to class. Pre-Students will have breakfast with their teachers between 7:55 a.m. and 8:20 a.m. Students in Pre-K classes who arrive to school after 8:00 a.m. must be escorted to the front office and signed in by a parent. The parent will need to have identification and wait for a staff member to escort the child to class.

## NOTES FROM SCHOOL COUNSELOR

Hello Parents, Students, and Staff:

Congratulations to our September and October Student of the Month for Cooperation and Responsibility. Each student that was nominated received their certificate, \$5 Morrow Bucks, and prizes. For November, we will be recognizing the character trait of Citizenship. Students are nominated by their classroom teacher based on each month's observed character trait.

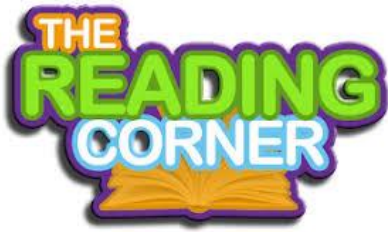
Thank you all for your participation in Peace week, students were able to create peace messages on tags and with chalk outside to spread the positive vibes. Red Ribbon Week is coming up in October and Anti-Bullying week is in November, please look out for the activity flyer that will be sent home. It will be exciting to see the students rock their crazy socks and school spirit during those weeks.

Our online store for Morrow school spirit shirts is open for orders online. The link to place your orders: <https://stores.inksoft.com/mor381/shop/home>. Your orders will be delivered to Morrow Elementary school the beginning of November. Our Morrow School Store has opened twice this year already, students are extremely excited about shopping. Students earn "Morrow" bucks for good behavior, attendance, academic performance, participating in school activities and events, and it is used as a reward system to motivate our students to be successful. They can save their money or spend it during specified date and time where their class comes to the store and shop for items. It is a perfect opportunity to teach them about savings, spending, and money management for goals and the financial aspects of rewarding them for their hard work in school and life in general. There are pictures of the Morrow store to the right.

RTI (Response to Intervention)- is a Multi-Tiered System of support (MTSS) that encompasses 3 levels of interventions for our students. Tier 1 consists of interventions in the classroom that all students receive. If tier 1 is not successful and the student needs extra support in a small group setting or interventions in place that better support the child's academics and/or behavioral concerns, tier 2 is implemented. Then, if tier 2 is not effective after 4-6 weeks and monitoring period, we implement tier 3. The main difference between tier 2 and tier 3 is the intensity of the intervention. If you would like more information about RTI, please contact Mrs. Nguyen  
754-322-7150.

Small group counseling with Mrs. Nguyen, our school counselor is beginning October for selected students. If you are interested in signing up your child for small group counseling, please contact Mrs. Nguyen for more information. Social Emotional Learning (SEL) is a big part in helping our students destress and create a positive school environment here at Morrow Elementary school. Our classes begin the day with a 10-minute mindfulness embedded into the daily schedule. It is important to remind your children to breathe and think positively. Negative thoughts can often lead to negative thinking, and in turn decreases the confidence we need our students to have to be successful in school and in the real world. Daily small talks with your child will help in their confidence and performance in school. **Be active, Be involved, and Be present** in your child's education is key to a happy and successful student.





All parents want their child to do well in school. One way to help your child is to help them build their **vocabulary**. Beginning readers use knowledge about words to help them make sense of what they are reading. The more words a reader knows, the more they can comprehend what they are reading or listening to.

Talking to and reading with your child are two terrific ways to help them hear and read unfamiliar words. Conversations and questions about interesting words ("The book says, 'The boy **tumbled** down the hill,' and look at the picture! How do you think he went down the hill?") are easy, non-threatening ways to get unfamiliar words into everyday talk.

Sharing an unfamiliar word with your child does not have to take a long time: take a few minutes to talk about the word and then focus back on the book or conversation. Choose which words to talk about carefully — choosing every unfamiliar word might make reading seem like a chore. The best words to explore with your child are ones that are common among adult speakers but are less common to see in the books your child might read.

When introducing unfamiliar words to your young learner, keep the following four helpful hints in mind:

1. Provide a simple, kid-friendly definition for the unfamiliar word
2. Provide a simple, kid friendly example that makes sense within their daily life.
3. Encourage your child to develop their own example.
4. Lastly, keep your unfamiliar words active within your house.

Educationally Yours,  
Mrs. Eldridge-Mason

# TSS

## Photography

TO: PARENTS / GUARDIANS

FR: TSS PHOTOGRAPHY

RE: FALL PHOTOS

TSS Photography will be taking your child's photos for the 2022-2023 school year.

Listed below is the date we will be taking pictures.

## TUESDAY, OCTOBER

## 18<sup>TH</sup>



TSS Photography offers a wide variety of products, including: 8x10s, 5x7s, wallets, mugs, bag tags, key chains, digital image downloads and much more.

Pictures will be taken on a proof system. Every child will be photographed. An order form will be sent home within a couple of days after picture day.

# GRADE LEVEL HAPPENINGS

## KINDERGARTEN

Our Kindergarten team welcomes you to the 2022-2023 school year! The first 20 days of school, students learned about the Foundations and Routines for beginning the school year. The goal was to review foundational skills (e.g., Smooth transitions, getting ready for whole group, listening habits, conversation habits, rules, expectations, etc.), prepare students for the routines of an effective literacy classroom, build a community of learners, and foster independent thinking and reading. We are on the second week of unit 1: Plants and Animals have needs. The essential question for this unit is: Why do living things have different needs?

In Math, we are using a new program named Envision Florida B.E.S.T. Mathematics. In Topic 1, students worked with numbers 0-5 (Recognizing, counting, order quantity to 5, count to 5 on a number line, ordinal numbers, etc.). Now we are working on Topic 2 and students are learning how to compare numbers 0-5 (e.g., equal groups, greater than, less than, and comparing groups to 5 by counting and matching). In social studies we learned about how weather affects people and the environment. Now, we are learning about how plants are alike and how animals are alike. In science, we are working on how living things are alike and how they are different.

### Reminders:

- Student's instructional day begins at 7:45 a.m. If they arrive after 7:45 a.m. they will be marked late.
- Breakfast begins at 7:15 a.m. Please have them arrive early to have enough time to eat in the cafeteria. When late, they bring their breakfast to the classroom, and it distracts them and takes away time for learning.
- All students are to wear uniforms daily, unless, you have signed a waiver in the front office.
- Do not hesitate to contact us if there is any questions or concerns

Kindergarten Team

## SECOND GRADE

Dear Parents,

The second graders have been busy learning high frequency words, new vocabulary words and many new skills to improve their reading and comprehension skills. They are learning how to ask and answer questions as **who, what, when, where, why** and **how** to demonstrate understanding of key details in a text. These skills will help improve their comprehension skills, therefore promoting a higher level of thinking. The students are having fun working on developing fluency by adding and subtracting with 20. They are learning how to identify even and odd numbers. The students are applying the skills learned when they are solving math word problems.

The students have learned many standards in science. They have learned about living and nonliving things, the nature of science, and life cycles. Please check your child's backpack for daily homework and communications from the school. If there is a change in transportation for your child, please inform your child's teacher or notify the office. We look forward to working as a team to accomplish your child's academic needs.

The Second Grade Team



# GRADE LEVEL HAPPENINGS



Hello Morrow Families,

It is a pleasure to have your scholars in our classroom early every day ready to learn. Our first graders have been hard at work these past few months. In Reading we are learning how to retell an informational text, in Math we are learning strategies to add and subtract, during science we are learning about living and nonliving things, and in Social Studies we are learning about showing respect and kindness towards others and animals as well as celebrating Hispanic Heritage Month. To review the skills that are being learned at school, we created a homework folder. Please review the reading and math homework with your scholar. They will have a spelling test on Fridays. Please continue to also read with them for at least 20 minutes and ask comprehension questions at the end to check for understanding of the book. If you need books, please let us know. We will be more than happy to provide you with books, or you may also sign up to receive one monthly FREE book at [newworldsreading.com](http://newworldsreading.com). As a reminder, please check your scholar's agenda and blue folder for important messages and for the spelling words. We will be contacting you soon to schedule conferences. As a team, we would like to thank you for your help and hard work.

As always, we are here to help you and your scholar. If there is anything that you need, please let us know.

List 1	List 2	List 3	List 4	List 5
1. the	1. at	1. there	1. some	1. my
2. of	2. be	2. use	2. her	2. than
3. and	3. this	3. an	3. would	3. first
4. a	4. have	4. each	4. make	4. water
5. to	5. from	5. which	5. like	5. been
6. in	6. or	6. she	6. him	6. called
7. is	7. one	7. do	7. into	7. who
8. you	8. had	8. how	8. time	8. am
9. that	9. by	9. their	9. has	9. its
10. it	10. words	10. if	10. look	10. now
11. he	11. but	11. will	11. two	11. find
12. was	12. not	12. up	12. more	12. long
13. for	13. what	13. other	13. write	13. down
14. on	14. all	14. about	14. go	14. day
15. are	15. were	15. out	15. see	15. did
16. as	16. we	16. many	16. number	16. get
17. with	17. when	17. then	17. no	17. come
18. his	18. your	18. them	18. way	18. made
19. can	19. can	19. these	19. could	19. may
20. I	20. said	20. so	20. people	20. part

Fry List 1st 100  
© Jennifer Bates 2011



## FIFTH GRADE

Greetings Parents, from the Fabulous Fifth Grade Team of Mr. Taylor, Mrs. Ruggs, and Ms. Valentin.

We are off to an exciting start in the 2022-2023 school year. Our fifth-grade scholars recently completed the first FAST MATH and ELA Progress Monitoring assessment. As we eagerly analyze the results of your child's assessments, kindly remind him/her to complete all nightly homework activities in all assigned content areas. We feel this practice reinforces strategies taught in school and enhances their learning. After analyzing the student's results, a conference will be scheduled to discuss your child's educational progress and needs.

In reading, we are currently working on text features and how they contribute to overall meaning of a text, author's perspective, or purpose, using context clues, as well as writing expository essays. In math we are currently adding and subtracting decimals and we will be moving into multiplying multi-digit whole numbers very soon. During science we are finishing adaptations of animals and plants and will be transitioning to identifying human organs and their function.

As always, your child's teacher can be reached by calling the school, through Class Dojo, or by writing a note in your child's planner. Thank you for allowing us to be part of your child's educational journey and we look forward to an amazing school year.

The Fabulous Fifth Grade Team,

Mr. Taylor, Mrs. Ruggs and Ms. Valentin

## THIRD GRADE

Dear Morrow Parents,

Our third graders are excited to learn this school year! They are constantly learning new vocabulary words, spelling words, and comprehension skills to build on what they have learned previously. They have been learning how to determine the central idea of a text and how to find relevant details that support the central idea. This will help our students to analyze texts and deepen their understanding of what they read. They are also excited to learn about poems, folktales, myths, characters, and character's actions.

In math, our students are currently working on "Building on Known Multiplication Facts." They are learning how to use known facts and properties of multiplication to learn the multiplication facts with factors of 3,4,6,7,8,11 and 12. Our students will be able to apply these skills to solve multiplication problems.

Our students are really enjoying learning about science. So far, they have learned about animal classifications, animal adaptations, and how their distinctive features help them survive in their environments. They are now learning about plant classifications as well. They look forward to learning more about plants.

It is a pleasure to work with our students each day and teach them new things. With learning new things, our students also need more time to practice daily. So, please make sure your child is completing

**Third Grade Newsletter**

<b>ELA Vocabulary</b> <ol style="list-style-type: none"><li>1. creek</li><li>2. gratefully</li><li>3. mark</li><li>4. moral</li><li>5. reflection</li><li>6. satisfaction</li><li>7. brawny</li><li>8. brow</li><li>9. measured</li><li>10. striking</li></ol>	<b>Math</b> <p>Build on Known Multiplication facts</p> <p>3's, 4's 6's 8's 11's 12's</p>	<b>Spelling Words</b> <ol style="list-style-type: none"><li>1. believe</li><li>2. cheese</li><li>3. compete</li><li>4. medium</li><li>5. monkey</li><li>6. only</li><li>7. piece</li><li>8. please</li><li>9. really</li><li>10. either</li><li>11. season</li><li>12. succeed</li></ol>
<b>ELA</b> <ul style="list-style-type: none"><li>• Fable</li><li>• Myth</li><li>• Folktale</li><li>• Plot</li><li>• Rising Action</li><li>• Climax</li><li>• Resolution</li><li>• Character</li><li>• Setting</li><li>• Simile</li><li>• Personification</li><li>• Rhyme</li><li>• Scheme</li></ul>	<b>Science</b> <p>Plant Structures and Functions</p>	<b>Important Dates:</b> <ul style="list-style-type: none"><li>• 9/26 - No School</li><li>• 10/05- No School</li><li>• 10/20- Early Release</li><li>• 10/21- No School</li></ul>
	<b>Social Studies</b> <p>Hispanic Heritage</p>	

## FOURTH GRADE

### THIS WEEK IN FOURTH GRADE

#### Reading

Essential Question: How do we respond to nature?

##### Learning Targets:

- Identifying author's perspective
- Explain how relevant details support a central idea
- Use similes and metaphors to create mental images



#### Science

The scientific method



#### Math

Multiplication  
& Division facts  
up to 12s.



#### Writing: Expository

- Identifying keywords for expository writing
- Planning for writing
- Creating the introduction paragraph



### THIS WEEK IN FOURTH GRADE

#### Look What We're Learning:

Students will be able to multiply multiples of 10 and 100 using mental math and place-value patterns.

$$3 \times 4 = 12$$

$$3 \times 40 = 120$$

$$3 \times 400 = 1,200$$

#### Important Reminders:

Debate club will be held every Friday from 2:30-3:30pm for those who have joined.

#### Upcoming Dates:

Field trip information is coming soon.

#### A Note From the Teacher:

Please be on the look out for upcoming conference calls.

## GRADE LEVEL HAPPENING



Morrow's Teacher of the Year---MS. BRAZLE--!

School Related Employee of the Year--Mr. Fobbs--!

The School Board of Broward County, Florida, prohibits any policy or procedure which results in discrimination on the basis of age, color, disability, gender identity, gender expression, genetic information, marital status, national origin, race, religion, sex or sexual orientation. The School Board also provides equal access to the Boy Scouts and other designated youth groups. Individuals who wish to file a discrimination and/or harassment complaint may call the Director, Equal Educational Opportunities/ADA Compliance Department & District's Equity Coordinator/Title IX Coordinator at 754-321-2150 or Teletype Machine (TTY) 754-321-2158. Individuals with disabilities requesting accommodations under the Americans with Disabilities Act Amendments Act of 2008, (ADAAA) may call Equal Educational Opportunities/ADA Compliance Department at 754-321-2150 or Teletype Machine (TTY) 754-321-2158. [browardschools.com](http://browardschools.com)



# Mental Health Support Services

## Local and National Resources

### Emergency Resources

- First Call for Help: 2-1-1
- National Suicide Prevention Lifeline: 9-8-8
- National Crisis Text Line: 74174
- Henderson Mobile Response Team  
- 954-463-0911
- Henderson Centralized Receiving Center  
Walk-in Services (18 and above)  
- 954-606-0911

### Eagle Haven Wellness Center

<https://www.eagleshaven.org/>  
5655 Coral Ridge Drive  
The Shoppes at Heron Lakes  
Coral Springs, FL 33076  
P: 954-618-0350  
Open Saturday and Sunday 10 a.m. – 4 p.m.  
Open Weekdays 10 a.m. – 6 p.m.

### Counseling/Support Resources

Florida Initiative for Suicide Prevention (FISP)  
954-384-0344 • [www.fisponline.org](http://www.fisponline.org)

### Local Outreach to Suicide Survivors

Rafis Nin, LCSW 954.746.2055 X134  
or [rafis@mhasefl.org](mailto:rafis@mhasefl.org)  
Support services designed to help survivors cope with the impact of a loved one's death by suicide.



Established 1915

**BROWARD**  
County Public Schools

## Broward County Public Schools Resources

### Services available during regular school hours



The Family Counseling Program is available to all students and their families residing in Broward County and enrolled in any school within the county. Services are FREE and confidential. Call 754-321-1590 to schedule an appointment.



SEDNET provides suicide prevention training and support. For more information, visit [www.browardschools.com/SuicidePrevention](http://www.browardschools.com/SuicidePrevention).



The T.A.L.K. app is available exclusively to BCPS K–12 students as an icon that appears on their Clever dashboard. Once a student submits a T.A.L.K. App form, they are connected to a mental health professional before the end of the next school day.



School Psychologists provide direct support and interventions to students and consult with families, school staff, and other professionals to improve support strategies. Contact Psychological Services at (754) 321-3440.



School Social Workers are mental health professionals embedded in our schools as support staff to help students and families when they encounter barriers that impact a child's academic, emotional, and social development. Visit [browardschools.com/schoolsocialwork](http://browardschools.com/schoolsocialwork) for more information.



School Counseling

School counselors provide services to help students succeed in the areas of Academics, College and Career Readiness, and Social & Emotional Learning. Learn more at [browardschools.com/schoolcounseling](http://browardschools.com/schoolcounseling)

## Preventing Youth Suicide: Tips for Parents and Educators

Suicide is preventable. Youth who are contemplating suicide frequently give warning signs. Do not be afraid to ask about suicidal thoughts. Never take warning signs lightly or promise to keep them secret.



### Risk Factors

- Hopelessness
- Nonsuicidal self-injury (e.g., cutting)
- Mental illness and substance abuse
- History of suicidal thinking and behavior
- Prior suicide among peers or family members
- Interpersonal conflict, family stress/dysfunction
- Presence of a firearm in the home



### Warning Signs

- Suicidal threats in the form of direct (e.g., "I want to die") and indirect (e.g., "I wish I could go to sleep and not wake up") statements
- Suicide notes, plans, online postings
- Making final arrangements
- Preoccupation with death
- Giving away prized possessions
- Talking about death
- Sudden unexplained happiness
- Increased risk taking
- Heavy drug/alcohol use



Everyone's life matters. Help is available.



People do care. Treatment works.



Don't keep silent. **Tell a trusted adult.**

## Parents: What to Do

- Remain calm and nonjudgmental; listen. Ask directly about suicide (e.g., "Are you thinking about suicide?").
- Avoid being accusatory (e.g., don't say, "You aren't going to do anything stupid are you?").
- Reassure them that there is help; they will not feel like this forever.
- Provide constant supervision. Do not leave the youth alone.
- Remove means for self-harm, especially firearms.
- Get help! Never agree to keep suicidal thoughts a secret. Tell an appropriate caregiving adult.
- School staff should take the student to a school-employed mental health professional.

## Reminders for Parents

- Continue to take threats seriously. Follow-through is important even after the child calms down or informs the parent they "didn't mean it."
- Access school supports. Parents can give the school psychologist permission to contact the referral agency, provide referral information, and follow up on the visit.
- Maintain communication with school. After an intervention, the school will also provide follow-up supports. Your communication will be crucial to ensuring that the school is the safest, most comfortable place possible for your child.

**If you or someone you know is suicidal, get help immediately via 911, the National Suicide Prevention Lifeline at 9-8-8, or the Crisis Text Line (text "HOME" to 741741).**

## Students and Peers: What to Do

- Recognize the warning signs in yourself, your friends, and on social media.
- Get help. You can't do it alone.
- Tell an adult. Talk to your parent, friend's parent, school psychologist, or any trusted adult.
- Make no deals. Never keep a friend's suicidal plans or thoughts secret.
- Avoid drugs and alcohol.
- Consider downloading helping apps like Virtual Hope Box, MY3, or A Friends Asks.
- Ask if your school has a crisis team.

## Reminders for Friends

- **Connect.** Listen, be accepting, don't judge.
- **Confirm.** Ask if your friend has thoughts of dying or suicide.
- **Protect.** Take any threats seriously. Do not agree to keep a secret!
- **Stay.** Do not leave a person alone if you are concerned about them being at imminent risk.
- **Act.** Call for help immediately.