

Dear Gateway Families,

This year our Citizenship curriculum is *Moral Lessons from Our American Heritage*. We will be learning about and discussing many different historical figures such as Patrick Henry, Polly Cooper, Frederick Douglas, and Abigail Adams. In addition to these lessons we are adding another component to our citizenship curriculum this year.

Over the last two years, many young people have struggled with mental health challenges. While we are not a medical agency, these mental challenges have negatively affected the learning mindset and academic performance of many of our youth at school. We want to set every youth up for success this year, so we will be piloting a program teaching about mental wellness called MECKA. It will be part of our Citizenship curriculum, and will be implemented every other Monday starting the 3rd week of school in the form of a short video presentation and class discussion or activity. The program will consist of 18 video modules which will teach about the language and concepts of MECKA which are Mindset, Energy, Confidence, Kindness and Action as well as mental health, meditation, wellness and self care, compassion, communications and more. There will also be a Club MECKA after school as an opportunity for students who want to learn more and gain more support in this area. This program will require no personal information to be collected from scholars. It will cost nothing for our families.

Below you will find a link to watch the first three lessons that will be presented to your scholars if you would like to watch them. We also encourage you to visit www.mecka.org to learn more about the program and reach out if you have any questions, and we especially encourage you to communicate often with your scholar(s) about what they're learning and about mental wellness. It is a serious concern, and we hope to be able to open the door to positive communication about mental wellness and what we can do to support ourselves and others who might be struggling. It will also guide scholars to reaching out if they need extra help and support and offer resources, so please be open to learning how you can help and support your scholar if they are in need. Finally, we will be having a special parents' night to discuss the program if you are interested on August 5th at 7:00 pm via Zoom.

Link to videos:

www.mecka.org/video

You'll need to use password PARENT to view each one.

Questions? Please email Melody Jensen (MECKA creator and a Heritage parent) at hello@mecka.org

Join Zoom Meeting

<https://us02web.zoom.us/j/86748378574?pwd=S2UwODEyVINLbWlram5Vd2ZiQUFOdz09>

Meeting ID: 867 4837 8574

Passcode: Ga3vg1

Thank you,

Kathleen Lopez