



SEWANHAKA CENTRAL HIGH SCHOOL DISTRICT

A National District of Excellence

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H. FRANK CAREY HIGH SCHOOL

230 POPPY AVENUE, FRANKLIN SQUARE, NY 11010



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Dear Parents/Guardians,

As we move into the second semester, we continue to remain focused on many facets of education. An important part of what Carey offers is the teaching and learning that occurs outside of the required curricula. The events in the world around us have inspired us to focus on bullying and mental health concerns. *Enter stage left: P.S. I Love You Day.*

P.S. I Love You Day will be celebrated at Carey on February 8, 2019. It is a day to support the mission of anti-bullying and mental health awareness. The organization began nine years ago in the wake of two, unrelated suicides in West Islip. Brooke DiPalma, who lost her father to suicide after he dropped her off at school, vowed to spread the message of hope and acceptance. Her goal continues to focus on ensuring that people realize that they are never alone.

For one day, the Carey colors will turn purple to represent the solidarity of our mission. Although we will be following our normal schedule, the traditional class structure will look different. Instead, instruction will focus on workshops, videos, discussions and experiences that build character, strengthen self-esteem and reinforce pride in the collective school community. Our aim is to empower students to stand together against bullying, while highlighting the impact that mental health concerns pose for our society.

February 8 will be filled with opportunities for students to share ideas, spread thoughts and develop a vision. There will also be a photo booth fundraiser during lunch periods. We encourage students to get decked out in all things purple. We support their creativity for this wonderful event. We will have bake sales that offer items adorned in purple. All money raised will go toward scholarships, Challenge Day and a donation to the LI Crisis Center.

Additional activities include: the *Department Door Challenge*, which tests the creativity, originality and interior design ability of each department, a *Kindness Challenge*, where students make use of different mediums to display acts of kindness on schoology for all to share and a *Pay it Forward Pin Activity*, where staff use pins to recognize the good deeds of students. The pins are then "paid forward" to identify and honor other students' random acts of kindness. Various prizes will be awarded throughout the day to acknowledge these benevolent acts. **Starting the week of January 28, shirts will be on sale for \$5, so students can support the cause.**

This is certain to be a powerful and positive, albeit emotional, experience. Please know that our counselors and clinicians will be involved and available all day for students, some of whom may personalize the situation. We are excited for the opportunity to raise awareness. Together, let's continue to make a difference!

Get ready to see the power of purple!

Christopher T. Fiore