

**October 10, 2019**

**Thank you for your participation in Self-Wellness Week, October 14-18**

Thank you for your support of Self-Wellness Week 2019. The goal of this week is to raise awareness as to the importance of self-wellness by providing wellness resources and encouraging proactive and intentional behaviors supporting wellness for all El Dorado County students.

Attached you will find a one-page informational about Self-Wellness Week that can be shared with parents/guardians about the goals and participation in this campaign. For your reference, we've also included a copy of the official resolution by the County Board of Education and the proclamation by the County Board of Supervisors showing their support.

On our website (YCHEALTH.ORG), you will find copies of the attached documents, a list of no-cost activities encouraging wellness, and a variety of social media templates that you can download and post to your school accounts.

This outreach event was made possible by the generous financial support of the El Dorado County Office of Education Charter Extended Day Program and Boys & Girls Club El Dorado County Western Slope.

In this inaugural year, we are honored and grateful to have nearly every district in El Dorado County participating, with an estimated outreach to 20,000 El Dorado County youth. Thank you for standing with us in these efforts. Your participation is evidence of your belief in a brighter tomorrow for El Dorado County students and, for that, we are truly thankful.

Sincerely,

El Dorado County Youth Commission

Amanda Kendler, Rithvik Murali, Edith Rivera, Christian Selden, Dane Sheridan, Grace Salvestrin