

MONTGOMERY360

March 31, 2020

Parents/Guardians:

As a reminder, or for those of you who are new to MHS, Montgomery360 is a program that is designed to help students develop and maintain their social and emotional learning skills. The program curriculum consists of short lessons delivered to students each month in internet-connected devices. Each lesson will help students through a variety of methods, including videos, games, quizzes, and articles. The program is provided by Evolution Labs/Suite 360. We have tailored the program for our students at MHS and it is referred to as "Montgomery360." This is the fifth in a series of monthly letters to inform you about which lessons/topics are being featured. In order to register, parents can access the program at [Montgomery360](#). You will need to enter the access code, "Montgomery," and click "Sign Up."

For March the Montgomery360 topic is Brain Awareness and Sleep Awareness for all grades. The lessons assigned to students are as follows:

Freshmen: The risks and consequences of underage drinking

Sophomores: The risks and consequences of underage drinking

Juniors: Sexual Assault and Alcohol

Seniors: Sexual Assault and Alcohol

If your child is currently in a Health class, they will be assigned additional lessons which will count as a homework grade for that class.

Freshmen: Up in Smoke: Teen Addiction to Marijuana, and Navigating Stress: Managing Stress through Positive Self-talk

Juniors: Agility Training for Your Mind, and Health and Wellness for Life

Please see the attached FAQ for additional information: [Montgomery360 FAQ](#)

Sincerely,

Corie Gaylord

Director of Student Academic & Counseling Services