



# FAIRFIELD AREA SCHOOL DISTRICT

4840 Fairfield Road, Fairfield, PA 17320  
(717)642-8228 Fax (717)642-2018

[www.fairfieldpaschools.org](http://www.fairfieldpaschools.org)

November 30, 2018

Dear Parent/Guardian:

Fairfield Area School District is joining schools across the country that have made a commitment to take a preventative approach to improving student stress levels and teaching coping skills for long-term wellness. At Fairfield Areas School District, we believe in focusing on the whole student to increase academic success. Part of this process is looking at emotional wellness, which includes stress, anger, anxiety, and mood management. In order to help us identify students who may need additional support in these areas, we will be asking all 4<sup>th</sup>, 6<sup>th</sup>, and 9<sup>th</sup> grade students to complete a short wellness rating scale. The rating scale asks students about their feelings (e.g. agitation, sadness, frustration, fear, etc.) and behaviors (e.g. ability to concentrate, nerves, sleep, etc.). This rating will occur during the school day and will take about 10-20 minutes.

The results of this rating scale will be used to identify if your child may require further screening and support. **If your child's score suggests a possible need**, the school counselor will contact you to discuss the results and possible options to help your child have a successful school year. This may include further screening to determine if your child benefit from one of our wellness groups, or providing you with additional resources outside of school.

If you would prefer that your child **not** participate in the completion of the wellness rating scale, please complete the form on the back of this paper and return it to your child's homeroom teacher no later than December 19, 2018. If you have any questions, please do not hesitate to call the school counselors at the phone numbers or emails provided below.

Sincerely,

Danielle Mikesell-Redding, PhD, NCC, LPC  
Elementary School Counselor  
717-642-2020  
[mikeselld@fairfield.k12.pa.us](mailto:mikeselld@fairfield.k12.pa.us)

Cheryl Sornson, M.Ed, NCC, LPC  
Middle School Counselor  
717-642-2023  
[sornsonc@fairfield.k12.pa.us](mailto:sornsonc@fairfield.k12.pa.us)

Counselor  
717-642-2078  
[harveyk@fairfield.k12.pa.us](mailto:harveyk@fairfield.k12.pa.us)  
Kristina Harvey, M.Ed.  
High School Counselor  
717-642-2078  
[harveyk@fairfield.k12.pa.us](mailto:harveyk@fairfield.k12.pa.us)

Fairfield Area  
District  
Request to  
child from



School

exclude my  
completing

the wellness scale

Student Name \_\_\_\_\_

I, \_\_\_\_\_, **do not** give permission for my child

\_\_\_\_\_, to complete the wellness screening.

(Child's Name)

I also understand that as a result of not completing the screening process, my child will not be considered for additional screening or inclusion in any wellness programs offered.

\_\_\_\_\_  
(Parent/Guardian Signature)

Please return this form to your child's homeroom teacher no later than December 19, 2018.