[INSERT DATE], 202X

**Dear Parent,**

On [INSERT DAY OF WEEK, MONTH X], [INSERT SCHOOL/ORGANIZATION NAME] will host the **Keep It in Mind** event, a special day dedicated to promoting mental health awareness for our students. This event will feature a variety of activities designed to educate and engage students in conversations about emotional well-being, stress management, and self-care practices.

**Why are we hosting Keep It in Mind?**
This event is an essential part of our commitment to fostering a school community that values and supports students' mental health. By encouraging open discussions around mental health and providing students with tools for managing their emotions, we are helping them develop skills that will not only improve their academic success but also support their personal growth and resilience. When students feel emotionally supported, they are better equipped to thrive both inside and outside the classroom.

**Here are a few meaningful ways you and your family can get involved:**

* **Volunteer**: Consider helping out by joining the Parent Teacher Association (PTA) or offering your time to assist with event logistics and student activities.
* **Become a Community Vendor**: If you are connected to any mental health or wellness organization, we invite you to participate as a community vendor to share resources with students and families.
* **Support Your Child**: Encourage your child to actively participate in the event and reflect on how they can incorporate the strategies they learn into their daily lives.
* **Spread the Word**: Help raise awareness by sharing the event with local businesses and community sponsors who might want to contribute or collaborate.

For more information on this event and ways you and your family can get involved, contact [INSERT CONTACT NAME] or visit [INSERT SCHOOL DISTRICT WEBSITE]

Thank you for your support,

[INSERT CONTACT NAME]

[INSERT CONTACT TITLE]