



# *The Nassau County School District*

Fernandina Beach, Florida 32034

Kathy K. Burns, Ed.D.  
Superintendent of Schools

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February 4, 2020

Dear Parent/Guardian,

The Florida Department of Education has entrusted all Florida school districts to provide instruction in the area of mental health and wellness, substance abuse and child trafficking prevention. For additional information, see State Board of Education Rule numbers below.

The rule surrounding the **Mental and Emotional Health Education** component has established a minimum of five hours of required instruction for students in grades 6-12. As a district, we have empowered our schools to use an online learning tool called *EverFi*. Mental wellness is an important part of our overall health, and we hope to assist our students with understanding their own mental wellness, to overcome the stigma that is often associated with mental illness, and to give them the tools to better understand and manage emotions, communicate effectively, resolve conflicts, and make decisions.

The rule surrounding the **Substance Use and Abuse Health Education** requires school districts to present instruction to students in grades K-12 to reinforce the current substance use and abuse health education requirement. No minimum time requirement has been identified for this additional component. Our school district is using a variety of age appropriate tools to support our students understanding of substance use, abuse, and prevention.

The rule surrounding the **Child Trafficking Prevention Education** requires school districts to present instruction in this area to students in grades K-12. Once again, no minimum time requirement has been established for this additional component. Our school district will primarily be using a program called *Lauren's Kids*. *Lauren's Kids* follows a developmentally appropriate sequence of instruction for each grade level that focuses on the understanding of personal safety and supports the learning of strategies needed for staying safe.

All of the programs and tools we have chosen are research based and have been shown to be effective educational and prevention programs. Please reach out with any questions.

Best Regards,

A handwritten signature in black ink that reads "John A. Mazzella".

Dr. John A. Mazzella  
Fernandina Beach High School

RE:     RULE NO.: RULE TITLE: 6A-1.094121 Mental and Emotional Health Education  
          RULE NO.: RULE TITLE: 6A-1.094122 Substance Use and Abuse Health Education  
          RULE NO.: RULE TITLE: 6A-1.094123 Child Trafficking Prevention Education

*Our mission is to develop each student as an inspired life-long learner and problem-solver with the strength of character to serve as a productive member of society.*

The Nassau County School District does not discriminate on the basis of race, color, national origin, gender, age, disability or marital status in its educational programs, services or activities, or in its hiring or employment practices.