

Dear Families,

Starting this month, our school will be field testing (or continuing to field test) lessons from the District created life-skills program called *Thrive Time*. The program's short lessons are aimed at helping our students learn to resolve conflicts, make responsible decisions, set goals, build resilience, serve the community, and respect themselves and others.

*Thrive Time* has already been vetted by a group of parents from across CSD for sensitive content and age-appropriateness. Our school will be teaching lessons about {insert unit} during the first quarter. (if teaching all year, omit or adjust previous sentence). Lessons can be viewed online: [www.canyonsdistrict.org/thrivetime](http://www.canyonsdistrict.org/thrivetime).

*Thrive Time* meets the state requirement for Canyons District to provide character education, aligns to the Utah core state standards for health education, addresses the various needs of CSD schools, and reflects the values of the Canyons community. Research tells us that schools with evidence-based character education programs report higher grade-point averages, feel safe and welcoming, have fewer instances of bullying and school-rule infractions, and note higher levels of student engagement and participation.

Thank you for partnering with us in the education of your children. Together, we can help them thrive.

Sincerely,

Dan Ashbridge, Ed.D  
Principal  
East Sandy Elementary

#### OPT OUT INFORMATION

- Families can request that their child opt out of the field test
- Legislation passed in the 2023 session also permits students to “refrain from participation in any aspect of school that violates a religious belief or right of conscience of a student” or a “student’s parent may waive the student’s participation in any aspect of school that violates a religious belief or right of conscience of a student.” [Utah Code 53G-10-105](#)
  - This new legislation removed the option schools/districts had to deny a waiver to participate based on the activity/curriculum being required
  - These updates are reflected in the CSD [Instructional Materials Policy 600.02](#)
- You can include this information in your communication or simply ask that parents reach out if they have questions or concerns
- Should a family want to opt their child out of Thrive Time, they will need to complete the [waiver of participation form](#) and return it to the school. Students who opt out of the *Thrive Time* lessons can be provided a meaningful alternative activity.