

Franklin Borough School

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2/9/2018

Dear 8th grade Parents/Guardians,

Next week, February 13th, 14th, and 15th, "Pass It Along" will be visiting Franklin Borough School to teach the "Discovering Your Passion and Purpose" workshops as part of the Altitude program. So far this year, the Altitude program has been a great asset to Franklin Borough School. During the months of October through December, eighth grade students were given the opportunity to take part in the "media project" during their lunch period. During that time, the students made an inspirational commercial. On February 1st, Altitude presented "Challenge Day", which was a social-emotional workshop. During the workshops next week, students will explore the topics of self-awareness, gratitude, and service. Attached to this letter is a more in depth description of the workshops.

Sincerely,



Michelle Minimi
School Counselor

Discovering Your Passion and Purpose
a self-discovery program rooted in social, emotional learning.

At Pass It Along, our goal is to encourage and empower young people to make lasting and sustainable changes through service, leadership and self-discovery.

Our self-discovery series, *Discover Your Passion and Purpose (DPP)*, empowers young people in regaining that unshakeable sense of self-worth and confidence. This program helps to create connection, passion, empathy and purpose. *Discover Your Passion and Purpose* builds self-esteem and self-acceptance and promotes compassion and altruism. This workshop also gently guides teens as they begin their lifelong journey of recognizing, cultivating and manifesting their larger purpose for the benefit of themselves, their communities and the world.

DPP is a 3 part interactive, in school workshop which explores the following topics...

Self-Awareness: knowing who you are
Gratitude: appreciating all that we have
Service: doing for others

This program offers a safe haven for young people to be themselves, to have conversations about what matters most to them and to be real with their feelings and thoughts without the fear of being judged. It allows them the opportunity to contemplate some of the most important questions in life... Who am I? What helps or hinders me in becoming my best version of myself? What do I believe about myself? Am I accepting of myself? What am I here for? How am I unique and what do I have to give?

This program provides endless opportunities for growth, exploration, connection and meaning. We appeal to every type of learner and see firsthand the impact that DPP has on teens as well as adults. After completing the 3 part workshop students are encouraged to volunteer in service to others by participating in Pass It Along calendar programs and annual events.

After participating in the workshop students reported the following:

95% had a more positive outlook on life
96% felt they knew themselves better
88% believe they can make a difference in the world by volunteering
97% were appreciative for people and things in their lives
91% felt the workshop changed their way of thinking in a positive way

It is our belief that every single person walking this earth is remarkable and has amazing gifts to share with the world. We believe that everyone wants to be seen, heard, validated and celebrated for who they are. Innately, we all want to know that we are loved and that we matter. Our program is about learning to accept ourselves and others just as we are – perfectly wonderful!

We all have so much goodness inside; sometimes it just takes someone to remind us of that.