



Dear Dorchester Families,

Throughout the year, your children's teachers will be introducing them to a program called **Choose Love**. Your children will be learning about social-emotional skills, character education traits, and the related neuroscience and practical strategies. The program will play an important role in helping your children succeed academically and personally both within Dorchester and beyond.

The Choose Love Program teaches four character values: courage, gratitude, forgiveness, and compassion. It also focuses on social-emotional learning skills such as self-management, self-awareness, social awareness, relationship skills, and responsible decision-making skills. Each unit provides lessons on important concepts and skills associated with social-emotional learning, connections to neuroscience and mindfulness, and activities for students to put their learning into action while having fun doing so. This curriculum is part of a larger movement within our school to support students' social-emotional growth, and we hope you will join us at home in reinforcing these skills.

You can explore the program at [www.jesselewischooselove.org](http://www.jesselewischooselove.org). Through the website, you can create a free account to access parent materials such as an overview of the program and video lessons for use at home (Click on "Download," then "At Home Program"). We hope you will share in this experience with your children, ask questions about what they have learned, and enjoy the benefits from the program as well. Thank you for your continued support as we work together to promote your children's academic, social, emotional, and personal well-being.

Sincerely,

*Stefanie Marsich*

Stefanie Marsich  
Principal