



CALIFORNIA
DEPARTMENT OF
EDUCATION

TOM TORLAKSON

STATE SUPERINTENDENT OF PUBLIC INSTRUCTION

February 14, 2014

Dear Bay Area Educators:

MENTAL HEALTH ESSAY SCHOLARSHIP ENTRIES DUE MARCH 17

The importance of student health and wellness simply cannot be overstated. Educators and school staff are in a unique and influential position to support students in positive and healthy ways.

Part of students' well-being is their mental health, and it can be very difficult to balance daily life and school with a healthy lifestyle. We must engage youth in the topics of student mental health and wellness. The Culture to Culture Foundation's Mental Health Essay Scholarship program offers a way to elicit youth participation and increase mental health awareness while exercising the writing skills that are so critical to academic and social success. Please see the attached flyer and encourage your high school juniors and seniors to participate in this important endeavor.

Ten scholarships in the amount of \$1,000 and 20 Honorable Mention awards of \$250 are available. More information on the Mental Health Essay Scholarship is on the Culture to Culture Web page at www.culturetoculture.org. The deadline to submit essays is March 17, 2014, and applications must go directly to the Foundation. Please see the Culture to Culture Web site for submission guidelines.

I encourage you to spread the word about this competition. Attention to mental health is critical, and these essays offer catharsis as well as an opportunity for funds that will help students further their education and become lifelong advocates for mental health and wellness.

Sincerely,

A handwritten signature in blue ink that reads "Tom Torlakson".

Tom Torlakson

TT:ko
Attachment
2014-0098