

Dear Student, Teachers and Staff:

Since 2013, the United Nations has celebrated the **International Day of Happiness each year on March 20**, as a way to recognize the importance of happiness in the lives of people around the world.

The WHS Counseling Dept. is seeking your help to celebrate this day with "**The Happiness Project.**" Every day, students experience a great deal of stress, anxiety, sadness, or other issues that may affect their emotional well-being. Our hope is that this project will help to remind students that sometimes, happiness and joy can be found in the smallest things.

We are seeking students of all grade levels to submit artwork, poetry, their favorite song, or photo entries of people, places, or things that bring them happiness or joy. You can get as creative as you wish.

Requirements: Please enter submissions to Mrs. Abri in the Counseling Office no later than Friday, **March 31**.

Submission Requirements

1. **Digital:** E-mail to Mrs. Abri at sorayaabri@iusd.org no later than 3/31/17

Print: Submit your artwork, appropriate song choice title, poetry, or photos in an envelope to Mrs. Abri at snack or lunch in the counseling office no later than 3/31/17

2. Include the following information:
 - o Your name
 - o Your grade
 - o A brief statement as to why this submission brings you happiness or joy
 - o If you plan to submit a photo of a person or of people, please include their first and last name(s). We want to make sure we have their permission!

Please also plan to join us in the **quad, at lunch, on Friday, April 14th**. Happiness Project submissions will be showcased and students can make their own "Happiness Toolkits."

If you have additional questions, please do not hesitate to contact me.

Sincerely,

Mrs. Abri

Project Success Counselor