**Dear Parent,**

As [INSERT SCHOOL NAME] continues to grow in a digital age, it’s important for us to adopt education technology tools that address the evolving needs of our youth.

Moving forward, the wellbeing of our student population is a key focus. To address this, we have implemented an online wellbeing platform called Linewize Pulse.

**What is Linewize Pulse?**

Linewize Pulse is a student culture and wellbeing platform that engages students with short, 60-second weekly wellbeing check-ins.

**What does a weekly wellbeing check-in consist of?**

Pulse check-ins consist of two types of questions: one “Wellbeing” question and 4-5 “Experience” questions.

The Wellbeing question — “How are you feeling today?” — repeats weekly and is the only identifiable question.

Experience questions are completely anonymous and differ week to week, covering 6 wellbeing domains.

Parents can access the full set of evidence-based questions by visiting Linewize.com/Pulse-Parents.

**What is unique about Pulse?**

Pulse’s “Gratitude” feature gives students the opportunity to send a gratitude shoutout to peers and staff, as well as reflect on the things they are grateful for in their own lives. Studies show that receiving and giving gratitude has a positive impact on mental health.

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**Pulse Parental Consent / Permission**

Our mission with Pulse is threefold: **1)** to provide students with an easy way to ask for help; **2)** to respond to student needs in a timely manner; and; **3)** to enable us to identify areas of improvement and make relevant changes to programs, curriculum, and resources.

To do so, parents are required to give [INSERT SCHOOL NAME] consent to ask students wellbeing-related questions. However, if you would like to opt your child out of the process, please inform [INSERT CONTACT] in writing by [INSERT DATE].

* I **do not** give [INSERT SCHOOL NAME] permission to ask my child any questions that may be related to their wellbeing.

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_