



Tradition-Rich, Future-Focused!

REDFORD UNION SCHOOLS, DISTRICT NO. 1
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May 13, 2024

Dear Panther Families,

As we enter the month of May, I hope you all are finding time to enjoy the warmer weather and relish in the final few weeks of school before summer vacation.

I am excited to announce that Kindergarten registration for the 2024-2025 school year is now open. Parents can find more information on our website, www.redfordu.k12.mi.us, or by contacting Hilbert or Beech Elementary.

May is recognized as Mental Health Awareness Month, a time dedicated to raising awareness and understanding of mental health issues. During this month, communities across the nation come together to promote mental health advocacy, educate the public about mental health disorders, and reduce stigma surrounding mental illness.

Mental health is a vital aspect of overall wellness, and it is essential that we create an environment where students feel supported and empowered to prioritize their wellbeing. This month, I encourage all parents to engage in open and honest conversations with their children about their mental health. By fostering an environment of understanding and support at home, we can help our students navigate the challenges they may face.

In addition to promoting an open dialogue with your child, here are three tips to help improve mental health:

- Encourage regular physical activity: Physical activity has been shown to have a positive impact on mental health by reducing stress, improving mood, and increasing self-esteem. Encourage your child to engage in activities they enjoy, whether it's playing sports, going for walks, or dancing.
- Practice mindfulness and relaxation techniques: Teaching children mindfulness and relaxation techniques can help them manage stress and anxiety. Encourage practices such as deep breathing exercises, meditation, or yoga to promote relaxation and emotional balance.
- Prioritize healthy sleep habits: Adequate sleep is essential for overall wellbeing, including mental health. Establishing a consistent bedtime routine and creating a sleep-friendly environment can help improve sleep quality and promote mental wellness.

May also marks the end of an era for our Panther seniors. I would like to extend my heartfelt congratulations to the Class of 2024 as they prepare to graduate on May 29. Your hard work, dedication, and achievements are commendable, and I have no doubt that you will continue to excel in your educational journey. Best of luck to each and every one of you as you embark on this new chapter in your lives.

Lastly, please note that schools will be closed on May 24 and May 27 in recognition of Memorial Day. We encourage families to take this time to reflect and honor the brave men and women who have made the ultimate sacrifice in service to our country.

Thank you for your continued support and partnership in promoting the wellbeing of our students. Remember, it's always a great day to be a Panther!

Stay Panther Strong,

Jasen Witt
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