

***Thank you for your interest in contributing to the Thrive Update newsletter for BVSD parents!  
We welcome your submissions.***

**Article Guidelines:**

- Suggested length for articles is 250-300 words.
- Please try to balance articles for students of all ages (K-12).
- See below for monthly deadlines and themes for the current school year.
- Final selections of articles for each issue are made by the Thrive Update Editorial Team.

**Calendar Item Guidelines:**

- Calendar items must relate to the mission of Thrive Update: *To empower families through scientifically valid knowledge to support healthy youth development.*
- Calendar items are due by the 1<sup>st</sup> of each month for the following month's issue.
- Calendar items must follow this format: topic/title, speaker (if applicable), day of week, date, time, location (with address), short description, cost (if any), and contact info.
- Items are included on a space available basis.

Email calendar items & articles to [maela.moore@bvsd.org](mailto:maela.moore@bvsd.org) AND [communications@bvsd.org](mailto:communications@bvsd.org)

## **Thrive Update schedule of themes for 2017-18 School Year**

**September – Back to School** (*articles due August 17*)

**October – Supporting Student Learning** (*articles due Sept. 14*)

**November – Developing Healthy Relationships** (*articles due October 12*)

**December/January – Physical Health/Wellness** (*articles due November 9*)

**February – Mental Health/Wellness & Depression/Suicide Prevention** (*articles due January 11*)

**March – Spring Break - Being Safe & Having Fun** (*articles due February 9*)

**April – School & Life Transitions** (*articles due March 8*)

**May –Summer Programs & Activities** (*articles due April 12*)

*Note: We would like to include an article about diversity issues in each month's Thrive Update, so submissions about any of the following topics are welcomed throughout the year: diversity, equity, racism, oppression, cultural differences, GLBTQ issues, prejudice, discrimination, socio-economics, etc.*

See past issues of Thrive Update at <http://bvsd.org/parents/Pages/ThriveNewsletter.aspx>