

The Wyndmere Sources of Strength chapter has been a positive force for good in our school and community for the last few years. Sources of Strength is a research-based suicide prevention and health promotion program. The unique thing about this program is the use of peer leaders supported by mentors, role models, and caring coordinators to influence the school environment.

Each fall, students in grades 7-12 nominate a couple of their fellow students to serve in Sources of Strength. Students are encouraged to nominate those students who they feel are respected for being trustworthy and good listeners. Our students are trained and mentored by experienced members and jump into positive programming. Some of our notable events in the past couple years have included: 5K walk/run for Suicide Prevention (monies raised went to the American Foundation for Suicide Prevention), 7<sup>th</sup> grade mentorship/tutoring, positivity promotions, and volunteering in the elementary. This student group has made a positive contribution in our community and student body.