

POSITIVELY TORAH

Sample Parent Email: Introducing *Positively Torah*

Subject: Welcome to *Positively Torah: The Superpower of Character*

Dear Parents,

Shalom and welcome!

We are thrilled to introduce *Positively Torah*, a new and inspiring way for your child to explore Torah this year. This approach helps students recognize and strengthen the very best parts of themselves – their Kindness, Perseverance, Curiosity, Gratitude, and more – all through the wisdom and beauty of Torah. It offers unique opportunities to uncover, remember, and nurture what is best in each of us. It is designed to give our children tools and skills to overcome challenges and to thrive. *Positively Torah* has been created to meet this need and to foster an appreciation of Torah as a source of inspiration.

Positively Torah is rooted in the research of Drs. Martin Seligman and Christopher Peterson, founders of Positive Psychology, who identified twenty-four universal character strengths shared by all people. Each person has all of these strengths but in a unique order. It's like our own personal fingerprint of goodness.

At the start of the year, your child will take the VIA Character Strengths Youth Survey, which helps them discover their top strengths, also known as their superpowers. Top strengths are those that are easiest to use and leverage to navigate challenges and to promote personal growth and well-being. Becoming familiar with these top strengths builds an unshakeable foundation on which your child can thrive.

To get your child started, you will need to do the following:

1. Go online, at home, to the VIA Character Strengths Youth Survey at www.viacharacter.org. Register your child to take the survey. The survey, free of charge, should take no more than 15 minutes. Assure your child that there are no correct or incorrect answers.
2. The results of the survey – which lists your child's hierarchy of the twenty-four character strengths – will immediately arrive in your inbox.
3. We highly recommend that you and other family members each take this survey too. It is a great way for you to learn about your own and one another's unique strengths.

We look forward to sharing the joy of observing our children learn and develop their strengths as they study Torah and Jewish values.

Thanks again for your partnership,

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