

South Side Elementary School  
1229 Howell Avenue  
Worland, WY  
82401

January 28, 2016

To Whom It May Concern;

I am a school counselor in two elementary schools in Worland. I work primarily in the classrooms teaching social skills and health lessons. Mary Buchanan and I coordinate activities for tobacco education and suicide prevention.

We work in a collaborative relationship in our schools and community in the following ways. Mary and I teach tobacco prevention and education in twenty three of my elementary kindergarten through fifth grade classrooms.

Mary comes in to answer student questions and reinforces their learning through her tobacco material. Students love to have Mary come into their class and talk about the dangers of tobacco products and deceptive advertising. At the beginning of each school year students set counseling goals and they always request that Mary come into their class and do her presentations.

Each year we have students do a variety of tobacco education activities through curriculum that Mary has worked on for each grade. In many of my classes Mary does more than one lesson. In the past Mary has organized school wide activities that go hand in hand with our class work. Student's write personalized thank you notes after Mary comes into their classes. These notes include facts about tobacco on them and I am always amazed at how much they remember about tobacco facts that Mary taught them.

Mary also provided and paid for the Suicide Prevention Training QPR in our community. I was able to attend one of these trainings in the fall. This information is helpful for me to use individually when assessing a student threatens to do harm to themselves. I am able to train other people to ask and respond appropriately to any person that shows signs of wanting to hurt themselves.

These are a few of the activities that we have worked on at school and Mary does additional community activities and publicities about tobacco education and cessation. I look forward to continuing my work with Mary in the future. I fully support Mary's position and recommend her highly for the continuation of her job through her grant.

Very truly yours,  
Rebecca Luhm WCSO #1

