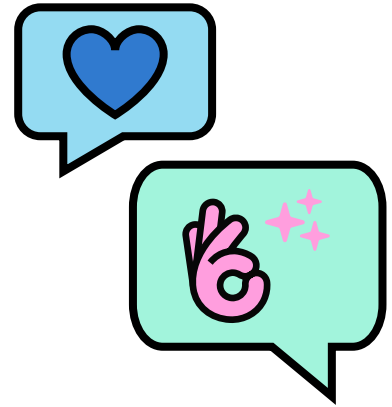


An easy recipe to cook up encouraging text messages to your child

Ingredients:

- a handful of positivity,
- a generous splash of love,
- a dash of encouragement,
- a pinch of blunt honesty,
- a sprinkling of originality,
- humour to taste (optional).



Directions:

- Think about what your child is going through.
- Put yourself in their shoes and think about the message you'd want to receive.
- Think about what would make your child feel better.
- Write a short message.
- Remember to stay positive.
- Be yourself.

* Important: Refrain from texting your child during class to avoid violating any texting policies at their school.