

## **Post Falls High School Joins Rachel's Challenge**

All Post Falls High School students and staff participated in the initial training for participation in **Rachel's Challenge** on October 18.

Rachel Joy Scott was the first person killed in the Columbine High School shooting on April 20, 1999. But that was only the beginning of the story. After her death, many students that Rachel reached out to shared stories with the Scotts about the profound impact her simple acts of kindness had on their lives; even preventing one young man from taking his own life. They soon realized the transformational effect of Rachel's story and started the non-profit organization that is Rachel's Challenge today. Rachel's Challenge, urges students to strive for a school with an "atmosphere of kindness and compassion". Rachel's mission: **Making schools safer, more connected places where bullying and violence are replaced with kindness and respect; and where learning and teaching are awakened to their fullest.**

Fully implemented, partner schools achieve statistically significant gains in community engagement, faculty/student relationships, leadership potential, and school climate; along with reductions in bullying, alcohol, tobacco and other drug use. Every year:

- Over 1.5 million people are involved in Rachel's Challenge programs.
- More than 1,200 schools and businesses are reached.
- Over 150 suicides are averted.
- Bullying and violence decrease.
- Community service and acts of kindness increase.

Rachel's Challenge will be fully integrated into all school activities.