



Weekly Update from Superintendent  
Dr. Mary Catherine Reljac

## FREE BREAKFASTS FOR ALL STUDENTS TO BEGIN OCT. 3

Every student in the Fox Chapel Area School District will receive a free breakfast in school, regardless of household income, beginning on Monday, October 3, through the state's Universal Free Breakfast Program.

The initiative will last for the remainder of the 2022-2023 academic year. No further action is needed on behalf of parents/guardians. Daily menus can be viewed at [www.fcasd.edu/foodservices](http://www.fcasd.edu/foodservices).

### NATIONAL HONOR SOCIETY INDUCTION



*Fox Chapel Area High School welcomed 129 students into its National Honor Society on Tuesday evening. A complete list of inductees is available at [www.fcasd.edu](http://www.fcasd.edu).*



## SUICIDE PREVENTION RESOURCES

September is Suicide Prevention Awareness Month. If you or someone you know is considering self-harm, help is available through a number of resources:

- [Suicide & Crisis Lifeline](#)  
988

If you or someone you know is experiencing a mental health crisis, **call or text 988 immediately.**

- [resolve Crisis Network](#)  
1-888-796-8226

resolve is a 24/7/365 crisis service that's free to all Allegheny County residents.

- [Crisis Text Line](#)  
Text HOME to 741741

A live, trained crisis counselor receives the text and responds from a secure online platform.

- [Care Solace](#)  
1-888-515-0595

Care Solace helps individuals find mental health care providers and substance use treatment centers. It's available 24/7/365 to connect those in need to verified providers.

## FCAAEE CLASSES

Fox Chapel Area Adult Education is marking its 60th anniversary offering affordable and high-quality classes. Registration is now open for the fall term. For more information, please visit [www.fcaae.org](http://www.fcaae.org).

## KEY EVENTS

- 9/12-9/16: HS Club Week
- 9/16: DMS Band Performance
- 9/19: KR Picture Day
- 9/20: Academic Committee Mtg
- 9/20-9/23: HS Health Screenings
- 9/26: Fall Break

Complete details: [www.fcasd.edu](http://www.fcasd.edu)

## SEPTEMBER

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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	