Dear Principal\_\_\_\_\_\_\_\_\_,

Good Morning. My name is \_\_\_\_\_ and I am the proud parent of three of your students. I am writing to you today about the 100th-day celebrations at your school. Some 100th-day celebrations allow students to dress as centenarians and act frail, incapable, out of touch, or portray them in a negative and stereotypical way. I would like to encourage you and your teachers to provide alternatives for students in an attempt to dispel some negative connotations about aging.

Did you know that individuals who have a negative view of themselves as older adults, on average live 7.5 years less than those who have a positive view ([Levy et al., 2002](https://psycnet.apa.org/buy/2002-17391-001))? Shocking I know! Further, attitudes about aging begin to form during childhood; as such, it is important to promote positive views of aging early on ([Mendonça, Marques, & Abrams, 2018](https://link.springer.com/chapter/10.1007/978-3-319-73820-8_30)). Schools are a logical environment within which to begin making these positive associations. As educators of children, we are responsible for helping shape them into insightful, productive, respectful members of society. I would like to provide some resources and education to your staff, particularly preschool through 2nd grade, regarding the 100th day celebrations in [the 100th Day of School Toolkit](https://exploringcareersinaging.com/100th-day-of-school-toolkit/). This toolkit has lesson plans that fit standards, have been implemented in other schools, and provides multiple alternative, ethical activities. Here are a few other ideas to get you started:

* *Captain Tom Moore One Hundred Steps* [activities](https://www.puffinschools.co.uk/resources/activity-ideas-which-balloon-sir-captain-tom-moore/) *and Fauja Singh Keeps Going* [read along](https://www.youtube.com/watch?v=wYZy_3qN7s4)
* Group project ideas based on [How Mary Walker Learned to Read](https://a.co/d/d3jwkdi) at age 116!
* Science [activities](https://youtu.be/o_ZY2UvR3o8?si=0Bf3abk8BJz9LLU3) based on *The Lobster Lady* by Barbara A. Walsh

Additional Information:

* [Transforming the Narrative about Aging](https://www.psychologytoday.com/us/blog/aging-redefined/202302/transforming-the-narrative-about-aging), by Lisa Borrero
* [Old School](https://www.oldschool.info/): a clearinghouse for all things anti-ageism

Thank you, Principal \_\_\_\_\_ for considering my concerns and suggestions. I am trying to raise awareness and provide resources that will encourage a more positive view of aging.

Sincerely,

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