

LET'S SUPPORT



THE CHILDREN

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Annual report
2022

December 31, 2022



Dear friends,

We hope this letter finds you in good health and high spirits. We are writing to express our deepest gratitude for your generous support and dedication to Let's Support the Children. Your ongoing commitment has played a crucial role in helping us make a positive impact on the lives of countless children and educators within our community.

As we look ahead to the coming 2023 year, we are excited to announce a renewed focus on two critical areas that lie at the heart of our mission: children's mental health and empowering teachers. These pillars are intricately interconnected, as we believe that a nurturing and supportive environment in schools is paramount for the mental well-being and growth of our future generations.

Children's Mental Health:

In recent times, we have seen an alarming rise in mental health issues among children and teenagers. The challenges they face today have become more complex, and it is essential that we provide them with the resources and support they need to navigate these difficult times. Through our new initiatives, we aim to create a safe space for children to express themselves, develop coping mechanisms, and build resilience. Our programs will focus on promoting emotional intelligence, fostering positive relationships, and addressing the stigma surrounding mental health. With your help, we can reach more children in need and make a lasting difference in their lives.

Empowering Teachers:

Teachers are the bedrock of our educational system. They inspire, guide, and mold young minds, shaping the leaders of tomorrow. However, we recognize that teachers often face challenges in providing the best possible education due to limited resources and overwhelming workloads.

Our new efforts will be dedicated to empowering teachers with professional development opportunities, access to innovative teaching tools, and a support network to share their experiences and best practices. By investing in our educators, we aim to create a positive ripple effect, positively impacting the lives of countless students and the overall quality of education.

None of these efforts would be possible without your unwavering support. We extend our heartfelt appreciation to you, our cherished donors, for standing with us as we embark on this important journey. Your contributions have enabled us to touch the lives of many, and we hope you will continue to be a part of this transformative endeavor.

As we move forward, we promise to be transparent and accountable in our actions, ensuring that every dollar you donate makes a meaningful difference in the lives of those we serve. We will keep you informed about our progress, sharing success stories and milestones achieved, thanks to your generosity.

If you wish to be more involved in our upcoming projects or have any suggestions to offer, please do not hesitate to reach out to us. Your feedback and insights are invaluable to us as we strive to improve and expand our programs.

Once again, thank you for your unwavering support and trust. Together, we can make a lasting impact on children's mental health and the empowerment of our teachers, shaping a brighter and more promising future for all.

With heartfelt gratitude,

A handwritten signature in blue ink, appearing to read 'JJ Medina', with a long horizontal flourish extending to the right.

JJ Medina
President/Founder
Let's Support the Children



Art and Sport

Let's Support the Children's focus on helping children participate in after-school sports activities, as well as supporting sports, music, arts, and theater programs, can have numerous benefits for the children involved



Here are some key reasons why supporting these activities is important:

Boosting Self-Esteem

Engaging in sports and creative activities can boost children's self-esteem and confidence.

- When they participate in these activities, they have the opportunity to develop skills, showcase their talents, and experience a sense of accomplishment.
- This can have a positive impact on their overall self-perception and well-being.

Developing Life Skills

Sports and creative activities teach children important life skills, such as teamwork, discipline, perseverance, and problem-solving.

- Through participation, children learn to work together, communicate effectively, manage their time, and overcome challenges.
- These skills are valuable in various aspects of life and can contribute to their personal and professional growth.

Healthy Physical and Emotional Development

Participating in sports activities promotes physical fitness and overall well-being. Regular exercise helps children maintain a healthy lifestyle, develop motor skills, and improve coordination. Additionally, these activities can serve as outlets for emotional expression, stress relief, and improving mental well-being.

Building Social Connections

Sports teams and creative groups provide opportunities for children to connect with their peers, make friends, and develop social skills.

- Working together towards a common goal fosters a sense of camaraderie, cooperation, and empathy.
- These relationships can extend beyond the activity itself and contribute to their social development and support network.

Inclusivity and Equal Opportunities

Supporting children from economically disadvantaged backgrounds to participate in after-school activities ensures that they have equal opportunities to explore their interests and talents.

- Breaking down financial barriers allows all children, regardless of their financial situation, to have a chance to pursue their passions and dreams.

“The nice thing about teamwork is that you always have others on your side.”

- Margaret Carty



By providing support for uniforms, equipment, instruments, or other needs, **Let's Support the Children** helps ensure that financial constraints do not hinder a child's participation in these activities. **This support opens doors for children to pursue their interests, develop their skills, and experience the numerous benefits that sports, music, arts, and theater can offer.**



The story of your founder, **JJ Medina**, highlights the importance of helping children overcome financial barriers to participation. By making these activities accessible, you are making a positive impact on the lives of children and empowering them to pursue their dreams.

Mental Health program

The creation of Let's Support the Children's mental health program to address the growing demand for school counseling is commendable. Mental health concerns such as stress, family problems, and bullying can significantly impact young students, and having access to psychological counseling within the school setting can be crucial.



Here are some key points about the importance of supporting such a program:



Early Intervention

Identifying children with mental health needs early on is vital for their well-being and academic success.

School-based mental health programs allow for early intervention, providing support and resources to help children cope with their challenges and develop resilience.

Accessibility and Convenience

Having mental health services available within the school environment increases accessibility for students and their families

It eliminates potential barriers, such as transportation or scheduling conflicts, and ensures that children can easily access the support they need.





Collaborative Approach

School-based mental health programs often involve collaboration among various stakeholders, including teachers, administrators, parents, and external mental health professionals.

Tailored Support

School counselors trained in mental health can provide targeted interventions and individualized support to address specific concerns.

This interdisciplinary approach ensures a holistic support system for children, fostering a collaborative and comprehensive approach to their well-being.

They can work closely with students, teachers, and families to develop personalized strategies and interventions to meet the unique needs of each child.



Community Impact

By supporting the mental health program, community members contribute to the overall well-being of children in their area

Investing in the mental health of young students helps create a supportive and nurturing community, where children can thrive and reach their full potential.



Donating to **Let's Support the Children's** mental health program is an excellent way to make a difference in the lives of children and support the overall health and well-being of the community. By providing financial assistance, individuals can help ensure that schools have the necessary resources to offer counseling services and address the mental health needs of their students effectively.



Remember, mental health is a crucial aspect of a child's overall development, and supporting programs like this can have a lasting positive impact on their lives.

History and Literature

The History and Literature program offered by **Let's Support the Children** sounds like a valuable initiative to promote reading and provide additional books to classrooms.



Here are some key points highlighting the significance of this program:

Enriching Reading Experience

Having printed take-home books enhances the reading experience for students.



By having physical books in their hands, children can engage more deeply with the text, develop a personal connection with the story, and immerse themselves in the world of literature.

This can foster a love for reading and encourage further exploration of different genres and subjects.



**Library Discovery Centre
New York**



**Brentwood Children's Library
Tennessee**

Intellectual Development

Reading exposes children to a wealth of knowledge and ideas. Through history and literature, children gain insights into diverse cultures, time periods, and human experiences.



They learn about different perspectives, develop critical thinking skills, and expand their understanding of the world.

Access to a wide range of books allows children to explore various subjects and deepen their intellectual curiosity.

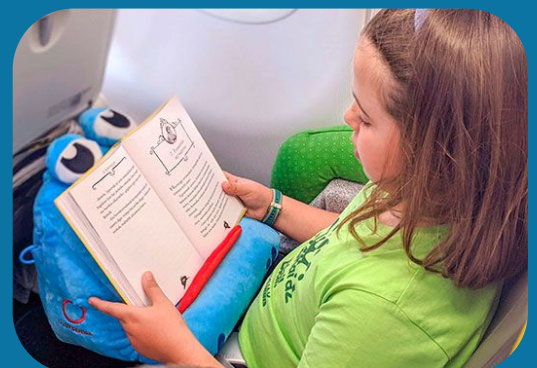


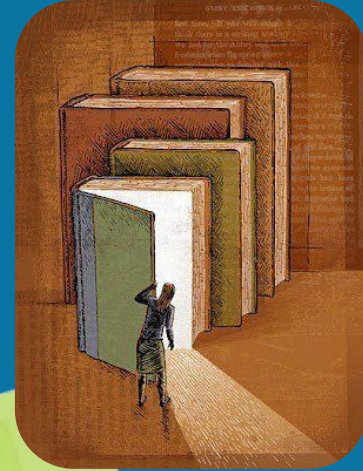
Character Development

Literature offers a window into the inner thoughts, emotions, and values of characters.

By reading about different characters' experiences and journeys, children can develop empathy, understanding, and insight into human behavior.

They learn to analyze and interpret the motivations and actions of characters, which can help them develop their own character and values.





Gateway to Learning

Books serve as a gateway to learning across different subjects

History books provide insights into past events, fostering a deeper understanding of the world's complexities

Fiction and narrative poetry stimulate imagination and creativity

Biographies introduce children to the lives of inspiring individuals

By having access to a variety of books, children have the opportunity to explore different subjects and expand their knowledge base.

Encouraging the Tradition of Reading at Home

Having a book at home helps foster a culture of reading beyond the classroom

When children have access to books they can take home, it encourages them to read outside of school hours, further enhancing their literacy skills and fostering a lifelong love for reading.

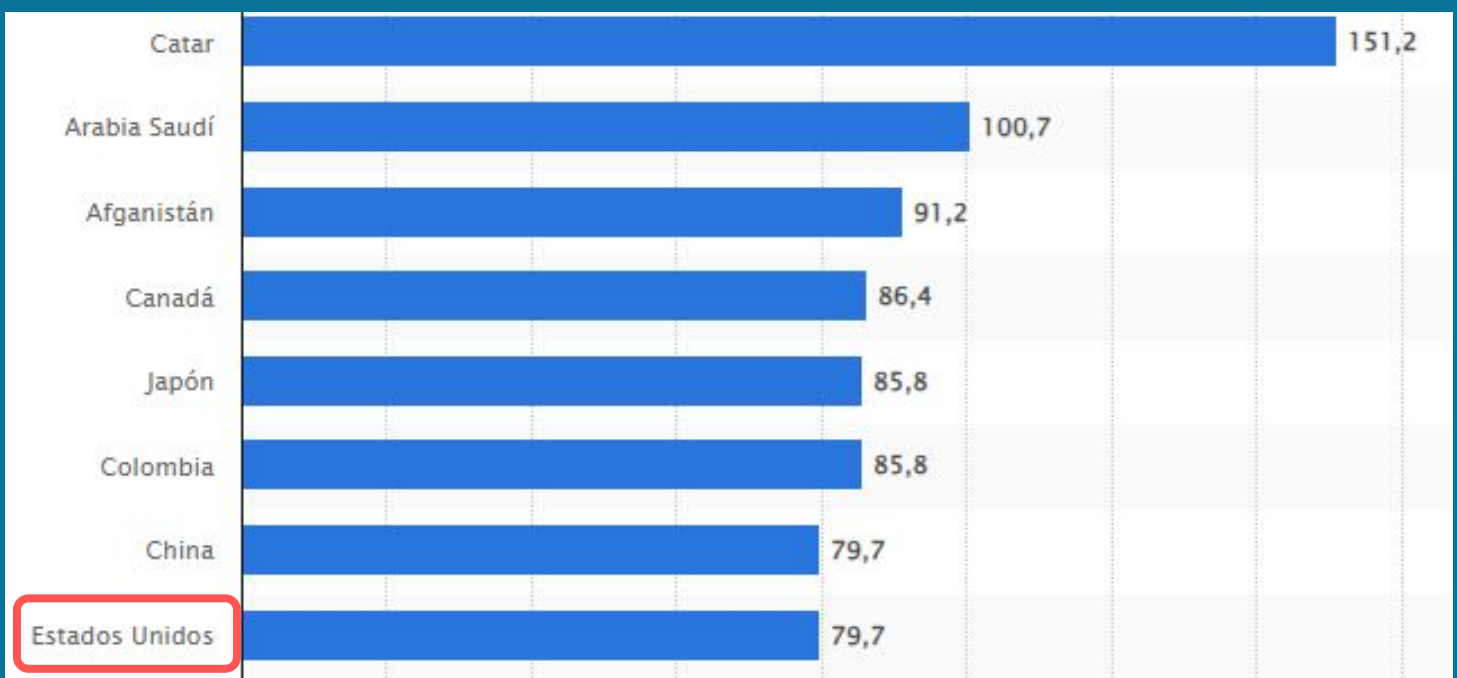


By donating to the History and Literature program, individuals can contribute to the fulfillment of teachers' requests for additional books. This support ensures that classrooms have the necessary resources to promote reading, enrich the learning experience, and help children achieve their reading goals. By investing in this program, you are helping children develop their intellectual, emotional, and cultural understanding through the power of literature.



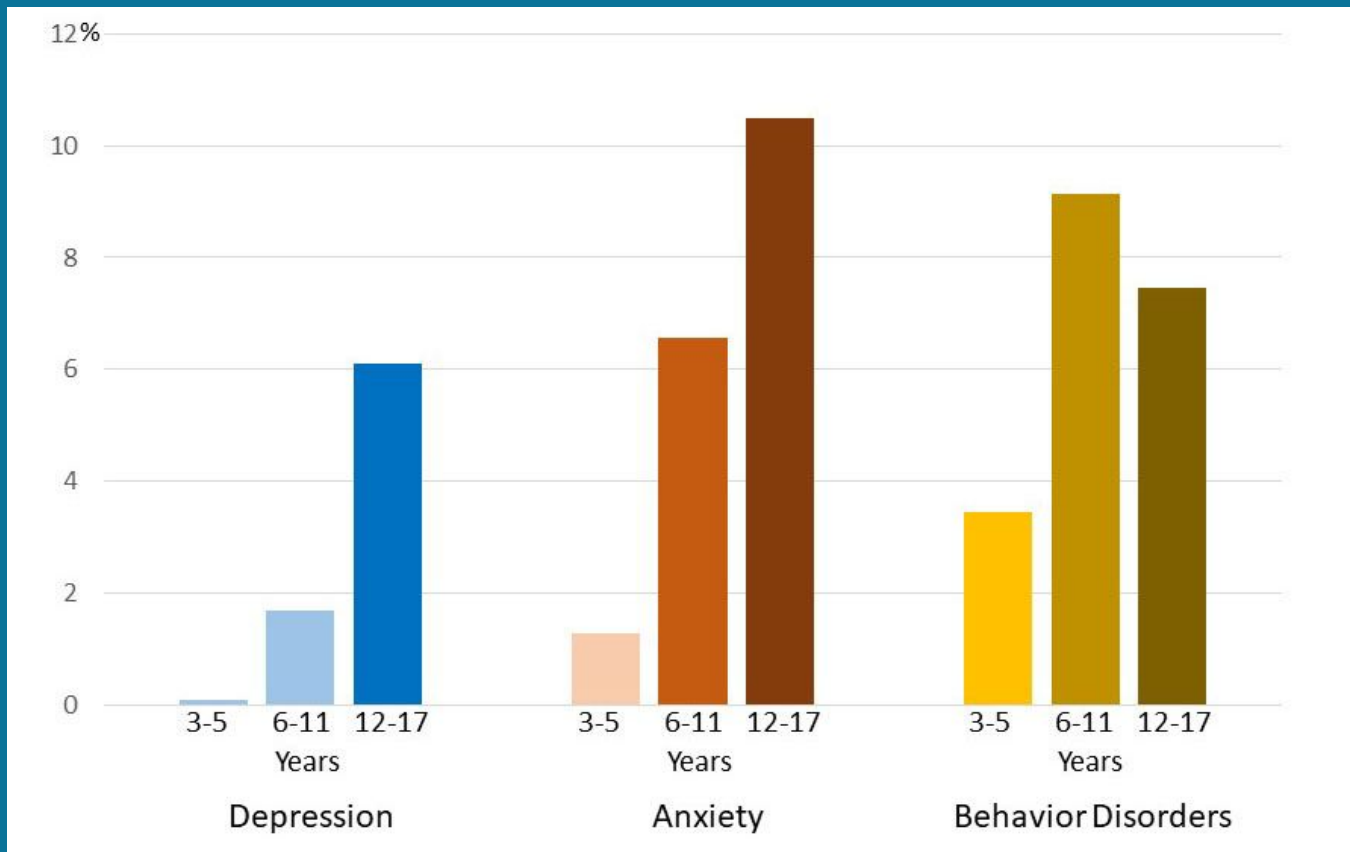
Statistics

Number of children with autism spectrum disorder per 10,000 in selected countries of the world in 2022



The number of children with autism spectrum disorder in the **United States stood at 80 cases per 10,000 children in 2022**, the **eighth highest** prevalence in the countries included in the statistics. Ahead of the United States were countries such as Qatar, Canada or Colombia, all with more than 85 cases per 10,000 children.

Depression, Anxiety, Behavior disorders, by age



%
99

EDUCATION

The literacy rate is approximately 99%. The **UNESCO** assigns the country an education index of 0.97, the 12th highest in the world. According to Unesco, the United States is the country with the second most higher education institutions in the world, with a total of 5,758 and an average of more than 15 for each state.



85.3 %

The graduation rate is at an all-time high (ThinkImpact, 2021)

Students graduated from high school (REDEM, 2022)

84.6 %

USA - UNIVERSITY

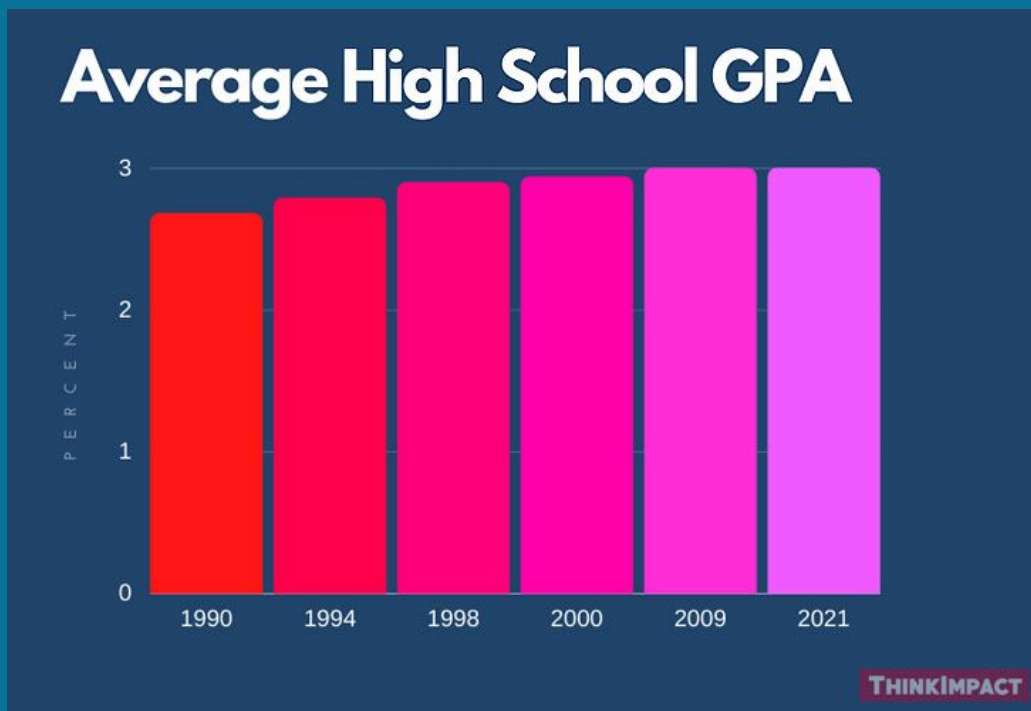
Here are some of the most prestigious and most famous universities in the world. Harvard, Yale, Berkeley, (REDEM, 2022)

High School Student Enrollment For Public and Private Schools (ThinkImpact, 2021)

Year	Public	Private
2021	15,492,000	1,539,000

3.00

The average high school GPA is 3.00, which was higher when compared to the first-year college GPA (ThinkImpact, 2021)



15
%

32

The number of students ages **3–21** who received special education and/or related services under the Individuals with Disabilities Education Act (IDEA) was **7.3 million**, or the equivalent of **15 percent** of all public school students. Among students receiving special education and/or related services, the most common category of disability was specific learning disabilities



(IES - NCES,
2022)

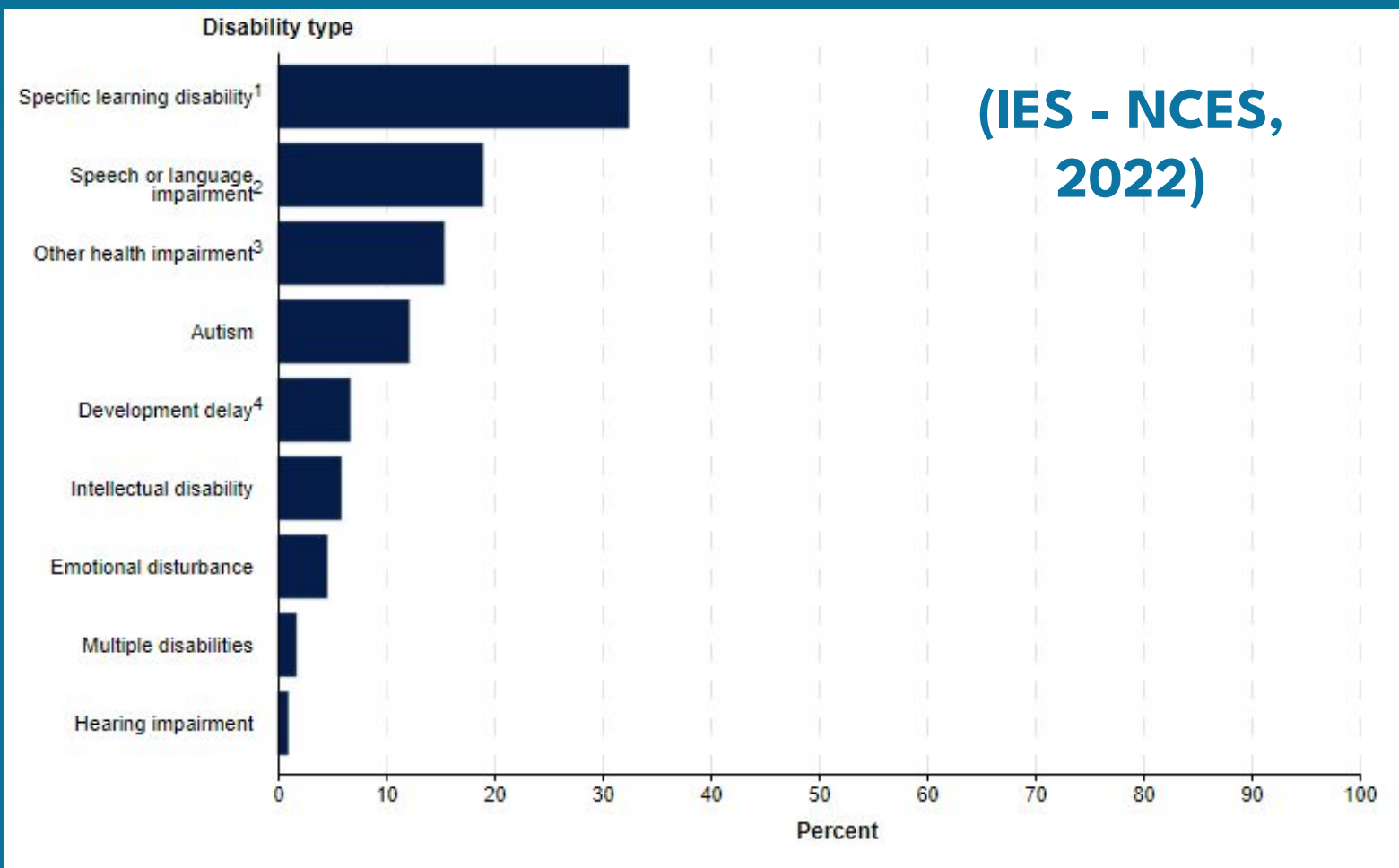
Let's support the children knows that there are many areas where to help, when it refers to children with special needs.



From 2021 - 2022

Among students who received special education and/or related services under IDEA in school year 2021-22, the disability types⁶ with the largest reported percentages of students were

Students with developmental delays, intellectual disabilities, and emotional disturbances each accounted for between 5 and 7 percent of students served under IDEA.





32 %

**Specific learning
disabilities**

19 %

**Speech or
language
impairments**

15 %

**Other health
impairments**

12 %

Autism



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