

My name is Cathy Soya, and I am the School Alliance Coordinator for the Tigger Stavola Foundation; a 501c3 located in Red Bank. Our mission is to fight addiction, spread awareness, and save lives through drug prevention and education. Our vision, which is to prevent future generations from the dangers of substance-use disorder by providing support and promoting awareness through age-appropriate education. As an organization, we are working tirelessly to spread the word of our mission and educate both schools and clubs about making good choices, healthy living, and natural highs. The Tigger Stavola Foundation has collaborated with over 40 high schools in Monmouth and Ocean counties in 2022 and we are excited for our 2023 initiative, which is to collaborate with over 90 middle schools.

I'm reaching out to you as you are listed as the contact for NHS on the school website. We are giving **volunteer hours** to students who register for our 4th annual Polar Plunge to Freeze Addiction March 26th at Edgewater Beach Club in Sea Bright. We would love to have as many students as possible join us. It's going to be a great event. We will have hot cocoa, snacks, t-shirts, and Shawn Metz will do a brief presentation! Please let me know if you have any questions. I'm attaching the flyer to share with your students.