Loyalsock Township School District
Rhithm Check-In Opt-Out Form

Dear Parent/Guardian,

Loyalsock Township School District utilizes Rhithm, a digital tool designed to support student well-being through quick weekly check-ins. These brief 5-question check-ins help staff better understand and respond to students' needs while also helping students build self-awareness and regulation skills. Participation is highly encouraged but not required.

For more information regarding Rhithm please access the QR link below.

Data confidentiality according to Rhithm:

> "Data confidentiality for all of our users is of the utmost importance. Our application's architecture is FERPA compliant by design, our data is all stored on dedicated FERPA and HIPAA compliant servers inside the United States, and we use industry standard encryption practices including SSL/TLS and more. And we do not ever share user data with marketers!"

For more data confidentiality information, please review Rhithm's FAQ page for Privacy and FERPA policies at:

https://rhithm.app/faq/

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If you prefer that your child not participate in Rhithm check-ins, please complete this form and return to Kendall Sauers.

If you have any questions, please contact Kendall Sauers at ksauers@loyalsocklancers.org

Student Information

- **Student Name:** _____
- **Grade Level:** _____
- **School Building (circle one):** Schick / Middle School / High School

Opt-Out Statement

I request that my child **not participate** in the Rhithm student check-ins administered by Loyalsock Township School District.

I understand that by opting out:

- My child will not complete Rhithm check-ins during designated times.
- School counselors and staff will continue to support my child's social-emotional needs through standard district practices.

✔️ This opt-out applies **only** to Rhithm check-ins.
✔️ I may revoke this opt-out at any time by notifying the school in writing.

Parent/Guardian Information

Name: _____

Signature of Parent/Guardian: _____ **Date:** _____