

## Student & Family Introduction to Rhithm

The Port Allegany School District is excited to announce the use of the Rhithm app as a part of our commitment to supporting whole child development. Rhithm will help us better understand each student's learning readiness and respond to social and emotional needs.

### WHAT IS THE RHITHM APP?

The Rhithm app is a check-in tool that provides responsive support for students in just 3-5 minutes. Students respond to five questions around Mental, Energy, Emotional, Physical, and Social wellness through emoji-based icons, and then engage in brief well-being related activities that are tailored to student needs, build social-emotional skills, and help students get ready to learn.

### HOW WILL MY CHILD ACCESS THE RHITHM APP?

Rhithm uses Google Classroom for easy student access. Check-ins will be completed three times per week during your child's homeroom period.

**Step 1:** Visit Rhithm.app

**Step 2:** Click "Login" in the Top Right Corner

**Step 3:** Click "Login with Google" and Complete Fields by clicking the emoji icons

### WHAT IS THE RHITHM PRIVACY POLICY?

Rhithm does not share student data with anyone, including marketers. Rhithm has strict internal data governance policies and hosts data on private, HIPPA compliant dedicated servers with the highest security levels. The app, along with all Rhithm business policies, are structured to be FERPA compliant. [View Privacy Policy](#)

### HOW CAN I LEARN MORE ABOUT RHITHM?

View this parent video for more information: [English](#), [Spanish](#)

Additional information and access to the activities can be found at:

<https://rhithm.app/parent-faq/>

### CAN I OPT-OUT MY CHILD FROM PARTICIPATING?

Yes. Although parents are encouraged to allow their child to participate, you can contact your building principal should you choose to opt-out.