

The WSPTA Outstanding Student Advocate Award was introduced in the 2018-2019 year to recognize a student for their statewide advocacy. This award recognizes and honors a student for statewide advocacy, leadership and/or service on behalf of all children and youth.

Congratulations to our 2026 recipient, Sophie Perrenoud!




Each year WSPTA honors an outstanding Student Advocate. This year our outstanding advocate comes from Mercer Island High School PTSA. She was nominated for this award by her PTSA.

Sophie Perrenoud is the 2026 winner. Sophie exceeds the expectations of the WSPTA Outstanding Student Advocate Award through her courageous leadership, statewide advocacy, and unwavering commitment to the well-being of children and youth across Washington. She has created a lasting and significant impact for students and families affected by eating disorders by turning a deeply personal struggle into a platform for hope and education.

After surviving a life-threatening eating disorder and undergoing treatment at an eating disorder recovery center, Sophie emerged not only determined to heal but motivated to help others who were facing the same isolating and frightening journey. Because she recognized how powerful encouragement and connection can be during recovery, at just 16 years old, Sophie founded Letters of Light, which is a peer-led organization dedicated to supporting adolescents and children recovering from eating disorders.

Letters of Light writes and delivers handwritten letters of encouragement to youth in recovery at the Eating Recovery Center (ERC). These letters offer hope, validation, and a reminder that



recovery is possible. They often reach students during their most vulnerable times. So far, Sophie and her team have written over 500 personalized cards. Each card aims to uplift and empower a young person going through recovery.

Furthermore, Sophie has expanded Letters of Light into a statewide advocacy and education initiative. She leads a team of approximately 30 student members, coordinating outreach, meetings, and service projects. Under her leadership, Letters of Light has produced twelve podcast episodes that focus on the neuroscience of eating disorders, the role and benefits of different food groups, and real recovery stories. These podcasts are available across major platforms, including Spotify, Apple Podcasts, Amazon Music, and Audible, making complex, evidence-based information accessible to students and families across Washington, helping reduce stigma and misinformation surrounding eating disorders. These podcasts have reached teenagers across the globe, including listeners in countries such as the Philippines and Iran, where eating disorders are sometimes less recognized yet continue to affect young people.

Sophie also created and manages the Letters of Light website (<https://www.letters-of-light.com>), which serves as a center for advocacy and education. The site features articles on proper nutrition, mental health awareness, recovery resources, volunteer recruitment, and access to the podcast. Additionally, Sophie runs the organization's Instagram account to promote meetings, share encouragement and motivation, and connect students statewide to resources and peer support.

Through Letters of Light, Sophie has demonstrated exceptional leadership, vision, and compassion. Her work directly serves students across Washington by promoting mental health awareness, fostering peer connection, and advocating for youth who often feel unseen and unheard. Sophie's ability to transform personal adversity into statewide service makes her an extraordinary candidate for the WSPTA Outstanding Student Advocate Award. Her advocacy reminds students that they are not alone, and that even in the darkest moments, there is light.