



Dear Family,

We want your child to be successful in school, and that means supporting and encouraging their whole development. While excelling in academic classes is important, students also need skills for learning challenges, making good decisions, handling strong emotions, and getting along with others.

This week, we'll begin Second Step® Middle School, a research-based social-emotional learning program designed to improve students' social-emotional skills, such as emotion management, impulse control, problem solving, and empathy. Second Step skills and concepts are designed to help students both in and out of school. These include:

Mindsets and Goals: Students learn how to develop a growth mindset and apply research-based goal-setting strategies to their social and academic lives.

Developing a Positive Sense of Self: Students learn to identify their guiding principles, work toward becoming the person they want to be, and learn strategies for building confidence.

Thoughts, Emotions, and Decisions: Students learn how to recognize strong emotions and unhelpful thoughts, and apply strategies to manage their emotions and reduce stress.

Managing Relationships and Social Conflict: Students learn strategies for developing and maintaining healthy relationships, perspective-taking, and dealing with conflict.

If you have any questions about Second Step® Middle School, please don't hesitate to contact me for more information. Thank you for your support as we work to build a safe and supportive school community.

Sincerely,