

Dear Family:

This is a busy time for young children. They are learning many new skills. Children might be learning to read, starting to write, tying shoelaces, trying to help out at home, and wanting to do things by themselves. These are important tasks for young children to learn.

Children are also learning how to understand and manage their feelings. They are learning how to make a friend and be a friend. And they are learning how to solve problems with other children. They are learning these things throughout the day in the classroom, on the playground, and at home. Children are learning by watching and listening to how teachers, family members, and friends interact with each other. But just like reading and writing, these areas of learning also have specific skills that need to be taught. We will be using a program called *Second Step: A Violence Prevention Curriculum* to help us learn and practice these social-emotional skills. Children who learn and use these skills are more likely to get along with other people and to do better in school.

Families are an important part of the *Second Step* program. You will receive letters with information about the social-emotional skills your child is learning in school and ideas you can use at home to help your child learn and practice these skills.

You are welcome to come and observe one of our *Second Step* lessons. If you have any questions, please don't hesitate to ask.

Sincerely,

Mrs. Duffeth

Dear Family:

This is a busy time for children who are learning many new skills in school. They may be reading chapter books, writing stories, using graphs, or starting to play a musical instrument. These are all important skills for children to learn.

Another area of learning that requires specific skills is social-emotional learning. These important skills are often overlooked. This is the realm where children learn how to understand and manage their feelings, how to make friends and be a friend, and how to solve social problems. Learning takes place throughout the day—in the classroom, on the playground, and at home. Children learn by watching and listening to how teachers, family members, and friends interact with one another.

We will be using a curriculum called the *Second Step* program to help us think about, develop, and practice positive social skills. Research tells us that children who learn and use these skills are more likely to get along with others and do better in school.

The *Second Step* program is divided into three units:

- **Unit I: Empathy Training.** Children learn about feelings and ways to show understanding and caring toward others.
- **Unit II: Impulse Control and Problem Solving.** Children learn new ways to solve problems and practice skills such as calming down, apologizing, interrupting politely, and making new friends.
- **Unit III: Anger Management.** Children learn to manage their anger in ways that do not hurt others.

Incorporating photographs and videos of children in everyday situations, *Second Step* lessons introduce and teach all the above skills. All students are given the chance to practice the skills they're learning through role-playing, an important part of *Second Step* lessons.

Families play a crucial role in the success of the *Second Step* program. You will be receiving letters about what your child is learning at school and what you can do at home to help him or her understand and practice the new skills. Please feel free to come and observe one of our *Second Step* lessons, and if you have any questions, be sure to ask. I would be delighted to hear from you.

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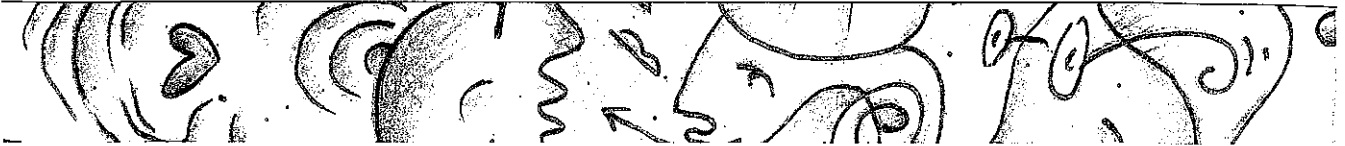
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Dear Family,

Wouldn't it be great if there were a way to protect your middle school student from risky behaviors such as bullying, aggression, and substance abuse while improving his or her school success? Fortunately, research shows there is a way to do just that.

This week we begin the Stepping Up program. The program focuses on skills that will help your student succeed in school and in life. These skills include:

- Empathy
- Communication
- Perspective taking
- Respectful disagreement
- Assertiveness
- Emotional management
- Problem solving

You play a vital role in helping your student develop strong social skills. During these next few weeks, the focus of the lessons will be empathy and communication. Ask questions about the skills your student is learning, such as:

- “How do you show someone you’re actively listening to them?”
- “What are some ways you can be an ally to someone?”
- “Why should you try to understand other people’s perspectives?”

If you have any questions about the curriculum, please do not hesitate to contact me for more information. Thank you for supporting your student in learning the skills that lead to success in school and in life.

Sincerely,

P.S. Make sure to join [www.secondstep.org](http://www.secondstep.org) with the activation key **SSP6 FAMI LY12** to watch videos about the *Second Step* program and get information about what your student is learning.



**Go online today!**

[www.secondstep.org](http://www.secondstep.org)

Enter this activation key:

**SSP6 FAMI LY12**