



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 to help them overcome challenges, make good decisions, handle strong emotions, and get along well with others.

This week, we'll begin Second Step® Middle School, a research-based program designed to improve these skills and help students both in and out of school. It includes the following units:

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

Managing Relationships & 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,