

Dear Families,

We want your child to be as successful as possible at school. Success in school is not just about reading and math. It is also about knowing how to learn and how to get along with others. We have been using the Second Step program in your child's classroom to teach these critical skills.

The Second Step program teaches skills in the following four areas:

- **Skills for Learning:** Students gain skills to help themselves learn, including how to focus their attention, listen carefully, and be assertive when asking for help with schoolwork.
- **Empathy:** Students learn to identify and understand their own and others' feelings. Students also learn how to take another's perspective and how to show compassion.
- **Emotion Management:** Students learn specific skills for calming down when experiencing strong feelings, such as anxiety or anger.
- **Problem Solving:** Students learn a process for solving problems with others in a positive way.

Your child will learn a lot this year—and he or she will need your help! Throughout the year, your child will bring home “Home Links” that go with several of the Second Step lessons. Home Links are simple, fun activities for you and your child to complete together. They are a great way for you to understand what your child is learning and for your child to show you what he or she knows. If you have any questions about the Second Step program, please do not hesitate to contact me for more information. Thank you for supporting your child in learning the skills that leads to success in school and in life. Make sure to join www.secondstep.org with the activation key SSP4 FAMI LY74 to watch videos about the Second Step program and get information about what your child is learning.

Sincerely,

Dylan Bissonnette

S.E.A.D Coach

Barnstable United Elementary School