

Dear Family,

We want your child to be successful in school, and that means going beyond the basics. Excelling in academic classes is important, but students also need to know how to learn, make good decisions, handle strong emotions, and get along with others.

This week, we'll begin the *Second Step* Middle School Program, which focuses on skills and concepts that are designed to help students both in and out of school. These include:

Mindsets and Goals: Students learn about ways to grow their brains and get smarter, along with research-based strategies for achieving goals and handling difficult situations.

Values and Friendships: Students learn to identify their personal values and use those values to make good decisions and build strong, positive relationships.

Thoughts, Emotions, and Decisions: Students learn the positive role emotions play in their lives, how to handle unhelpful thoughts and strong emotions, and specific strategies for calming down.

Serious Peer Conflicts: Students learn how to identify and avoid serious conflicts, resolve conflicts that can't be avoided, think about other people's perspectives, and help stop bullying and harassment at school.

If you have any questions about the *Second Step* Middle School Program, please do not hesitate to contact me for more information. Thank you for supporting your child in learning the skills and concepts that lead to success in school and in life.

Sincerely,

Libbie Moshier, Counselor
Libbie.moshier@sno.wednet.edu