

Dear Center School Families,

Center School will be using the Second Step program in your child's classroom. The Second Step program is a classroom-based program designed to increase students' school success and decrease problem behaviors by promoting social-emotional competence and self-regulation. It teaches skills that strengthen students' ability to learn, have empathy, manage emotions, and solve problems. Equipping students with Second Step skills creates a safer, more respectful learning environment that promotes school success and helps build classroom community. The Second Step lessons will be delivered by your child's classroom teacher, as well as the school counselor, Rachel Caporuscio.

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

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

This year additional lessons on community building have been incorporated to help students with the re-entry to in-person learning.

Your child will be learning a lot this year-and he or she will need your help! Throughout the year Home Links will be uploaded through the school's virtual backpack. These Home Links go along 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 skills that lead to success in school and in life.

Sincerely,

Rachel Caporuscio

School Counselor

P.S. Make sure to join [SecondStep.org](https://www.SecondStep.org) with the Activation Key indicated for your child's grade level. Here you can watch videos about the Second Step program and get information about what your student is learning.

Kindergarten: SSPK FAMI LY70

1st grade: SSP1 FAMI LY71

2nd grade: SSP2 FAMI LY72

3rd grade: SSP3 FAMI LY73