

September 5, 2017

Dear Brittan Acres Community,

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 will be using the *Second Step* program weekly in your child's classroom to teach these critical skills.



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, and be assertive when asking for help with schoolwork.
- 2. 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.
- 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.

Your child will be learning a lot this year—and he or she will need your help! Throughout the year, your child will have access to 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 your school counselor for more information. Thank you for supporting your child in learning the skills that lead to success in school and in life.

Sincerely,

Kimberly Arasato, Brittan Acres School Counselor

Find out more about our SCSD Counselors Here: [San Carlos School District Counselors](#)

The Second Step Program is available for parents to use as well. To join, go to www.secondstep.org and use your grade specific activation key. Home links are also available for each grade level, see below.

ACTIVATION KEY

Kindergarten: **SSP0 FAMI LY70**

First Grade: **SSP1 FAMI LY71**

Second Grade: **SSP2 FAMI LY72**

Third Grade: **SSP2 FAMI LY73**

HOME LINKS

[Kindergarten Home Links](#)

[First Grade Home Links](#)

[Second Grade Home Links](#)

[Third Grade Home Links](#)