



September 13, 2021

We are excited to introduce the [Second Step Program](#). This year, we'll begin "Second Step Elementary", a research-based social-emotional learning program designed to improve children's social-emotional skills. Second Step skills and concepts are designed to help children both in and out of school.

Elementary schools have always been known to help students learn literacy and numeracy skills. 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, children also need skills to take on learning challenges, make good decisions, manage strong emotions, and get along with others.

In the "Second Step Elementary" program there are four units which will cover the following:

Growth Mindset & Goal-Setting: Children learn how to pay attention and manage distractions, develop a growth mindset, and apply goal-setting strategies to their social and academic lives.

Emotion Management: Children learn how to identify and label emotions and use emotion-management strategies—including stress management for older students—to calm strong feelings.

Empathy & Kindness: Children learn how to recognize kindness and act kindly, have empathy for others and take others' perspectives, and recognize kind acts and empathy as important elements of building and maintaining relationships.

Problem-Solving: Children learn how to identify and state a problem, recognize if a problem is an accident, and use the STEP problem-solving process:

- **S:** Say the problem
- **T:** Think of solutions
- **E:** Explore the outcomes
- **P:** Pick a solution

Our vision for the program is:

RES is a safe and caring community that values all individuals. We reach our potential through healthy self-identities and positive connections.

We are thrilled to be able to integrate such an important and impactful program into our school this year. We strongly encourage parents/guardians to take some time and study some of the resources provided below.

You will also receive regular communications from your child's teacher to help you reinforce Second Step language, skills, and goals at home. If you have any questions about Second Step Elementary, please don't hesitate to contact me or your child's teacher for more information.

[Social-Emotional Learning: What Is SEL and Why SEL Matters Video](#)

[Social-Emotional Video Playlist](#)

[Second Step Elementary](#)

Sincerely,

Jerry Salmon
RES Principal