**Month 1:** Setting the Stage

**For Families**

This month, our school wide theme is our school as a welcoming place where every student feels like he or she belongs. In our morning announcements, we’ll be reminding students to welcome others and act and speak in safe, respectful, and responsible ways. In addition, we’ll be reminding students of our Raider Rules.

Support your child at home in welcoming others and acting and speaking in safe, respectful, and responsible ways. Please tell your child’s teacher if you have questions about specific ways you can help your child with these behaviors at home.

**Month 2:** Skills for Learning

**For Families**

This month, our school wide theme is skills for learning: listening, focusing attention, using self-talk to stay on-task, and being assertive when asking for help with a learning task. In our morning announcements, we’ll be reminding students of these skills, which help students be successful learners.

*Second Step* lessons teach skills for learning.

Please tell your child’s teacher if you’d like more suggestions about supporting skills for learning at home.

**Month 3:** Empathy

**For Families**

This month, our school wide theme is empathy. In our morning announcements we’ll be reminding students to have empathy, identify their own and others’ feelings, notice and respect same and different feelings, and show compassion. Compassion involves saying kind words or doing something helpful to show you care how another person feels. When students can identify, understand, and respond in a caring way to how someone else is feeling, it helps create a positive and accepting school climate.

*Second Step* lessons specifically teach about empathy.

Please tell your child’s teacher if you have any questions about how you can help your child learn to identify feelings and show empathy and compassion at home.

**Month 4:** Emotion Management

**For Families**

This month, our school wide theme is emotion management. In our morning announcements we’ll be prompting students to notice their own feelings by paying attention to clues in their bodies, and we’ll be reminding them to use their *Second Step* skills to calm down:

* Stop—Use your signal
* Name your feeling
* Calm down: Breathe, count, use positive self-talk

These skills help students calm down strong emotions when faced with learning and social challenges, which helps them succeed academically and get along well with others.

*Second Step* lessons specifically teach about calming down strong emotions such as anger, disappointment, frustration, and anxiety.

Please tell your child’s teacher if you have questions about how you can help your child learn to calm down at home.

**Month 5:** Problem Solving

**For Families**

This month, our schoolwide theme is problem solving. In our morning announcements we’ll be reminding students to use the *Second Step* Problem-Solving Steps:

* S: Say the problem
* T: Think of solutions
* E: Explore consequences
* P: Pick the best solution

As you can see, the first letter of each step spells the word ”step.” Remembering “step” helps students solve problems with each other in safe and respectful ways.

*Second Step* lessons specifically teach students to use each step and reinforce the message that solutions need to be safe and respectful.

Please tell your child’s teacher if you would like more suggestions about how to use the Problem-Solving Steps at home.

**Month 6:** Friendship Skills

**For Families**

This month, our school wide theme is friendship skills. In our morning announcements, we’ll be reminding students to invite others to play, play in fair ways, take responsibility for mistakes by making amends, and how to handle name-calling assertively. These skills help students make and keep friends.

*Second Step* lessons specifically teach these friendship skills.