



Bonneville Elementary School

1145 South 1900 East
Salt Lake City, Utah 84108
A Nationally Recognized School of Excellence

Principal
Mary Lane Grisley

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Dear Family,

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 in K-5 classrooms 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, 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 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 be bringing home 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 me for more information. Thank you for supporting your child in learning the skills that lead to success in school and in life.

Sincerely,

Julia Schleifman
School Counselor
Bonneville Elementary School

P.S. Make sure to join www.secondstep.org with your student's grade-level activation key to 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**

4th Grade: **SSP4 FAMI LY74**

5th Grade: **SSP5 FAMI LY75**