

Dear Delton Kellogg Family,

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.

We have begun our Character Education Curriculum along with Second Step®, K-8 and School Connect 9-12. Second Step and School Connect are research-based curriculums focused on skills and concepts designed to help children both in and out of school. In addition, students will be asked from time to time for feedback about how their new skills have assisted them. The four units that we will cover are 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

If you have any questions about Second Step, Social Emotional Learning (SEL), or Character Education please don't hesitate to contact me or your child's teacher for more information. Thank you for your support as we work to build a safe and supportive school community.

Sincerely,

Dr. Herman J. Lartigue, Jr.
Superintendent
Delton Kellogg Schools