

Dear Parents,

My name is Gulnur and I am a new Student Services Assistant at Stone Ranch. I am very excited to join the Trailblazer family and looking forward to start teaching Second Step Lessons to TK-3 grade students.

Success in school is not only just about reading, writing or math. It is also knowing how to learn and how to get along with others. The Second Step program teaches social 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. **Emotional Management:** Students learn specific skills for calming down when experiencing strong feelings, such as anxiety, anger, disappointment or frustration.
4. **Problem Solving:** Students learn a process for solving problems with others in a positive way.

Your child will learn a lot this year and we are super excited to teach them. Throughout the school year, we will send you weekly updates on Second Step lessons and you can help your child apply these social skills in daily activities at home as well.

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, Mrs. G