



COLQUITT COUNTY SCHOOL DISTRICT

ESTD. 1873

Ben Wiggins
Superintendent
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Dear Families:

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.

During September, 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 in and out of school. Four units will cover the following:

Growth Mindset & Goal-Setting: Children learn 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 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

You'll receive communications from your child's counselor and social worker 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 school for more information. Thank you for your support as we work to build a safe and supportive school community.

Sincerely,

Benjamin Wiggins, Superintendent