



Las Flores Middle School
 25682 Antonio Parkway
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Dear Parent/Guardian,

In December & January your student learned the Steps for Staying in Control. As a reminder, the steps are below.

The Steps for Staying in Control

Notice	Recognize your physical and mental signs.
Pause	Use your signal
Think twice	Use your brain
Calm down if necessary	Use your calming-down strategies
Reflect	How did you do?

The LFMS school counselor and school counseling intern will now begin the next Second Step classroom guidance lesson in Science classes. Each grade level has a different lesson that is developmentally appropriate for the grade level. In the second lesson, students will still be learning about emotion management but focusing on calming down and coping strategies for stress and other strong emotions. Students will learn calming down strategies they can use along with the Steps for Staying in Control. Seventh & eighth grades will be focusing on coping with stress.

The strategies for calming down are useful for anyone, adult or teen. They are:

- Doing something physically active
- Doing something relaxing
- Thinking about something else (like counting to ten)
- Using centered breathing
- Using positive self-talk

Ask your student to show you how these work! Staying in control helps students get along with others and focus on their schoolwork. Both of these things help them be more successful in school. Students will also be receiving an optional homework assignment to complete with an adult family member on the day of the lesson. Students who turn in this assignment will be entered into a raffle for a free lunch from a restaurant in the area.

Make sure to join www.secondstep.org (with the activation keys are listed below) to watch videos about the Second Step program and get information about what your student is learning.

Make sure to Copy/Paste as there are spaces within the activation keys.

6th Grade - **SSP6 FAMI LY12**

7th Grade - **SSP7 FAMI LY23**

8th Grade – **SSP8 FAMI LY34**

If you have any questions about the program, please do not hesitate to contact me for more information. AAGODDARD@capousd.org

Thank you for supporting your student in learning the skills that lead to success in school and in life.

Sincerely,

Alexis Goddard, M.S., P.P.S
 LFMS School Counselor