



Las Flores Middle School
 25682 Antonio Parkway
 Rancho Santa Margarita, CA 92688
 949-589-6543 Fax 949-589-9286



Dear Parent/Guardian,

Starting December 2015, Las Flores Middle School will begin the Second Step Program. The Second Step program is comprised of classroom guidance lessons that will be delivered by the school counselor and school counselor intern. This year students will receive three classroom guidance lessons. The lessons will focus on emotional management and problem solving skills that will help your student succeed in school and in life. Each grade level has a different lesson that is developmentally appropriate for the grade level.

In the first lesson, all students will learn about emotional management. Each grade level will have a different lesson relating to this topic. Your student will be learning the Steps for Staying in Control. Trouble with friends, coping with homework, responsibilities at home - there are many demands on teens that may cause strong emotions. When strong emotions get out of hand, it can be hard to think straight and make good decisions. Students can also struggle to make good choices when they experience strong emotions such as feelings of sadness, jealousy, anxiety, or even happiness. Students are learning that emotions come from an automatic part of their brain, but that they also have a thinking part of their brain that helps them stay in control.

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?

Ask your student about the steps. Help your student remember to pause and think twice before doing something he or she might regret.

If you have any questions about the program, please do not hesitate to contact me for more information. Thank you for supporting your student in learning the skills that lead to success in school and in life.

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**

Sincerely,

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