

Jensen Ranch Elementary Second Step

Jensen Ranch Elementary uses **Second Step** to teach Character Education to our K-5 students. The lessons are taught by the classroom teachers in class groups, grade level groups as well as small refresher groups as needed.

We encourage you to explore the Second Step website where you will find many valuable parent resources and strategies.
www.secondstep.org

Use the following activation keys to access valuable content for parents. Create an account for each grade level as the content will vary by grade.

Kinder: SSPK FAMI LY70

1st grade: SSP1 FAMI LY71

2nd grade: SSP2 FAMI LY72

3rd grade: SSP3 FAMI LY73

4th grade: SSP4 FAMI LY74

5th grade: SSP5 FAMI LY75



Second Step is used at all 9 elementary schools across CVUSD with great success!

Teachers and students alike enjoy the engagement that comes with this type of classroom content, and the outcomes of learning skills, anger management, empathy and impulse control.

What is Second Step and How Can I Learn More?

We want your child to be as successful as possible at school. Success in school is not just about reading and math. It is also about knowing how to learn and how to get along with others. We use of the *Second Step* program in your child's classroom to teach the following critical skills.

The *Second Step* program teaches 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. Emotion Management:** Students learn specific skills for calming down when experiencing strong feelings, such as anxiety or anger.
- 4. Problem Solving:** Students learn a process for solving problems with others in a positive way. Your child will be learning a lot this year—and he or she will need your help!

Throughout the year, your child may bring home "Home Links" that go with several of the *Second Step* lessons. Home Links are simple, fun activities for you and your child to complete together. They are a great way for you to understand what your child is learning and for your child to show you what he or she knows.

If you have any questions about the *Second Step* program, please do not hesitate to contact your child's teacher for more information. You can also set up an account with Second Step to support your child in learning the skills that lead to success in school and in life.