



MOUNT HOREB MIDDLE SCHOOL

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Middle School Office | 900 East Garfield Street, Mount Horeb, WI 53572

Dear parent/guardian(s) of seventh grade students,

We want your child to be successful in school, and that means supporting and encouraging students' whole development. While excelling in academic classes is important, students also need skills for learning challenges, making good decisions, handling strong emotions, and getting along with others.

This week, we will begin Second Step Middle School, a research based social-emotional learning program designed to improve students' social-emotional skills, such as emotion management, impulse control, problem solving and empathy. Second Step skills and concepts are designed to help students learn both in and out of school. These include:

Mindsets and Goals: Students learn how to develop a growth mindset and apply researched based goal setting strategies to their social and academic lives.

Recognizing Bullying and Harassment: Students learn how to recognize bullying and harassment, stand up safely to bullying, and respond appropriately to harassment.

Thoughts, Emotions, and Decisions: Students learn how to recognize strong emotions and unhelpful thoughts, and apply strategies to manage their emotions and reduce stress.

Managing Relationships and Social Conflict: Students learn strategies for developing and maintaining healthy relationships, perspective-taking, and dealing with conflict.

If you have questions about Second Step Middle School, please do not hesitate to contact one of us for more information. Thank you for your support as we work to build a safe and supportive school community.

Sincerely,

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