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Dr. Kara Coglianese  
Superintendent

*Unity Starts With "U"*

Dear Balmoral Elementary Families,

We want your children 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. This school year we will be using the Second Step program in your child's classroom to teach these critical skills. The Second Step program teaches skills in the following four areas, which are aligned to the Illinois Social Emotional Learning Standards:

- **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.
- **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.
- **Emotion Management:** Students learn specific skills for calming down when experiencing strong feelings, such as anxiety or anger.
- **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 will be receiving 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.

**Below are the home links for each grade level.** If you have any questions about the Second Step program, please do not hesitate to contact your scholar's teacher for more information. Thank you for supporting your child in learning the skills that lead to success in school and in life!

Make sure to join [www.secondstep.org](http://www.secondstep.org) with the activation key:

Grade Level	Activation key/code
Kindergarten	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

Thank you,

Ms. Thompson  
School Social Worker