



Abby Kelley Foster Charter Public School

10 New Bond Street Worcester, MA 01606

Phone: (508) 854-8400 Fax: (508) 854-8484

www.akfcs.org

August 30, 2022

Dear Family and Caregivers,

Abby Kelley Foster Charter Public School wants your student to be successful in school and that means supporting and encouraging their whole development. While excelling in academic classes is important, students also need skills to take on learning challenges, make good decisions, manage strong emotions, and get along with others. This school year, we are continuing to implement the Second Step curriculum in grades K-3 and will be implementing the curriculum in grades 4-7. Second Step is a research-based social-emotional learning program designed to improve student's social-emotional skills. Second Step skills and concepts are designed to help students both in and out of school. Four units will cover the following:

- **Growth Mindset & Goal-Setting:** Students learn how to pay attention and manage distractions, develop a growth mindset, and apply goal-setting strategies to their social and academic lives.
- **Emotion Management:** Students learn how to identify and label emotions and use emotion management strategies—including stress management for older students—to calm strong feelings.
- **Empathy & Kindness:** Students learn how to recognize kindness and act kindly, have empathy for others and take others' perspectives, and recognize kind acts and empathy as important elements of building and maintaining relationships.
- **Problem-Solving:** Students learn how to identify and state a problem, recognize if a problem is an accident, and use the STEP problem-solving process:
 - **S:** Say the problem
 - **T:** Think of solutions
 - **E:** Explore the outcomes
 - **P:** Pick a solution

In addition, we will also be assessing your student's social emotional functioning using the Panorama survey as we did last year. This survey will be completed by students in Grades 3-12 and the teachers will complete the survey for Grades K-2. The survey helps us identify students that may need additional focus in developing the skills listed above. You will receive weekly communication from the school to help you reinforce Second Step language, skills, and goals at home. If you have any questions about Second Step Elementary or the Panorama survey, please do not hesitate to contact me or your student's school counselor for more information. Thank you for your support as we work to build a safe and supportive school community.

With Gratitude,

Dr. Carrie Cole, PsyD
Licensed Clinical Psychologist
Director of Guidance and Counseling
508 854 8400 ext. 3636

Abby Kelley Foster Charter Public School does not discriminate on the basis of race, color, sex, gender identity, religion, national origin, sexual orientation, disability, or homelessness and all students have equal access to the general education program and the full range of any occupational/vocational education programs offered by the district.



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