

San Dieguito

Union High School District

Pacific Trails Middle School
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August 28, 2019

Dear PTMS Parents/Guardians,

I hope your student had a great first day of school yesterday. It was wonderful to meet many of our new 7th graders and welcome back our 8th graders. We are off to a great start and I believe we are going to have an awesome year! Our goal is for your student to be successful in school, and that means going beyond the basics. Excelling in academic classes is important, but students also need to know how to learn, make good decisions, handle strong emotions, and get along with others.

This year, Pacific Trails Middle School will begin the *Second Step* Middle School Program through PE classes. Throughout the school year, you can expect weekly emails from your students PE teacher about upcoming lessons and areas of focus. Occasionally, additional activities will be scheduled during homeroom. This program focuses on skills and concepts that are designed to help students both in and out of school. These include:

Mindsets and Goals: Students learn about ways to grow their brains and get smarter, along with research-based strategies for achieving goals and handling difficult situations.

Values and Friendships: Students learn to identify their personal values and use those values to make good decisions and build strong, positive relationships.

Thoughts, Emotions, and Decisions: Students learn the positive role emotions play in their lives, how to handle unhelpful thoughts and strong emotions, and specific strategies for calming down.

Serious Peer Conflicts: Students learn how to identify and avoid serious conflicts, resolve conflicts that can't be avoided, think about other people's perspectives, and help stop bullying and harassment at school.

If you have any questions about the *Second Step* Middle School Program, please do not hesitate to contact me for more information. I plan to share more details about the program at the first Principal's Coffee on Friday, September 6th at 8:45 a.m. and our PE department review the program with parents at Back to School Night on Thursday, September 12th at 5:30 p.m. Thank you for supporting your child in learning the skills and concepts that lead to success in school and in life.

Sincerely,

Mary Anne Nuskin

Principal