

8/21/19

Hello Parents!

I am taking the opportunity to share a brief description of my role here at Helman is as support for your children. I will also explain the highlights of Second Step curriculum along with a few other offerings in the social-affective domains of your child's learning.

The state of Oregon requires that children receive a whole child approach to learning that ensures achievement, sense of purpose, connectedness, and well-being.

I primarily support the last two in this list; connectedness and well-being, so that the learning environment can bring out the best in kiddos from their social-affective-emotional domains.

What that often looks like is that I visit with individual students who demonstrate they will benefit from more weekly supports depending upon certain acute challenges they might be facing. Or, I'll often be asked to lead small groups which focus on; friendship skill-building, self-advocacy skills, empathy building, problem-solving, etc...Another significant offering in my role, is that I have the opportunity teach the Second Step curriculum to a majority of the grade levels. An outline of Second Steps Review of Research on the benefits is on back of this letter. I have at hand general descriptions of each particular grade-level's scope and sequence should you want to peruse those specifics anytime, as well.

When there are acute one-time differences that occur, say, on the playground, I will sometimes be asked to help problem-solve, if the students have exhausted all the other school-encouraged tools of conflict resolution, and arrive at a 'stuck' place. We really want our Helman Dragons to initially be practicing (on their own) problem-solving techniques, but it is also very normal to need support in these delicate areas, as well.

Strategies such as 'Stop, Walk, and Talk', the Four Problem-Solving Steps, Observing Clues for Empathy, and Assertive Posture really help build a child's awareness that they can interact with dignity and confidence in their world.

An equally terrific new classroom and school wide intervention for learning that Helman has been implementing is PAX. I am the PAX coordinator for our school, and I encourage you to read the attached info sheet describing this new helpful movement.

There are such a variety of developmental challenges that face a human being as they grow, and I am deeply honored and committed to helping/supporting/delighting in your children's growth each day here at Helman school.

**Warm Regards,
Meredith**



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