



Dear Parent/Guardian,

Catapult Learning is pleased to offer a classroom guidance program for students in grades 3-8. This program is designed to support academic readiness by teaching students how to manage distraction, manage their time, and use strategies to call strong feelings.

How does this program support academic performance? This program is designed to support social and emotional growth in an academic setting by teaching students:

- Strategies to manage distractions
 - o Focusing attention for longer periods of time on academic work
 - o Learning strategies to pay attention
- Goal setting in academic and social situations
 - o Setting academic and learning goals
 - o Managing time, ie. using a planner to schedule time for homework and extracurricular activities
- Strategies to calm strong feelings and manage stress
 - o Managing conflict
 - o Recognizing kindness and acting kindly
 - o Persevering through adversity
- Problem solving strategies
 - o Using responsible decision-making skills to solve complex problems
 - o Increasing resilience

We are very excited to offer this program to our students! Lessons will begin in September and run through June. Should you have any questions feel free to reach out to your child's principal. If you wish to opt out, please send a notification via e-mail by (insert date) to your child's teacher.

Sincerely,

The Catapult Learning School Counseling Team