



Dear Parent/Guardian,

**Catapult Learning** is pleased to offer a classroom guidance program designed for our youngest learners. This program is designed to support academic readiness by teaching students how to recognize and manage big feelings.

**How does this program support academic performance in young learners?** Understanding feelings allows young students to manage them appropriately in a school setting. This program is designed to support social and emotional growth in an academic setting by:

- Supporting peer interactions
  - Making new friends
  - Resolving conflict with friends
- Developing strategies to manage big feelings
  - Learning to stop and think before acting
  - Strategies to remain calm
- Reinforcing social rules
  - Taking turns
  - Respecting teachers and fellow students
  - Sharing toys, books, and other belongings
- Improve academic performance
  - Trying when things are hard
  - Focusing attention for longer periods of time on academic work

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**