ABERDEEN HALL
PREPARATORY SCHOOL

Teaching Excellence | Inspiring Futures | Shaping Character

Dear Junior School Families,

We wanted to take this opportunity to share some information about the Junior School social-emotional learning resources that are part of our community and help foster the emotional, social, and physical well-being of our amazing students. Teachers implement a variety of evidence-based programs: *Second Step Bullying Prevention, Kids in the Know, and Zones of Regulation* in classrooms, and then we offer the *Saleema Noon Sexual Health Education Program* to families as an optional resource. These programs are designed to help students develop essential skills for self-awareness, emotional regulation, and personal safety.

Second Step Program

The Second Step Program focuses on fostering a respectful and inclusive school environment while equipping students with tools to recognize, refuse, and report bullying. Through engaging lessons and activities, students build empathy, improve social skills, and learn how to stand up for themselves and others.

For more information, visit: Second Step Program

Kids in the Know

Kids in the Know is a comprehensive personal safety education program that teaches children the knowledge and skills they need to recognize and respond to unsafe situations. Developed by the Canadian Centre for Child Protection, the program covers a wide range of topics, such as recognizing and respecting personal boundaries, understanding the concept of safe and unsafe secrets, safe and unsafe situations and identifying trusted adults for support. Through age-appropriate lessons and interactive discussions, students will develop confidence and the ability to make safer, more informed choices.

For more information, visit: Kids in the Know

Zones of Regulation

The Zones of Regulation Program teaches students to identify and manage their emotions effectively. By categorizing feelings into four color-coded zones, students gain strategies to maintain focus, self-regulate, and build resilience in a variety of situations. Students learn specific tools and techniques to help them shift from one zone to another, as needed. The program helps to build emotional vocabulary and build problem solving strategies for navigating challenging situations.

To learn more, visit: Zones of Regulation

Saleema Noon Sexual Health Education Program

The *Saleema Noon Sexual Health Education* program is an engaging and age-appropriate program that empowers students with knowledge about their bodies, relationships, and personal boundaries. The program emphasizes respect, consent, and making informed choices about health and safety. Key topics covered include: understanding physical and emotional development, healthy friendships and relationships and strategies for identifying and responding to unsafe situations.

This program is designed to foster open communication, build confidence, and equip students with the tools to navigate personal health topics responsibly. This program is offered to families and follows an opt-in format.

For more information, visit: Saleema Noon Sexual Health Educators

We are grateful for your partnership in fostering a safe, supportive, and empowering environment where every student can thrive. Your continued collaboration and dedication play a vital role in shaping a positive and enriching experience for our learners. Together, we are building a community where students feel valued, supported, and inspired to reach their full potential. Your ongoing involvement, feedback, collaboration and valued partnership is deeply appreciated.

Sincerely,

Your Junior School Team