

Subj: Final Exam

Dear Lakes Parents,

The school year is complete!

So how did your child do? You will be getting report cards shortly, but how did they do in our “Eagles Take Flight” SEL program? We have our indicators but this might be an opportunity to test them yourself.

The “Eagles Take Flight” program used biweekly lessons to teach training themes and give students emotional experiences to strengthen them emotionally and socially. In other words, making them stronger kids.

We focused on three “muscles” – **Courage, Discipline and Humility**.

Courage can only be developed in the presence of fear. Discipline is simply the ability to do things you do not want to do. Humility is empathy and the skill of reading social cues.

So how did your child do? Just give them this simple three-part test:

Part One: Ask them to complete these three key phrases:

1. “I always stand up for . . .”
2. “Every time I back away from a fear my . . . “
3. “I always do a little . . . “

Part Two: Can they complete this phrase?

1. “The secret to living is _____!”

Part Three: Do they know the three-step process for change and self-improvement?

1. “Notice [?] _____ [?] _____”

So how did they do? Did your child “get it” and did this stuff stick?

You can score them this way:

- If they answered all three correctly in Part One they “**met expectations**”.
- If they also got Part Two correct, they “**exceeded expectations**”.
- If they also had the answer for Part Three, they “**aced the exam!**”

There will be plenty more to come next year! Enjoy your summer!

Yours for stronger kids,

Tony Howerton
Principal
Lakes Elementary

Answer key:

"I always stand up for myself and others!"

"Every time I back away from a fear my fear gets bigger, but every time I power through a fear I get bigger!"

"I always do a little bit more than anyone expects!"

"The secret to living is giving!"

"Notice—Choose--Act"