Dear Parent/Guardian:

Today in your child’s classroom we did a different type of Project Cornerstone lesson. We taught a lesson that was more like a Project Cornerstone Middle School lesson. In Middle School, instead of a picture book, developmentally relevant topics are taught using a slide deck that features engaging student activities, high-interest video clips, and more.

Today’s lesson was about embracing change and specifically about moving to Middle School. It is normal for your child to feel many different feelings about this change. You can help your student by validating their feelings and helping them see how they have navigated change in the past. You can also remind them that the skills they have built during their Los Dichos years, including practicing empathy, managing emotions, and being an upstander can help them be resilient to change. Here are tips we gave your student for their first day of school:

1. Find out what homeroom (or first period) your friends are in.
2. Figure out if there is a friend that you can bike, walk, scooter or carpool to school with. Practice this route before the first day of school.
3. Plan a meeting place where you can meet friends for lunch. If you don’t have a close friend going to your school, pick your own lunch spot and plan to invite someone new to join you there.
4. Set a goal to learn the names of 3-5 of your new classmates. Bonus points: find out what elementary school they went to.

The change of moving to Middle School can be intimidating for even the most confident student. Remind them that it’s okay to feel nervous. Additional materials to help support you and your child can be found on the Project Cornerstone website.

Sincerely,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Los Dichos Volunteer Telephone/Email

Project Cornerstone doesn’t have to end in Elementary School! Project Cornerstone runs a Middle School Social-Emotional Learning Program in schools throughout Silicon Valley. We would love to support you as parents by bringing this valuable content to your Middle School. If you would like to learn more, please contact [angie@projectcornerstone.org](mailto:angie@projectcornerstone.org).