



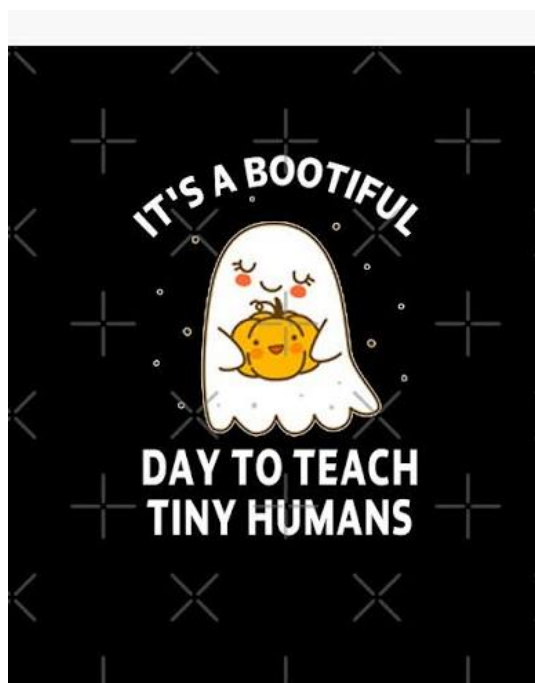
Counselor's Corner

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"Savor the moments...your child will travel this path just once..."



Over the next few weeks, classroom Guidance lessons will again be built around the Wisconsin Social Emotional Learning Competencies, specifically focusing on the areas of Emotional Development (understand and manage one's emotions), Self-Concept (develop positive self-identity and recognize self as a learner) and Social Competence (establish and maintain positive relationships). In alignment with **October being National Bullying Prevention Month**, students will learn relationship skills, social awareness and decision-making (choices when responding to situations). We will read stories, participate in various activities and play some games to help us model kindness, acceptance and inclusion, define bullying, prevent bullying, how to report bullying and more! 😊 Our Wayfinder lessons will help teach these concepts and emphasize: 🌟purpose (your decisions and interactions with the world are guided by a deep connection to your values), 🌟self-awareness (you understand yourself on many levels, from how you function to what nourishes and sustains you), 🌟adaptability (you are willing to try again when you make mistakes and are comfortable navigating uncertain situations with flexibility and openness), 🌟empathy (you are in tune with the feelings and needs of others and willing to act for a common good), 🌟collaboration (you are a relationship-builder who actively partners with others and facilitates belonging efforts across communities), and 🌟agency (you understand the value of your voice and seek opportunities to support and advance your communities).

Families are an important ally when discussing this topic with children. Please encourage your children to be respectful, kind, accepting and including of others. Please familiarize yourself with the definition of bullying and support your child(ren) in reporting when they or someone else is being bullied. Together, please review the attached pledge and S.T.A.N.D. strategies regarding bullying. 🤝

As we recognize National Bullying Prevention Month, we will acknowledge **UNITY DAY** on **Friday, October 9**, across our district to promote acceptance, inclusion and kindness. That day is also **BLACKHAWK SPIRIT** day as we celebrate Homecoming across our district. Please encourage your kiddo(s) to wear **ORANGE** that day to celebrate **UNITY** and our **BLACKHAWK FAMILY**! In the words of Paddington Bear, "It doesn't cost me anything to be kind!" 😊❤️ Remember, it's **ALWAYS a GREAT day to BE A BlackH.A.W.K** (Help **A**ll **W**ith **K**indness)! Be **BlackHAWK** proud! Be **BlackHAWK** strong! 😊❤️❤️ **TOGETHER, WE SOAR!** 🦅

The Counseling department offers many terrific resources for parents, covering a wide range of topics. Some of these resources are available for parents to keep and others are available for checkout. Featured resources this month include: [UnSelfie: Why Empathetic Kids Succeed In Our All-About-Me World](#) by Michele Borba, Ed.D., [Good Friends Are Hard To Find-Help Your Child Find, Make & Keep Friends](#) by Fred Frankel, PhD, [Bully Blocking: 6 Secrets To Help Children Deal With Teasing & Bullying](#) by Evelyn M. Field, [Creating A Mindset That Our Digital Actions Are Public & Permanent](#) by Richard Guerri and [Don't Pick On Me-Help Kids Stand Up To & Deal With Bullies](#) by Susan Eikov Green. Please stop in and take a look or reach out for more information!

BE RESPECTFUL

BE RESPONSIBLE
IT'S THE BLACKHAWK WAY

BE SAFE

Bloomer Elementary School STAND Against Bullying Pledge

We, the students and staff of Bloomer Elementary School, agree to join **TOGETHER** to **STAND AGAINST BULLYING** at our school. We believe that everybody should enjoy our school equally and feel **SAFE, SECURE and ACCEPTED** regardless of race, gender, ability, etc.

Bullying is defined as: **REPEATED, INTENTION, HURTFUL** behavior and an **IMBALANCE OF POWER/CONTROL** is occurring. Bullying can be physical, verbal or nonverbal/cyber acts against another person. **BULLYING CAUSES PHYSICAL AND EMOTIONAL PAIN AND STRESS TO VICTIMS AND IS NEVER JUSTIFIED OR EXCUSABLE!**

By signing this pledge, we agree to **BE RESPECTFUL, BE RESPONSIBLE AND BE SAFE** and **STAND AGAINST BULLYING! We WILL:**

1. Value differences and treat others with respect.
2. Not become involved in bullying or be a bully ourselves.
3. Be aware of our school's rules and support system regarding bullying.
4. Honestly and immediately report bullying to a staff member.
5. Be alert in places around school where there may be less supervision.
6. Support students who are victims of bullying.
7. Talk to teachers, parents and other students about bullying concerns and what to do as a bystander.
8. Be a good role model of The Blackhawk Way.
9. **STAND AGAINST BULLYING:**

S *tand tall and walk in a way that shows you are a person deserving respect.*
– Your body language can help prevent you from being a target.

T *ell an appropriate adult.*
– Telling to prevent a dangerous situation is not tattling.

A *void being in harm's way.*
– Getting away from a dangerous situation is not being a coward. It's being smart.

N *Say NO to the bully's demands from the start.*
– If you give in to small things, he'll demand more. EXCEPTION: If you are in physical danger, go along until you can report it.

D *evelop friendships*
– Stand up for each other. Support others and ask for support. If someone is being bullied, speak up. If someone is being excluded, include them in your group.

Source: http://www.bullyproof.org/bullyproof_stand.php
Infographic by: BullyingEpidemic.com © 2012 @BullyEpidemic