

As warmer weather is more consistent, our students will be spending more time running around and playing outside. Play dates may increase, spring sports and activities are in full swing. These are all things our students look forward to after months of activities that keep them inside or bundled up when they do get outside to play.

Along with these activities, we can also see a rise in situations where students may have to use problem solving skills like using I-messages, asking a teacher for help, using a calming strategy, or apologizing and compromising with another student. These are skills the students learn throughout the year in different SEL-themed lessons.

It's important that our parents and students understand that conflicts are normal and will happen. Bullying situations are not conflicts and are done intentionally for a specific reason. In the case that something may be more than a conflict, more information would be gathered to decide whether or not a formal HIB investigation needed to be started. At the beginning of the school year, the district sent out a video they created to better understand what our bullying policy in Summit is and how it works. It's important to understand, even though the law is forever changing to be familiar with what HIB means and that there is a specific process to reporting something. Please take the time to watch this short [video](#). Our SEL page on the main site has great resources for parents and families.

We want all our students and families to feel happy, safe and included at all times. We hope that the rest of the school year will be filled with making safe and positive choices!

Best,

-Miss Lauren Mortenson
School Counselor