

COUNSELOR'S CONNECTION



**OCTOBER
EDITION**

**NATIONAL
ANTI-BULLYING
MONTH**

**BECOME
AN UPSTANDER!**

An **upstander** is someone who speaks up and acts when they see that another student is upset or having a tough time.

Did you know that October is National Anti-Bullying Month? As the counselors, we act as the Anti-Bullying Specialists for the UES and want to define what bullying is, since the definition is not always clear. Bullying is defined as any gesture or comment that is written, verbal, physical, or electronic and is motivated by an actual or a perceived characteristic. A perceived characteristic is considered to be any distinguishing characteristic such as race, gender, ability, appearance, culture, or religion.

However, most cases with students are considered to be a conflict and not bullying. Conflict is a disagreement or argument where both sides are able to express their views. This could include name-calling, teasing, and taunting between students. With conflict, we can bring the students together and help them resolve the disagreement.



WEEK OF RESPECT!

October 2nd-October 6th

The first week of October is National Week of Respect! Students took a pledge to be respectful to one another.



Conversation Corner

Questions to ask your child besides "How was school?"

- 1) What is something new you learned today?
- 2) What was your favorite thing about today?
- 3) Did anything unexpected happen today?

IN THIS WORLD
WHERE YOU CAN
BE ANYTHING
BE KIND

RED RIBBON



October 23rd-October 31st

Red Ribbon Week is a substance abuse prevention awareness campaign celebrated across the U.S. during the last of October. This year, we are celebrating with dress up days!

10/23- "Rally in RED, to stand up against drugs", Wear Red

10/24- "Journey through the DECADES drug free", dress up from your favorite decade

10/27- "TEAM up against drugs", wear your favorite sports jersey

10/30- Our school rocks! BAND, together to tune out drugs.", Wear a band or concert T-shirt.

10/31- " Say BOO to drugs", wear your Halloween costume

See More
Resources at:

<https://samsel.sayrevillek12.net/our-community/counselors-corner>