

WILLOW RIDGE NEWSLETTER

OCTOBER
2024

Bully Prevention Month

In honor of October being Bully Prevention Month, Mrs. Januchowski is doing classroom lessons on the very important topic of Bullying.

What is bullying?

Bullying is when someone who has power over you, makes you feel threatened and hurts you on purpose over and over again.

When thinking about this definition of bullying, it is important to remember that bullying is different from conflict, a mean moment or joking.

Conflict involves both parties and is not one-sided. A mean moment does not mean that there is a power imbalance and joking isn't intended to cause harm, even if it hurts someone's feelings.

Throughout this month, students are learning about the different forms of bullying: physical, verbal, social and cyber. Students will also discuss what we can all do to create supportive and safe school environments.

We encourage you to talk to your children about bullying and what it means.

Reminders

Mrs. Barnum is starting small targeted groups on the topic of Mindfulness. The goal of this group is to teach children meditation techniques to cope with stress, build confidence and relate to uncomfortable or challenging moments. If your child was asked to be a part of this group, an opt-out form was sent home! Some events on the topic of Mindfulness can be found below.

Upcoming Events

Therapy Dog School Visit: 11/8 & 11/19

PTO meeting: 11/7

McTeacher Night: 11/14

Picture Retake Day: 11/20

Skating Party: 11/20
5:00-7:30

Contact Information

School Social Worker: Mariya Barnum, LMSW

Email: mbarnum@sweethomeschools.org

Phone: 716-250-1583

School Counselor: Wendy Januchowski

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The Prevention Council Of Erie County Presents

SUPPORTED BY RALPH C. WILSON, JR. LEGACY FUNDS

JUST PRACTICE FOR CAREGIVERS FOR CAREGIVERS



Program Instructor: Michael Annechino



"While providing for patients with dementia and delirium in hospital settings (as well as my own grandfather), I realized that caregiving is perhaps the greatest test of mindfulness.

To respond to someone's needs, especially if there are cognitive or communication barriers, requires deep attentiveness to the present moment. We not only benefit ourselves through mindful practices, but can better support those around us."

Benefits of Mindfulness

- Increased responsiveness, clarity, and resilience to stress (which aids health!)
- Decreased reactivity, impulsivity, and operating on "automatic pilot"

When: Monday Evenings 6:30-7:30pm EST

Where: Online Via ZOOM

<https://us02web.zoom.us/join/register/tZwoduqgpj4rE93VbNAtqlNRfpyCGxYfuPml>

After registering, you will receive a confirmation email containing information about joining the sessions.

REGISTER HERE



Weekly Sessions Start October 21st, 2024



The Prevention Council Of Erie County Presents

JUST PRACTICE

For those who have some familiarity with mindfulness and/or who have participated in one of our past mindful awareness series.

JOIN US ON ZOOM --- FREE OF CHARGE



Connect with others exploring mindful awareness practices. Shared practice supports a commitment to weaving mindful awareness practices into your daily life.

Benefits of Mindfulness

- Increased responsiveness, clarity, and resilience to stress (which aids health!)
- Decreased reactivity, impulsivity, and operating on "automatic pilot"

Register in advance for the day(s) and the time(s) of the sessions you'd like to attend --- you do not have to attend each week.

Monica: Monday Afternoon, 12:30pm-1:15pm EST

<https://us02web.zoom.us/meeting/register/tZwkdoUsrD4oGN2v3dgbU-luc0wNNVryBAYZ>



After registering, you will receive a confirmation email containing information about joining the sessions.