

SONOMA HEIGHTS ELEMENTARY SCHOOL



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Sonoma Heights Elementary: October Technology Newsletter

October is National Bullying Prevention Month!

Welcome to October! This month, we shine a special light on being respectful, responsible, safe and kind- especially when using technology. Our goal is to make sure every student feels safe, happy, and included at school, in our community, and online.

The Digital Playground: Be Kind Online

In our primary grades, students are learning to be responsible citizens. This includes being a good friend and showing respect whether we are talking face-to-face or using a computer or tablet.

Cyber-Bullying is Hurting with Technology

When someone uses an electronic device (like a phone or a computer) to be mean, send hurtful messages, or post unkind pictures about another person, that is called **cyber-bullying**. It is just as important to be a good friend online as it is on the playground.

A School-Wide Commitment to Safety

Our school has clear rules against all forms of bullying and cyber-bullying. We want our classrooms and digital spaces to be safe for everyone.

What Nevada Law Says (For Families and Staff)

We want our families to know that Nevada law supports our mission for a safe school.

- **NRS 388.135** is the state law that clearly says **bullying and cyber-bullying are not allowed** at school, on the bus, or at any school activity. This rule applies to everyone, including students and staff, and is how we keep our learning environment safe and respectful.
- The law is here to make sure that when bullying or cyber-bullying happens, our school must investigate quickly, notify parents, and take action to protect the student who was targeted.

If we hear about an unkind act that happened online, but it is causing problems for students here at school, we will address it. We are committed to making sure all students feel secure and ready to learn.

Believe



Achieve



Succeed

Working Together: Be a Digital Upstander!

For Our Students

Be a Friend: If you see someone being unkind online, don't join in. Tell them to stop, or just walk away!

Tell a Grown-Up: If someone is being mean to you or to a friend online, show a parent or teacher right away. It's not "telling," it's asking for help!

Think Before You Send: Just like you check your work before turning it in, take a moment to read your message and make sure it is kind before you press send.

Export to Sheets

For Our Families (K-4)

Talk About Technology: Ask your child what games they play and who they talk to online. Keep the conversation open and positive.

Set Clear Rules: Establish firm rules about what kind of language and pictures are okay to share online. Remind them their words and pictures matter.

If You See Something, Say Something: If you suspect your child is being bullied or is bullying another student (on or off-campus), please call the school office immediately. We are partners in safety!

Let's make this October a month where we choose to be respectful, be responsible, be safe, and be kind to everyone!

Sincerely,

Principal Meihack

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