

Elementary Counseling Monthly Newsletter

October 2025

October is National Bullying Prevention Month

BUILDING AND SUPPORTING CONFLICT RESOLUTION SKILLS

A key piece of conflict resolution is effective communication! Practicing the structure of “i-messages” will improve confidence and increase the likeliness that our students will be able to use this strategy effectively when needed.

I feel _____

(Reflect on how you feel, not what the other person has done. Pick one feeling word: Sad, disappointed, embarrassed, rejected, etc.)

When you _____

(Describe the situation and state facts, name exactly what happened – Example: When you took things out of my room without asking)

Could you please _____?

(We are looking for solutions, how can we move forward, how can things get better – we aren’t trying to generate blame!)

What's an upstander?

An upstander is someone who speaks
or acts in support of others.



1

Be kind to the person being treated unfairly. Show appreciation and support for them, and sit with them or give them a thoughtful compliment.

3

Tell a trusted adult about what is going on. Ask for help from a teacher or caregiver.

2

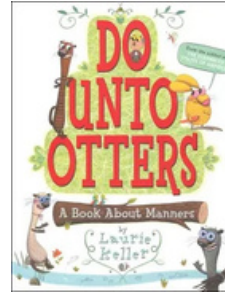
Interrupt unkind behavior (if you feel safe doing so). Speak up and help the person leave the situation.

4

Be brave. It's okay to feel nervous, or unsure of what to do. But, as an upstander, you're setting an example for others and making the world a kinder place.

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BOOKS OF THE MONTH



NEW - CAP Task Force

The Hamilton Township School District has joined forces with the Mayor's Office, the Hamilton Township Police Department, and the Hamilton YMCA to establish the Child Abuse Prevention (CAP) Task Force. This is a community-wide effort focused on protecting children and supporting families through awareness, education, and access to trusted resources.

Visit our website.



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Let's Link it to Wayfinder's Core Skills

Collaboration is KEY to conflict resolution.

Wayfinder equips students with communication, conflict resolution, and collaboration abilities essential for building and maintaining healthy relationships.