

BDB Counseling NEwsletter



Monthly updates

October is Bullying Prevention Month

This month, students will learn what it means to be an "upstander": someone who stands up for friends and themselves in appropriate ways. They'll also learn how to report bullying anonymously. WCSD has a zero-tolerance bullying policy, and every confidential report is taken seriously.

[Parent/Guardian Resources](#)



[Bullying Prevention Month Events](#)



Conversations about bullying

This month, have a casual conversation with your child, maybe in the car or while cooking dinner. "What do kids at your school do when someone is being left out or picked on?"

Talking about "kids at school" feels safer than talking about themselves. If your child ever tells you something difficult, stay calm, thank them for trusting you, and reach out to the school counselor or an administrator. We're here to help.

Reach out & Connect!

Book Club Oct. 13th -hosted by Ms. Torcaso after the Parent Group meeting 6-8 p.m.

Counseling Team Please reach out to the BDB counselors if you have any concerns.

Bullying Prevention To make an anonymous bullying report, Call 1-833-216-SAFE (7233) or use the Safe Voice App.



Upcoming events

Oct. 5-9 - Fall Break

Oct. 13 - PTO meeting & BDB Book Club

Oct. 23 - Unity Day
(wear **orange**)

Oct. 29 - Halloween Dance (6-8p)

Oct. 30 - No School (NV Day)