

COUNSELOR'S CORNER

Belforest Elementary School

November Campaign

On Wednesday, November 13th celebrate World Kindness Day. Many of us grew up with Mister Rogers as our television friend. In an effort to create an opportunity for us to connect to our children, we have chosen to celebrate this day by being like Mr. Fred Rogers. Students will be allowed to wear their favorite cardigan or sweater for the day. There will be events throughout the day to promote kindness. Students will be encouraged to share acts of kindness, affirming the special, wonderful things about us all.

Giving Tree

GIVE A CHILD A CHRISTMAS ITEM(S)- Our annual Giving Tree will be displayed by Monday, November 18th.

Families may select an ornament from the Giving Tree and provide the wish list items of the child. A half sheet of paper will be coming home on Friday, November 1st. Please fill out and send back in with your child by Friday, Nov. 8th. Wishlist items are turned in to our office the week of December 2nd. NOTE: Change to this years gifts- they are to be turned in unwrapped with a gift bag or wrapping paper along with the ornament.

Do you need to contact your School Counselor?

Grades K-3 Rebecca Johnson rjohnson@bcbe.org

Grades 4-6 Kim Powell kpowell@bcbe.org





Belforest Elementary School Christmas Giving Tree

Form due: Fri., Nov. 8th

Gift due: Dec. 2nd-6th

I would like my child to participate in the Belforest Elementary School Christmas Giving Tree. This means I understand I am responsible for purchasing a gift for the ornament my student chooses off the tree. I will bring the **UNWRAPPED gift with wrapping paper or gift bag** to the school by no later than December 6th.

Parent Signature: _____

Students Name: _____

Teacher: _____ Number of ornaments: _____

ALL ABOUT BULLYING

WHAT IS BULLYING?

Bullying is NOT just conflict. Bullying is:

✓ Repeated ✓ On Purpose ✓ Meant to cause harm ✓ One-sided

There are different types of bullying, such as:

- Physical
- Emotional
- Cyber
- Verbal

TIPS FOR STANDING UP TO BULLYING

If your child is the target of bullying, encourage him/her to:

- Tell an adult immediately
- Walk away
- Stay calm and not bully back
- Directly tell the other person to stop

If your child witnesses bullying, encourage him/her to:

- Tell an adult immediately
- Stay calm
- Not join in or laugh
- Help the person who is being bullied

WHAT IF MY CHILD IS BULLYING OTHERS?

Here are some strategies to support your child if you find that he/she is engaging in bullying behaviors:

- Explicitly tell your child that his/her behavior is not okay.
- Work to find the underlying cause
- Establish "consequences" that involve the target
- Continue to monitor the situation
- Get support! Talk to the school, your child's doctor, etc. about your concerns.