

COUNSELOR'S CORNER

Belforest Elementary School

October Campaign

This month we will celebrate Red Ribbon Week the of October 28-November 1st. This year's theme is "My Life is a Movie- Featuring the American Dream."

Dylan Young is our Red Ribbon leader.

In addition to leading Red Ribbon Week activities on our school campus, he will also plan and execute a community service project of his choice, to help students build a connection to the community and promote substance abuse prevention or supports recovery.

Holiday Help

If your family is in need of holiday help assistance, email Kim Powell at kpowell@bcbe.org. It is very important to reach out to her as soon as possible so we can provide assistance to your family. We need this information before **October 11th**. Many agencies have deadlines before Thanksgiving break.

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 RED RIBBON SPIRIT WEEK "MY LIFE AS A MOVIE"

FEATURING THE AMERICAN DREAM

OCTOBER 28TH – NOVEMBER 1ST, 2024

Monday

Tuesday

Wednesday

Thursday

Friday

**UNITED WE STAND
FOR A DRUG FREE
LAND.**

**WEAR RED, WHITE,
AND BLUE**



**WE DECLARE TO BE
DRUG FREE!**

WEAR CAMO



**LAND OF THE DRUG
FREE AND HOME OF
THE BRAVE!**

**DRESS LIKE SOMEONE
WHO IS BRAVE**



**CHOOSE TO LIVE
HAPPILY EVER
AFTER.**

**DISNEY DAY – DRESS
AS YOUR FAVORITE
DISNEY CHARACTER**

NO play weapons please!



**REAL AMERICAN
STARS TEAM UP
AGAINST DRUGS.**

**WEAR YOUR FAVORITE
SPORTS TEAM SHIRT.**



TIPS FOR TALKING ABOUT **INTERNET SAFETY**

ESTABLISH EXPECTATIONS

- Talk with your child about the websites/apps he/she is allowed to use.
- Talk with your child about privacy. Remind them of the importance of not sharing information like their full name, address, passwords, phone number, or even their upcoming plans.
- Discourage your child from talking to strangers online.
- Help your child set up their privacy settings on devices, websites and apps.

MONITOR INTERNET USE

- Talk to your children about what apps or websites they are using. Research the apps to see what potential dangers there are for those specific apps. Talk to your child about ways they can stay safe. Keep in mind that apps change frequently, so stay up to date on the information.
- Use the internet together. Model the behavior you want them to practice when using the internet.

SET UP A PLAN

- Talk to your children about cyber bullying, and things to watch out for on the internet. If anything they see makes them feel unsafe or uncomfortable, remind them to tell you or another adult immediately. The internet is just like any other place - if they see something, they should say something.
- Create a contract or agreement together regarding internet safety and usage.

CONTRACT FOR TECHNOLOGY USE

The devices I have are: _____

Times I am not allowed to use my device are: _____

Places I am not allowed to use my device are: _____

Privacy:

- I will share my passwords with my parents.
- I will not ask for or give out any personal information such as my full name, address, phone number, passwords. If I am being asked to give this information out, I will talk to an adult to make sure it is safe.
- I understand that anything I post on the internet can stay there forever.
- I will respect other people's privacy by not posting any information about them or photos of them without their permission.
- I will give my parent(s) my device whenever it is asked for.

Responsibility:

- I will take care of my device, including keeping it charged.
- I will not use my device to do something mean or inappropriate.
- I will respect myself and others.

If I do not follow these guidelines, these will be the consequences:

Date

My Signature

Parent/Guardian Signature