

# Therapist Newsletter

Mountain Vista Elementary

October 2020

## Open Communication

### A Note to Parents from Mrs. Lander



Greetings Mountain Vista Elementary families and welcome to the beautiful month of October. I love this month because it means we start to enjoy cooler weather. I also have an appreciation for this month too, because October brings our attention to: **Bullying Prevention Awareness**, **ADHD Awareness** and **Domestic Violence Awareness**.

I will start by focusing on **Bullying Prevention Awareness**. You might be thinking, "**What exactly is bullying?**" Bullying is not just someone being mean. Bullying is **1. repeated acts** done **2. on purpose** by someone who has **3. more power** than the other person in some way, (maybe their bigger, older, more popular, etc). The point is, the bully has the **4. intention to cause harm**. If the situation doesn't involve these four underlined points, it is **NOT** bullying, it is someone being rude or mean. **Bullying can be physical, verbal or virtual (cyber)**. We as a community can work together to actively stop bullying. Click on the links below from the Child Mind Institute to learn more:

<https://childmind.org/article/how-to-arm-your-child-against-bullying/>

<https://childmind.org/article/help-kids-deal-cyberbullying/>

<https://childmind.org/article/how-to-know-if-your-child-is-being-bullied/>

<https://childmind.org/article/what-to-do-if-your-child-is-bullying/>

*"A single act of kindness throws our roots in all directions, and the roots spring up and make new trees."*

Amelia Earhart

# THINK

BEFORE YOU POST!



T - IS IT TRUE?

H - IS IT HELPFUL?

I - IS IT INSPIRING?

N - IS IT NECESSARY?

K - IS IT KIND?



## Strategies on How to Handle Bullying

### BE AN UPSTANDER

**Be a buddy** – show the target of bullying that they have a friend

**Interrupt** – when bullying starts, find a way to interrupt. Say to the target of bullying, "Can you join me in handball"

**Speak out** – "That's mean! Don't do that!" – shows meanness is not welcome and gets other people's attention

**Tell an adult** ~ this is not tattling - Telling an adult is not trying to get someone in trouble, you are trying to keep someone safe.

### Practice It!

Come up with 5-10 things you and your child can do to stand up for themselves and others ~ Why not make a video of it, teaching the strategies? When you're finished gather your family together for a viewing party ~ including popcorn!

# Build an Open Channel of Communication with Your Child

What can you do to help protect your child against bullying? Talk to them. Check in with your child on a daily basis. If you want your child to talk to you, you have to go and talk to your child.

As a parent/guardian your job is to empower your child to solve their own societal problems. By teaching them how to solve their own social problems, three things will change in your child. As a result, they will: grow **self-esteem**, **self-confidence** and **self-worth**.

Check out the calendar below for conversation starters on bullying!

## October - Bullying Prevention



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1. Define the word "bullying" in your own words.	2. Does bullying have to be physical or can it be something else?	3. What is the difference between bullying and just being mean?
4. Give an example of something that is bullying.	5. Give an example of something that is not bullying.	6. What is cyber bullying?	7. Why do you think people bully others?	8. What would your community look like if there was no bullying?	9. What can you do today to help prevent bullying in your school?	10. How can being kind help prevent bullying?
11. How can considering the feelings of others help prevent bullying?	12. Have you ever been a bully? Explain.	13. Has anyone ever bullied you?	14. Do you think that someone who is your friend could also bully you?	15. Why is it important to stand up to bullying?	16. Is it easy or difficult for you to stand up for yourself? Why?	17. Is it easy or difficult for you stand up for others? Why?
18. Do you think you should talk to an adult if you see bullying? Why or why not?	19. Name two adults at school you can talk to if you see bullying.	20. Name two adults outside of school you can talk to if you see bullying.	21. Why do you think some people don't say anything when they see bullying happening?	22. Do you think you should stay calm if you see bullying? Why or why not?	23. Is it easy for you to stay calm if someone is being mean to you or a friend?	24. Do you think you should ever ignore bullying? Why or why not?
25. If someone is trying to bully you into doing something you aren't comfortable with, what can you do?	26. What is one thing you can say if you see bullying happening?	27. What is one thing you can do if you see bullying happening?	28. What is something you can say to someone who has been the target of bullying?	29. How might someone feel if they are getting bullied?	30. How might someone feel if they are bullying someone?	31. If someone is being bullied, how might they feel about themselves?

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# Bullying Resources for Teachers or Parents:

Some additional resources on bullying:

StopBullying.Gov: <https://www.stopbullying.gov/>

PACER'S National Bullying Prevention Center: <https://www.pacer.org/bullying/>

No Bully: <https://www.nobully.org>

## Bullying Prevention Videos for Children:

Captain McFinn – Help Kids Learn How to Stop Bullying:

<https://www.youtube.com/watch?v=Leq1Tb71uj0&feature=youtu.be>

Howard B. Wigglebottom – Listen To Do the Right Thing About Bullying:

<https://www.youtube.com/watch?v=0IB45TtsJIo>

Sesame Street Don't Be a Bully – <https://youtu.be/BjN9rqdNNVA>

The NED Show – Be An Upstander: <https://youtu.be/eeqQCyQOCPg>

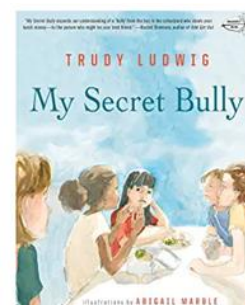
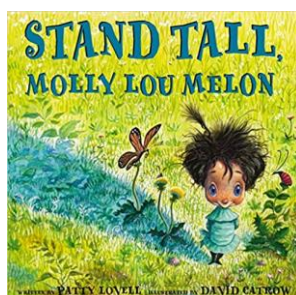
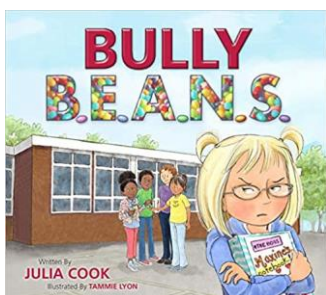
Kids Talk about Bullying: <https://www.youtube.com/watch?v=39fiuigmL-w>

“What About Us?” – Anti-Bullying Video: <https://youtu.be/JBaYOP8CNGA>

## Books to Read

Here are some books I like on Bullying Prevention that I think are beneficial for our students.

**[Reach out if you need me!](#)**



**As part of our monthly newsletter, I would also like to turn your attention to the following:**

## **ADHD Awareness**

According to the CDC, “People with ADHD may have trouble paying attention, controlling impulsive behaviors (may act without thinking about what the result will be), or be overly active. Although ADHD can’t be cured, it ***can be successfully managed*** and some symptoms may improve as the child ages.” Click below to find out more about ADHD:

<https://www.cdc.gov/ncbddd/adhd/index.html>

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Resource\\_Centers/ADHD\\_Resource\\_Center/Home.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/ADHD_Resource_Center/Home.aspx)

<https://chadd.org/>

## **Domestic Violence Awareness**

Approximately 1 in 4 women and 1 in 10 men report experiencing some form of Intimate Partner Violence each year. ***Domestic Violence usually occurs in a domestic space when one individual holds power over another.*** If you or a loved one are experiencing domestic violence and need assistance, call the National Domestic Violence Hotline at 1-800-799-SAFE (7233).

National Domestic Violence Hotline: <https://www.thehotline.org/>

California Partnership to End Domestic Violence ~ find domestic violence organizations in your community: <https://www.cpedv.org/domestic-violence-organizations-california>

Resources for Victims and Survivors of Domestic Violence: <https://ncadv.org/resources>



***Stay healthy and safe. Reach out if you need me.***

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