

The School Counseling Connection

HCPSS Elementary School Counseling Monthly Newsletter

We're Here to Help!



Image retrieved 10/13/2020 from https://www.boredteachers.com/list_item/dont-stand-by-stand-together

October is National Bullying Prevention Awareness Month



Image retrieved 10/13/2020 from <https://drvitelli.typepad.com/providentia/2015/10/october-is-national-bullying-prevention-month.html>

One form of bullying is Cyberbullying. Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, and apps, or on social media, or gaming where people can view, participate in, or share content. It includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. Cyberbullying can also include sharing personal or private information about someone else causing embarrassment or humiliation.

Cyberbullying Prevention Tips:






<p>S</p> <p>STAY SAFE</p> <p>Don't give out your personal information to people you don't know.</p> 	<p>M</p> <p>DON'T MEET UP</p> <p>Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.</p> 	<p>A</p> <p>ACCEPTING FILES</p> <p>Accepting emails, files, pictures or texts from people you don't know can cause problems.</p> 	<p>R</p> <p>RELIABLE</p> <p>Check all information before you believe it. Is the person or website telling the truth?</p> 	<p>T</p> <p>TELL SOMEONE</p> <p>Tell an adult if someone or something makes you feel worried or uncomfortable.</p> 
--	---	---	--	---

Image retrieved 10/13/2020 from

<https://www.tes.com/lessons/sq7wGTQLmJPXA/online-safety>

How do you stay safe and prevent cyber-bullying? Here are some S.M.A.R.T. tips to follow when you are online.

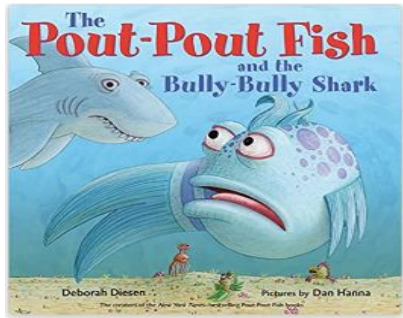
1. SAFE: Never give out your personal info
2. MATERIALS: Do not access inappropriate websites or materials.
3. ACCEPT: Don't accept emails or messages from people you don't know or trust.
4. RELIABLE: Not everything you read is true and people might not be who they say they are. Check information before believing.
5. TELL: Tell a parent, teacher, or other trusted adult if someone or something makes you nervous or worried or uncomfortable.

Children’s Book Read Aloud Video:

- K-2: [The Pout Pout Fish and the Bully Bully Shark](#)

Retrieved 10/13/20 from:

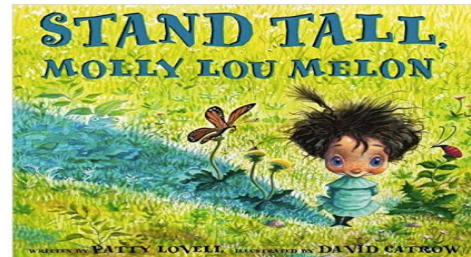
<https://video.link/w/Zaeob>



- 3-5: [Stand Tall Molly Lou Melon](#)

Retrieved 10/13/20 from:

<https://video.link/w/ULdob>



Student Well Being

Coping Skill Spotlight: October 10th was World Mental Health Day

Self-Care & Mental Health

for Kids

- Share your own feelings to encourage self-awareness. (Illustration: Rainbow)
- Find social groups that help them feel like they belong. (Illustration: Heart in a speech bubble)
- Set aside time for low-stress or solo activities. (Illustration: Smiling sun)
- Practice self-care for yourself to set the standard. (Illustration: Red heart)
- Focus on articulating feelings. "I am angry." "I am sad." (Illustration: Grey cloud with rain)
- Encourage journaling and diaries. (Illustration: Yellow notepad)
- Encourage your child to focus on the moment. (Illustration: Cloud with a face)
- Establish a self-care routine. (Illustration: Flower)
- Recognize toxic stress events. (Illustration: Red lightning bolt)
- Cultivate interests and hobbies. (Illustration: Flower)

Image retrieved on 10/23/20 from: https://www.reddit.com/r/SelfCareCharts/comments/f0veo5/selfcare_mental_health_for_kids/

Self-care means taking care of yourself. Work together with your parents to find ways to stay active, and express your feelings. Connect with others who share the same interests as you? What kinds of things do you like to do? What ways do you take care of yourself? Share them with family members or friends.

Coping Skill Spotlight: Mindful Art



Image retrieved 10/13/2020 from <https://www.counselorkeri.com/2019/05/21/mindfulness-group-art-activity/>

Another great way to express yourself by completing a mindfulness art activity. Be creative. Start with something as simple as tracing your hands. Follow the directions for this [Mindfulness Art Activity](#) and find a fun way to show your creativity and relax.

If you enjoyed this Mindful Art Activity [Mindfully Creative Art](#) has similar art activities that you can try! Enjoy!

Counselor Connection:



Image retrieved 10/14/2020 from <https://www.brandywineschools.org/domain/5091>

Mrs. Sansone IS HERE FOR YOU!

Email your school counselor, Lauren_Sansone@hcpss.org if you have any questions or concerns.
#BetterTogether



