

Counselor's Corner



Resurrection Catholic School | OCTOBER 2024

IN THE CLASSROOM

OCTOBER CLASSROOM LESSONS:

- K: When I Feel Afraid
- 1st: Have You Filled a Bucket Today? (kindness)
- 2nd: Buckets, Dippers and Lids (kindness)
- 3rd: Big Deals and Little Deals (problem solving)
- 4th: Kindness Boomerang
- 5th: Conflict Resolution



TIPS ON HOW YOUR CHILD CAN BE AN "UPSTANDER"

- Befriending the victim
- Interrupting the situation by asking a question
- Speaking out on behalf of the victim
- If you don't feel comfortable with confrontation, ask an adult for help

HIGHLIGHT OF THE MONTH

OCTOBER IS BULLYING PREVENTION MONTH



What is Bullying?

- Intentionally aggressive behavior, repeated over time, that involves an imbalance of power
- Click [HERE](#) to view our school district policies regarding bullying

Bullying is different than mean or rude behavior in three important ways:

- Repetitive
- Imbalance of Power (stronger, older, bigger, more socially connected)
- On Purpose

Effects of Bullying:

- More likely to experience: low self-esteem and isolation, perform poorly in school, have few friends in school, negative view of school, experience physical and mental health issues (depression, suicidal thoughts, and anxiety) - Click [HERE](#)

Who to contact if you suspect your child may be experiencing bullying at school:

- Contact your teacher, principal, vice principal or school counselor

RESOURCES

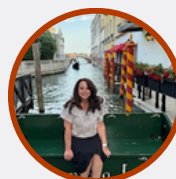
TIPS FOR PARENTS/GUARDIANS:

- How to talk to your child about bullying - click [HERE](#)
- What parents should know about bullying - click [HERE](#)
- Cyberbullying: What parents should know - click [HERE](#)



SCHOOL COUNSELOR

Mrs. Dawn Stefano, M.A.



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- 🌐 [Counselor's Corner Website](#)
- 📅 Schedule: M-F 8:30-3:00
- 📞 (856) 667-3034 X255