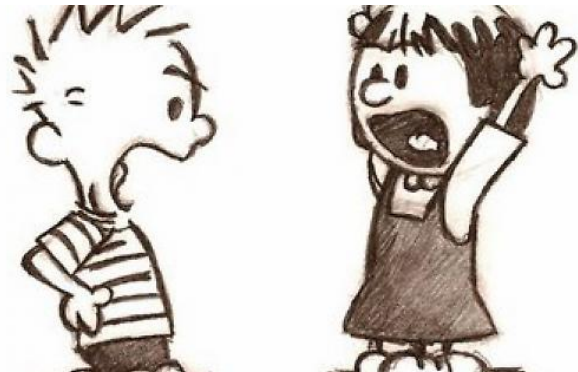


BULLYING PREVENTION MONTH

October is National Bullying Prevention Month. Student safety is our highest priority. We want to create a school environment where students feel safe to learn and be themselves, and where they feel accepted and connected. This newsletter is a resource to increase your understanding of and ability to prevent bullying behavior from occurring in our school. Thank you for your continued support!

CONFLICT AND PROBLEM SOLVING

Conflict is part of everyday life. It happens when people disagree or argue about differing ideas or needs. It is never fun and doesn't feel good. One important way we can make conflict better is to be thoughtful, respectful problem solvers. We can work together to make a plan or solution that everyone agrees on. When we solve problems peacefully, everyone feels listened to and cared about, which is really what we all want.



COOL DOWN

When someone or something upsets you, it is always a good idea to cool down before you respond. Here are some great (and fun) ways to cool down:

- 📖 Count to 10
- 📖 Listen to music
- 📖 Take deep breaths
- 📖 Run a lap/go for a walk
- 📖 Draw a picture or write
- 📖 Think of a peaceful place
- 📖 Dance or sing
- 📖 Say positive things to yourself:
"I can handle this."
"I am in control."

Conflict: A problem in which one or more people disagree or argue about differing ideas or needs

Ideas: Thoughts, feelings, and perceptions about ourselves and the world around us

Needs: Something that is necessary to live a healthy life: food, clothing, love, belonging, acceptance, security

Problem Solving: A plan or solution to solve a problem peacefully



When we're calm, we think clearer, cooperate better, and make good decisions.

The Power of the “I” MESSAGE

It is important to identify our feelings—even if they are uncomfortable ones. Feelings are not right or wrong, and we are the only ones responsible for them. Feelings are not caused or controlled by others, but feelings can be changed. We can change how we feel by thinking about things differently—by changing our perspective.

One way to handle conflicts with others is to stand up for yourself by telling others how you feel and what you want to happen. You can do this by using an “I” message:

I feel _____ (how you feel)
when you _____ (what the person is doing)
because _____ (why it bothers you)
and I want _____ (what you want the
person to do instead)

Using “I” messages is a great tool for solving problems. You can state in a calm way how you feel about a situation without blaming others.

BOOKS ABOUT CONFLICT

GRADES K-3

My Many Colored Days
by Dr. Seuss

Mean Soup
by Betsy Everitt

The Playground Problem
by Margaret McNamara

GRADES 4-6

Every Kid’s Guide to
Decision Making and
Problem Solving
by Joy Berry

Tales of a Fourth Grade
Nothing by Judy Blume

Don’t Rant and Rave on
Wednesdays!
by Adolph Moser

Practice Makes Progress!

Here are some things you can practice with your child at home so that he/she becomes a respectful problem solver:

COOL DOWN

Help your child think of 3 ways he/she can cool down when upset.

Practice them together.

“I” MESSAGES

Practice using “I” messages with your child as a way to express his/her feelings.

Talk about all the different feelings we can have.

ROLE PLAY

Make up conflict scenarios and talk with your student about how he/she and others would feel. Role play using cool down strategies and “I” messages. Talk about peaceful ways to solve the conflict.