

# NEWSLETTER

*Whole School. Whole Community.*

*Whole Child.*

#09 | October | 2021



## National Bullying Prevention Month

*Bullying is preventable— what can you do to make sure it stops?*

**Talk About Bullying at Home:** It is important to start the conversation about what bullying is, who bullies, and what you can do to prevent it. Check out this article by *Dove* on [“Why do Bullies Bully”](#) to help answer some questions at home.

**Address Bullying at School:** The first step to solving anything is to talk about it. Bringing awareness to bullying in your school will help reduce the stigma. But what else can you do? Set up a ballot box so students can report anonymously, ask your school to adopt a [No Bullying Pledge](#), or establish a [RESPECT Policy](#).

**1 in 3** students are **bullied**.



**Support your Community:** Your community is composed of a lot more people than you think. Make sure your classmates, teachers, neighbors, family and friends are well aware of how bullying can affect the environment you live in. Check out this [article](#) on how everyone in the community can help prevent bullying.

### IF YOU'RE BEING BULLIED



Tell someone you trust



Keep a record of what's happening



Don't retaliate



Surround yourself with people that make you feel



Don't blame yourself – it is NOT your fault



Be proud of who you are

**Make Learning Fun:** We all remember the time where we would “yes” our parents to death because we *thought* we knew the answer and honestly, did not want to listen. Check out these tip sheets that *Cartoon Network* put together to help kids- [What is Inclusion?](#) and even parents- [Tips for Raising](#) to better understand how to prevent and stop bullying.

**Get Help:** It may seem intimidating to tell someone, but making a trusted adult aware of what's going on will help you feel less scared! You can tell anyone— your parents, teacher, guidance counselor, or even your coach! Don't know who to talk to? Check out this [Help Chat Line](#)! Help is the first step to extinguishing the bully. Use [this link](#) to read more on what to do if you or someone you know is being bullied.

The rise of the social

## Cyberbully

Cyberbullying? What's that?  
Click [here](#) to find out!



# Halloween Safety

## How can you stay safe while collecting candy?

- **Bring a Light:** Glow sticks or a flashlight are great to help other people see you in the dark.
- **Travel with a Buddy:** Trick-or-Treating is more fun with friends anyway! Why would you want to go alone? Sticking together helps to prevent danger from occurring!
- **Use the Sidewalk:** The sidewalk is your best friend while on the search for candy. No sidewalk? That's okay– walk on the shoulder of the road, facing traffic.
- **Crossing the Street:** Check both ways, utilize all cross walks, and look left-right-left. Never assume you have the right of way.
- **Please, come on in!** Do **NOT** enter someone's home while trick or treating. Only approach homes with porch lights on.

Check out the [CDC's Trick-or-Treat Checklist](#) for a complete list of everything you need!



Although messing with candy is **RARE**, it is important to **BEWARE** of these tampered treats!



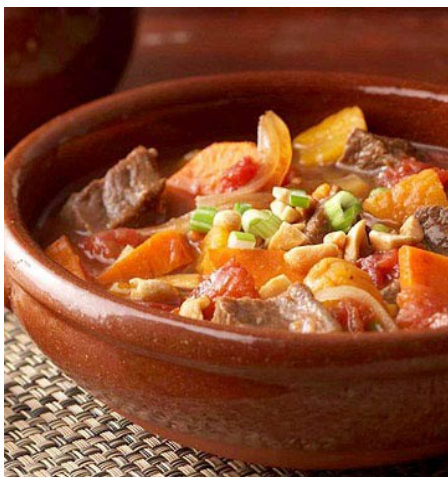
## Do not eat candy if it has...

- An unusual appearance or discoloration
- Tiny holes or tears in the wrappers
- Unwrapped items
- Homemade items or baked goods



# Cooking Corner

With cold weather coming it's time to plan a family breakfast filled with some delicious **Apple Cinnamon Pancakes**. Use this [link](#) to read up on a perfect recipe for a fall-styled breakfast.



Enjoy some warm **Banana Bread** made with Greek yogurt, olive oil, and honey. Try this easy & healthy banana bread [recipe](#).



Looking for an easy, fall inspired dinner? Check out this **Beef & Sweet Potato Stew**. Having a homecooked family dinner during the week may be challenging, but this [crock pot inspired meal](#) will be sure to help the family find time to eat together.

As always, our [School Health Team](#) is available to provide resources regarding school health topics. Feel free to reach out to us any time with feedback or requests for resources. We are dedicated to improving the health and wellness of your school and community! Contact [Michaela](#), for assistance. We would love to hear from you!

