

COUNSELING CORNER

FEBRUARY: UPSTANDERS

**IF YOU
SEE
something
SAY
something**

LIBRARY LESSON:

All students will receive an anti-bullying lesson this month. Students will learn that a bystander is a person who knows bullying is taking place, but does nothing to help. On the other hand, an upstander knows bullying is taking place and does something to help the victim. We will read the book, "Speak Up" by Miranda Paul and discuss the importance of saying something if you see something unsafe happening. 3-5th graders will learn the definition of bullying and will talk about how they should respond if they see it occurring. K-2nd graders will learn the difference between reporting and tattling (e.g., tattling gets someone in trouble, while reporting gets someone out of trouble).

BOTVINS LIFE SKILLS:

Washington County School District is implementing a substance abuse prevention program with all 4th grade students this year. Students will receive eight 30-minute lessons that address topics related to substance abuse and refusal skills. 4th graders will receive the first of these lessons this month. The topic will be self-esteem.

Contact me:

carolyn.harley@washk12.org

(435) 673-6266

<https://bloomingtonschoolcounselor.weebly.com>

BEING AN UPSTANDER AT HOME:

Would you like to help reinforce the importance of refusing bullying at home? Below are some ideas:

- **Spend some time reviewing the district's policy on bullying.** I have also added details about how our school responds to bullying on the next page, as well as a link to the district policy.
- **Teach that no means no.** Unkind acts escalate to bullying when students ignore others' wishes. Bullying can be stopped if students respect their peers boundaries.
- **Teach assertiveness.** Sometimes students are unaware that their behavior is hurtful. Teach your child key phrases they can use to express their discomfort when a peer is bothering them (e.g. "It hurts me when you _____. Please stop").

KINDNESS PROGRAM:

We will continue the kindness program through February. Teachers and other staff members are on the lookout for students demonstrating kindness. Teachers will give students a "kindness coin" if they are spotted being kind, and students can trade this coin for a prize during their lunch on Friday.

Thank you PTA for your contribution!



RECESS ACTIVITY:

Valentines day musical chairs: On February 14th, students can play musical chairs for a chance to win a small Valentines day prize!

Bloomington Elementary School

Bullying and Harassment Information

What is bullying?

Washington County School District defines bullying as aggressive behavior that is intentional, involves an imbalance of power, and is repeated over time. Bullying can involve physical and/or relational aggression. For a more in-depth definition of bullying, visit the district web page: <https://procedure.washk12.org/policy/3000/3510>

Some students may be the victim of unkind acts that do not fit the full definition of bullying. We are still concerned with this behavior, and will work to address unkindness in our school along with bullying.

What are students being taught about responding to bullying?

During their counselor lesson this month, students will learn how to respond to bullying (or to situations in which a student be being unkind to others). The steps they will be encouraged to take are the following:

Ask yourself, is it safe? (is the bully older or bigger, are there multiple bullies, is an adult nearby, etc.)

If **YES**: Say something! "It hurts me when you _____. Please stop."

If **NO**: Report it to their classroom teacher. Students will also be encouraged to report to a classroom teacher if they ask the student to stop and the mistreatment continues.

What should I do if my student reports bullying to me?

If your student reports bullying or unkindness to you, we encourage you to ask them if they have followed the steps described above. If they feel safe, did they tell the student to stop? And, have they mentioned it to their classroom teacher? If your student has not spoken to their teacher, please either encourage them to do so or assist them by contacting the classroom teacher yourself. The classroom teacher will then determine if the problem can be addressed in the classroom or if school administration needs to become involved.

If you have contacted the classroom teacher and your student tells you that the mistreatment is continuing, we urge you to contact administration directly. The safety of our students is of utmost importance to us.

What steps is Bloomington Elementary School taking to prevent bullying?

The following steps are currently being taken to prevent bullying at our school:

1. Counselor lessons to students about how to recognize and respond to bullying
2. Staff trainings performed at the start of the year to address each staff members role in responding to bullying
3. An anti-bullying student assembly, which will take place on April 11th