

WEDNESDAY, OCTOBER 20, 2021

WEAR AND SHARE ORANGE

to show unity for kindness, acceptance, and inclusion and to send a visible message that no child should ever experience bullying.

Please send your child to Jing Mei Wed. Oct. 20th in **orange!**

Unity day allows students to stand up against bullying and promote kindness and inclusion. Teachers will be starting to teach Second Step Bullying Prevention Units throughout all the elementary grade levels as well as Digital Citizenship lessons which you can preview at this website:

<https://www.common sense.org/education/digital-citizenship>. These lessons teach students how to **recognize, report and refuse bullying**. We teach them the **power of a bystander** and **encourage** them **to take responsibility to stop bullying if** they witness it. The lessons are well designed, and the homework link that comes home with your child after the lessons are taught in class are worth the time and effort to talk through with your child.

Parents, grandparents and strong relationships built outside of school with significant adults are still the most influential people in a child's life. Set aside time to listen and have open dialog with your child every day throughout the entire year. Talk through what they are learning and doing in classes, and how things are going with their friends socially. Kids express emotions in numerous ways and the younger ones often do not have the words to describe their feelings. If a student is being bullied or struggling socially you may see outburst in behavior or even withdrawal from activities, they are normally engaged in. Be curious, ask questions, pay attention to abnormal behavior and don't hesitate to reach out to their teachers or school counselor to gather more insight on how they are doing. We also encourage everyone to participate in random acts of kindness outside of school with your kids this month.

We hope you have a wonderful October!

Andrea Hanson

hansonan@bsd405.org