

November 2017



October was National Bullying Awareness and Prevention Month

During the month of October all students k-5 were taught bullying prevention. The students were taught that although mean behavior is not okay, that every mean look, comment or argument with a friend is not bullying. Bullying is more serious and needs adult help.

The students were taught the definition of bullying:

- It is on purpose
- It happens over and over
- There is an imbalance of power. The person being bullied feels powerless or scared

If the students see bullying at school or in the community, they learned three strategies to help:

- If they feel safe, tell the bully to stop
- Ask the person being bullied to join you
- Tell an adult

We also learned about the 4 types of bullying:

- **Verbal**-name calling and threatening
- **Physical**-pushing, hitting, kicking
- **Social**-getting others to ignore/exclude and spreading rumors or gossip
- **Cyber**-threats online or posting embarrassing pictures

All students pledged to have a bully free school and to do their part to recognize and report bullying. If you feel your child is being bullied, please contact the school. To learn more about preventing bullying, community resources and helpful websites visit <http://www.montgomeryschoolsmd.org/info/bullying/>

Personal Body Safety Lessons

During the months of November and December, I will deliver a MCPS mandated Personal Body Safety Lesson in each classroom grades k-5. Your child will take home a letter the day I was in their classroom. The letter will not only let you know that I was there, but will give you the main points of the lesson for follow up discussions at home.