



REACH for Parents

November issue

October REACH:

October was Bullying Awareness and Prevention Month.

We began by defining bullying as behavior that is intended to Hurt, Harm or Humiliate someone else. We further defined bullying as **R**epeated, **I**ntentional with an imbalance of **P**ower. This means that someone is being mean and the other person doesn't feel safe.

Next, we discussed how it feels to be bullied. Most students understand that being the target of a bully feels unsafe. We talked about what peers can do if they see someone being bullied:

1. Report - tell an adult
2. Redirect - help the target get away from the bully (A simple way to do this is to say to the target, "Hey, can you come with me to find my library book?" This gets the target away from the bully)
3. Reach out - include people who are alone. Sit with them at lunch or play at recess.

Pacer Center's Kids Against Bullying (<https://pacerkidsagainstabullying.org/>) is a great resource.

This week we defined Peer Pressure as the feeling that you have to do something that others are doing. This can be good or bad. Good peer pressure includes things like working hard in school or a sport. Bad peer pressure would be doing things that you know are harmful or wrong. This might include drugs, alcohol, or shoplifting, for example.

During the week of Fall Break, the students who have REACH on Monday, Tuesday, Wednesday also had a lesson on the power of Positive Self-Talk. We tied this to the idea that bullies are generally people who don't feel good about themselves. If you tell yourself positive things, you will be happier than you would be if you believe the negative thoughts.



Coming up in November: Kindness

November 6-13 is Kindness Week, and November 13 is Red Sweater Day in honor of Mr. Rogers. We invite all students to wear a cardigan or a red sweater that day!

How to Connect Our Lessons at Home?

You can help your student with positive self-talk. For example, if your student says, "I'm dumb," you can help them *flip that thought* by reminding them "You're not dumb, you just haven't learned it yet."

Other examples we used in class:

Negative thought

No one likes me.

I'll never be good at...

Positive thought

Your teachers/parents/siblings like you

You're not good yet, but with practice you can be!

Help your student to think about themselves in a positive way.

Also, listen to their "gut feeling." If a friend pressures them to do something harmful or wrong, say NO! If they ever feel unsafe, tell an adult!

On a personal note from Mrs. Hawn:

Some of you already have heard, but I wanted to make an "official" announcement that I am leaving LaVille. I have accepted an opportunity in Elkhart working with curriculum, instruction and assessment at an elementary school closer to home.

The timing is not what I would have chosen, as I hate to leave in the middle of the semester, but I am excited for what lies ahead. I will be here at least until November 10 or as late as the 20th.

I have loved my five years at LaVille and I am excited to see what the future holds here, as well! We anticipate knowing who my replacement will be very soon.

How to Reach us:

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