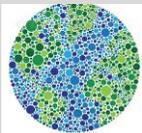


Counselor's Corner

October 2018 • Gutierrez.Gloria@tUSD.org • (310) 533-4559

Mindful Moment — Body Scan

Find a calm place and sit, stand, or lay down comfortably. Close your eyes or let your eyes rest, unfocused, looking forward and slightly down. Begin noticing the breath coming in and out. When ready, begin noticing your sensation at the top of your head. Slowly move down your face, pausing to notice the sensation of you forehead, eyes, cheeks, chin, neck. Continue, with pausing, until you reach you toes. Do you feel calm? I do!



Do One Thing!

Have a green Halloween! Avoid buying costumes with plastic, they can contain toxic PVC. Better yet, find a costume at a thrift store, or conduct a costume swap with other families!

Bully Prevention and Awareness

With increased exposure to bullying behavior broadcast in the news and media, bullying is on the rise across the country. What is known about bullying is that anyone can bully – and anyone can be targeted – and that bystanders who witness bullying can be affected just as much or even more than the target. So, what can we do about bullying? First, learn what it is, what it isn't, and what to



do about (like reporting it to the teacher right away). Then show your kids what it looks like to stand up for others and have your kids role-play the same.

WHAT'S HAPPENING THIS MONTH

Bully Prevention Assemblies

Students will attend bully-free assemblies to learn about types of bullying, roles in bullying, and what they can do to be an upstander, including reporting bullying.

Mix It Up at Lunch October 19th

Students will have an opportunity to sit at lunch with a peer they've never eaten with before. Students can make new friends and help students who are lonely to get connected at school.

Positive Behavior Interventions & Supports

Anza's expectations:

- Be Safe
- Be Respectful
- Be Responsible

Character Counts:
Bully-Free

Cool Website of the Month:

www.pacer.org/bullying/resources/parents/