

Counselor's Corner

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Youth With an Action

Each month this column will feature a youth activist who is standing up for what they believe in. This month is: **Mia Diaz, 11.** Mia loves to read, and regularly went to the library to find books she liked. She kept noticing, however, that the books at school rarely featured characters she identified with. So Mia started a book collection drive with the hashtag #1000BlackGirlBooks, collecting books with Black girl protagonists, and had the books donated to young girls – 8000 books in all. And now she's written one herself!



Halloween can be a challenging time to reduce waste – all those miniature candy wrappers etc! When you can, buy in bulk and with cardboard packaging, which can often be composted or recycled.

Corrections: Greta Thunberg is 16 not 17, 'silvopasture' not 'verticulture' for Drawdown.

Children See and Do - Bullying

October is Bullying Prevention and Awareness month and we participate at Anza with Bully-Free month. Students will be learning about types of bullying, its effects on the target, bystanders, and the person doing the bullying, and procedures for what to do if they see bullying.

We live in a challenging time when it comes to bullying – students are inundated with mini-aggressions in their TV programming, even on 'safe' channels like Disney or Cartoon Network, as well as outright bullying, coercion, and intimidation in the news. Students learn by models, so it is important to process these incidents with your children – remind them regularly that you are there to help explain what you can about people mistreating others, and set the expectation that it isn't acceptable at home, school, or anywhere.



Then make sure you are modeling healthy habits – use kind words when talking about someone else, especially when they aren't present; avoid gossiping; acknowledge when you are frustrated and apologize if it results in mean words or actions. Children learn how and when to apologize from us as well! So show them how its done. –Mrs. G

WHAT'S HAPPENING

Green Team
60% toward bench!!

The Green Team will be expanding to new projects and activities. If you'd like to volunteer, please contact Mrs. G at x2284 or by email.

October 8th
Unity Day

Orange is the color of unity and a great way to unite in solidarity against bullying. Wear orange and discuss icebreakers with your children to help them connect with someone new!

Positive Behavior
Interventions &
Supports

Students learn about Anza's expectations:

- Be Safe
- Be Respectful
- Be Responsible

Character Counts:

Bully-Free

Cool Website of the Month:

[Parent Unintentional Bullying Behaviors](#)