



# COUNSELOR CONNECTION



## DATES TO REMEMBER

DISTRICT NEEDS ASSESSMENT  
3RD-5TH GRADE

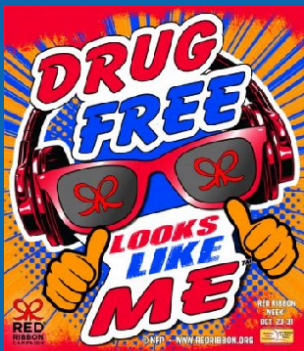
10/8-10/25

GT TESTING

10/25-11/12

RED RIBBON WEEK

10/25-10/29



## October is anti-bullying month



Heritage Rose, along with elementary schools all across country, is teaming up against bullying by helping spread awareness, and pledge to be a friend, not a bully!



### Week of October 11th- Stand Up for others week

When you see someone being bullied, be brave and STAND UP for them. Bullies have been known to back off when others stand up for victims. If you don't feel safe get the help of an adult immediately. Be part of the solution -- not the problem!

### Week of October 18th- Week of Inclusion

- Don't let anyone at school eat alone in the cafeteria or on a school field trip. Make it the week of #NOONEEATSSALONE
- Include other students in school activities
- Include other students in after school activities
- Invite someone you don't now that well to sit next to you on the bus. Learn about each other.

### Week of October 25th- Start the Week with Conversations

- Meet with fellow students and discuss how you can Change The Culture at your school.
- Start a conversation with someone you don't know well this week

Anti- Bullying Resources:

<https://www.stompoutbullying.org/world-bullying-prevention-month>

<https://youth.gov/feature-article/national-bullying-prevention-month>



## OCTOBER 23-31

Red Ribbon week is the nation's largest and oldest drug prevention program. Read more about the campaign and it's history here: <https://www.redribbon.org/>



**Angel Tree Registration October 4th- October 8th Click here to request assistance for the holidays.**

## Skill of the month

### assertiveness

Children can learn how to stand up to bullies and unwanted situations in ways that are not aggressive, yet remain assertive. You can remind children of these simple steps.

1. Use your words- Tell the person "Stop, I don't like that"
2. Tell a trusted adult
3. If it continues, keep telling an adult until your problem is resolved



You can read more about teaching assertiveness here: <http://preventingbullying.promoteprevent.org/9-assertiveness-activities>

## RED RIBBON WEEK DRESS UP DAYS

MONDAY 10/25

**GIVE DRUGS THE BOOT- WEAR YOUR WESTERN GEAR**

TUESDAY 10/26

**WE HAVE THE POWER TO BE DRUG FREE- WEAR YOUR SUPERHERO SHIRTS/SOCKS**

WEDNESDAY 10/27

**IT'S WACKY TO DO DRUGS- WEAR MISMATCHED/CRAZY CLOTHES FOR WACKY WEDNESDAY!**

THURSDAY 10/28

**SUPPORT EACH OTHER TO NOT DO DRUGS- TWIN DAY**

FRIDAY 10/29

**SHOW YOUR CHARACTER- DON'T DO DRUGS! DRESS UP AS A COMIC CON CHARACTER**