

CONNECTING WITH THE SCHOOL COUNSELOR



WEDNESDAY, OCTOBER 16, 2024
WEAR AND
SHARE ORANGE

to show unity against bullying, united for kindness, acceptance, and inclusion.

Happy, Healthy Kids TIP

When your child is experiencing BIG, upset feelings, their brain cannot listen or learn in that moment. Rather than negotiating with or punishing them, help the child name their feelings. Then, practice a coping skills, such as counting to 10, deep breathing, talking to someone

Red Ribbon Week Oct. 21-25th

Monday- Kick-off Red Ribbon Week!
Wear red

Tuesday- Follow Your Dreams, Don't Do Drugs!
Wear your pajamas (appropriate for school).

Wednesday- I'm too BRIGHT for Drugs and Bullying! **Wear tie dye or neon.**

Thursday- Put a Cap on Drugs!
Wear your favorite cap or hat.

Friday- Be Brave, Just Say No to Drugs!
Wear a superhero shirt or a cape.

We are Learning!

Responsibility – doing what you are suppose to do, and doing your best job

Bullying -when someone intentionally says or does something hurtful over and over again

Upstander – a person who stands up for his or her beliefs and does what they think is right

Bystander – stands by in a situation, and does not take action or stand up for what is right

Let's CONNECT!

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