



COUNSELING

Newsletter



2ND STEP THEMES FOR OCT. & NOV.

October was *National Bullying Prevention Month*. The goal of educating and creating awareness is to inspire schools, communities and organizations to work together to stop bullying and cyberbullying. To stick with the theme, students will learn and the 3 R's of Bullying during the months of October and November.

The 3 R's are:

1. Recognizing
2. Refusing
3. Reporting

Take Home Term:

Bullying- when someone is continuously doing something to hurt someone's feelings or body on purpose.

BULLYING RESOURCES

- ✓ [PUSD Bullying Prevention Resources](#)
- ✓ [Book List for Bullying Topics](#)
- ✓ [What do if experiencing bullying](#)

UPCOMING EVENTS

November 2nd

[Tiny Talks, Puberty & Sex Ed](#)
(All Ages)

November 3rd

[Managing Stress & Anxiety](#)
(TK-5th)

November 10th

[Screen Time with Limits](#)
(All Ages)

CVES COUNSELING

[Counseling Request \(Parents\)](#)

Details Coming Soon...

- No Place for Hate
- Student Council

IF YOU NEED CONTACT THE COUNSELOR PLEASE email
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