

BCSS
Newsletter

Dear Parents 10/1

Contact us: 740-676-4815 Ext. 8

October is National Bullying Prevention Month!

What is bullying? Bullying is the intentional and repeated aggression toward another person that causes injury or discomfort. Bullying exists in many forms, including physical aggression, name-calling and spreading rumors.



Prevention methods: Stop bullying before it starts. Talk with your children! Make your home a “bully-free” zone, look for signs and changes in emotion and behavior, monitor social media and screen time, and be involved in school and community events.

How to get involved:

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

Additional Resources

<https://kidshealth.org/en/parents/no-bullying.html?scrlbrkr>



RED RIBBON WEEK –

OCTOBER 23, 2020- OCTOBER 31ST, 2020.



Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't; yet, only a quarter of teens report having these conversations. Red Ribbon Week® (October 23-31), the oldest and largest drug prevention campaign in the nation, is your opportunity to get the ongoing conversation started. This year's theme is Be Happy. Be Brave. Be Drug Free.™ Visit www.redribbon.org to learn more about Red Ribbon Week® and get tips for talking to your kids about drugs. The life you save may be that of your own child or a dear friend.

PROMOTING RED RIBBON WEEK WITH YOUR STUDENT(S):

- Encourage your child(ren) to wear a red ribbon to school during Red Ribbon Week.

<https://www.stompoutbullying.org/bullying-cyberbullying-resources>

https://www.youtube.com/watch?v=z3qzWnaV1_8&feature=youtu.be

HELP END BULLYING! - MOVIES & BOOKS ABOUT BULLYING TO WATCH WITH YOUR KIDS!

1. The Karate Kids (PG)
2. Bully (PG13)
3. Mean Girls (PG13)
4. Harry Potter (PG/PG-13)
5. The Ant Bully (PG)
6. The Duff (PG13)
7. Diary of a Wimpy Kid (PG)

BOOKS:

1. Diary of a Wimpy Kid, Wonder, Say Something, Tales from the Bully Box, The Saturday Boy- middle school
2. Lama Lama and the Bully goat, Bully B.E.A.N.S, The Story of Ferdinand – Elementary
3. Some Girls Are, Crossing Lines, Everybody Sees the Ant, Bystander, The Bully- High School

Presentation: Julie Gomez with the National Alliance on Mental Illness (NAMI) of Greater Wheeling will be presenting an hour-long presentation about mental health in youth. So, grab some popcorn and a cozy blanket and learn how you can support your child's mental health right from your couch.

Topic: NAMI

Time: Oct 27, 2020 06:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/83599722070?pwd=VWhFMEEvY2hIVXN3dVNuZEhMYSt2dz09>

Meeting ID: 835 9972 2070

Passcode: Ky2wQT

- Incorporate drug prevention facts and tips into your conversations during breakfast or on the drive/walk to school.
- Create a red ribbon week inspired activity for the whole family to participate in.
- Find out how your child(ren)'s school is celebrating Red Ribbon Week and participate in the activities.
- Take the Red Ribbon Week Pledge with your child(ren) at www.GetSmartAboutDrugs.com, www.justthinktwice.com, and www.campusdrugprevention.gov

COVID FRIENDLY HALLOWEEN!

This year's Halloween may look different for some parents, children, and communities. If you and your children are opting to stay in this Halloween, don't fret! There are fun activities you can do with your children in the comfort at your home. Here are a few ideas to help keep your Halloween as exciting as possible!

1. Host a Halloween Movie-Thon
2. Have a Halloween Costume Contest!
3. Tell Scary Stories using a flashlight!
4. Make Goodie Bags
5. Have a Halloween Scavenger Hunt!
6. Carve or Paint Pumpkins
7. Bake Halloween Treats

