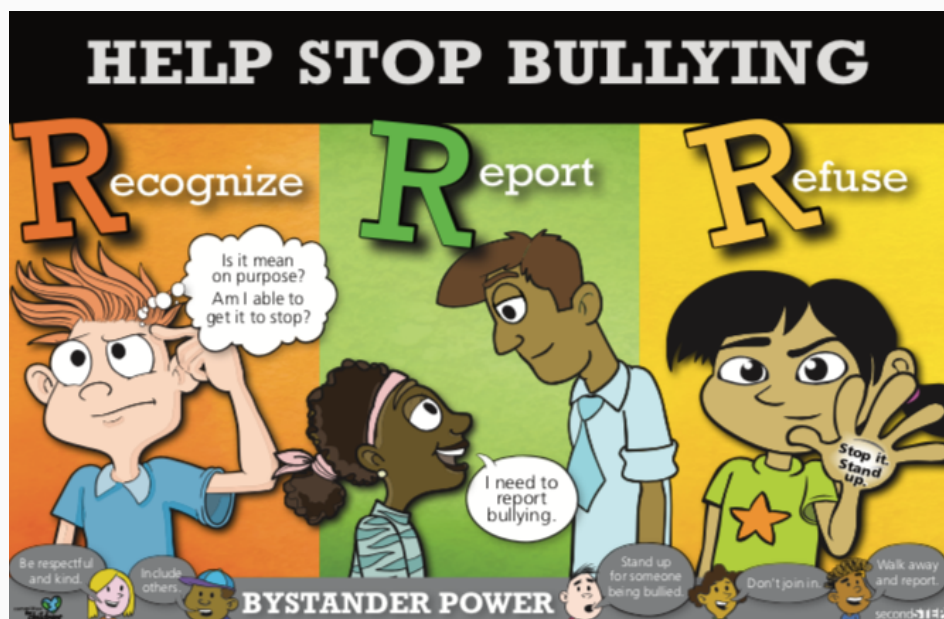


# OCTOBER NEWS

Monte Vista Elementary School  
Mrs. Green's Counseling Corner

## Bully Prevention

As October is Bully Prevention Month, it's important to review the ways in which we can stand up to bullying. With virtual learning, it's also important to recognize that cyberbullying is an issue that may appear. Just as with bullying, cyberbullying involves an imbalance of power, is one-sided, occurs repeatedly, and is purposeful. If you witness bullying occur or find yourself being bullied, make sure to remember the 3 R's: Recognize, Report, and Refuse. Also, remember the power you have as a bystander to help stop bullying. Let's do our part to bring kindness to the world.



## SUPPORT & LINKS

**Filipino Heritage Month  
Virtual Library**  
[CLICK HERE](#)

**Italian Heritage Month  
Virtual Library**  
[CLICK HERE](#)

**Canvas Help**  
[CLICK HERE](#)

**Counseling Check In  
Request Form**  
[CLICK HERE](#)

**Free Mental Health  
Concierge**  
[CLICK HERE](#)

**Resilience Tools for Parents**  
[CLICK HERE](#)

**RUHS Parent Support &  
Training Program**  
[CLICK HERE](#)

**Positive Parenting  
Workshop**  
[CLICK HERE](#)

CONTACT INFO:  
Mrs. Green  
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(951)894-5085 ext. 2966  
Office Hours M-F 8am-4pm

## CULTURAL AWARENESS



*Italian American Heritage Month is celebrated by the declaration of the President and Congress in the United States to honor the achievements and contributions of Italian immigrants and their descendants through the arts, science, and culture.*



*Filipino-American History Month began in October 1992 by the Filipino American National Historical Society board of trustees. They chose the month of October to remember the arrival of the first Filipinos who landed in what is now Morro Bay. The first Filipino American labor leader, Larry Itliong was also born in the month of October as well.*

*We recognize the contributions and influence of Italian and Filipino Americans to the history, culture, and achievements of the United States.*

## SEL TOPIC

*We are continuing our focus on emotion management. Emotion management is the ability to realize, accept, and control feelings inside oneself. Everyone feels strong feelings. Strong feelings are neither good or bad. However, it does matter that we express strong feelings in a healthy manner.*



### SECOND STEP HOME LINK

*Second Step Home Link is an excellent way to know what your child is learning during counseling lessons, why is it important, and ways to continue practicing at home. Click on child's grade below for more information.*

[Kinder](#)

[3rd](#)

[1st](#)

[4th](#)

[2nd](#)

[5th](#)

## COPING SKILL

*inhale . exhale .*



**Mindful Breathing:** *Mindful breathing is a great coping skill to help us calm down when we are feeling strong emotions.*

*Taking deep, intentional breaths helps us lower our stress levels by reminding our brain and body to relax. Check out this video to practice your mindful breathing skills! [Mindful Breathing](#).*