

Counseling Connection

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SUPPORT LINKS

COUNSELING CHECK-IN
FORM
[CLICK HERE](#)

FREE MENTAL HEALTH
CONCIERGE
[CLICK HERE](#)

COMMUNITY RESOURCES
[CLICK HERE](#)

Upcoming Events
UNITY DAY
Oct. 20
MIX IT UP DAY
Oct. 22
COLLEGE WEEK
Oct. 18-Oct. 22



October is National Bullying Prevention Month

During Bully Prevention Month, our school dedicates time to learn how we can stop bullying. We know many of our children operate socially online both through school websites and popular social media channels. Therefore, it's important to recognize that cyberbullying is an issue that may appear especially with older students. If your child witnesses bullying or find themselves being bullied, make sure they remember the 3 R's: Recognize, Report, and Refuse.

Recognize: what is bullying: a mean behavior that's one-sided, occurs repeatedly, and that's done on purpose that creates an imbalance of power.

Report: Find a trusted adult like a teacher, school counselor or principal to get help.

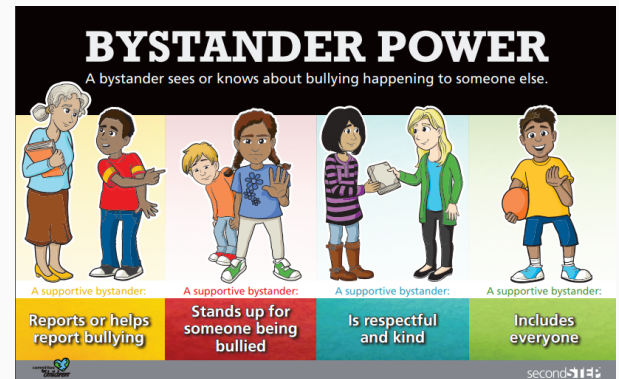
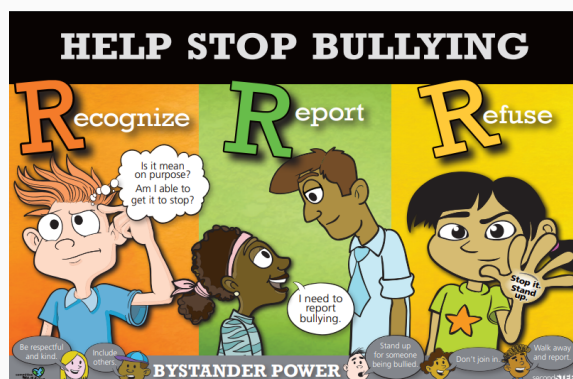
Refuse: Anyone including a bystander can stop bullying by saying "stop," walking away or playing with someone else.

Stopping harmful behavior does not just rest among adults because every student has the power as a bystander to help stop bullying by standing up to it and rejecting it! One of the best ways to eliminate this from schools is by first and foremost being a kind and respectful student. When we follow the rules and treat everyone the way we expect to be treated, we do our part to bring kindness to the world.

Unity Day - Wear Orange

Mix it Up Day is a lunch activity to sit with someone new and make a friend.

College Week - wear college shirts and there will be morning college activities.

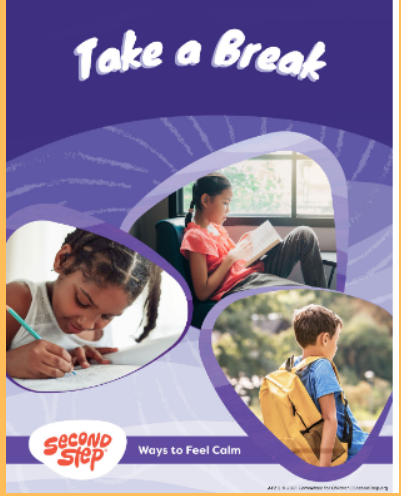


Together we CAN make a difference!



Second Step Classroom Social Emotional Learning

Students will begin a new unit in their classroom this month. The new unit is based on Emotion Management. In this unit, students will learn how to identify and label their emotions and use emotion management strategies - including stress management for older students - to calm strong feelings. Students will learn their internal physical cues and ways to appropriately express feelings. Some topics covered will be Noticing Feelings, Sometimes We Feel Sad, Take a Break, Different Feelings, and Rethink it and Making a Change.



CULTURAL SPOTLIGHT



IN OCTOBER, WE CELEBRATE ITALIAN AMERICAN HERITAGE MONTH BY RECOGNIZING THE CONTRIBUTIONS AND ACHIEVEMENTS OF ITALIAN AMERICANS. EVERY ASPECT OF SHOW BUSINESS, POLITICS, SCIENCE, AND ART HAVE A PROMINENT ITALIAN AMERICAN IN ITS VANGUARD. ROCKY MARCIANO REVOLUTIONIZED THE SPORT OF BOXING. DIANE DI PRIMA PIONEERED THE ROUGH POETRY AND PROSE OF THE BEAT MOVEMENT. ENRICO FERMI CONTINUED HIS NOBEL PRIZE-WINNING WORK ON THE MYSTERIES OF THE ATOM, BECOMING ARGUABLY THE GREATEST PHYSICIST ALIVE.



Filipino Heritage Month is also acknowledged during the month of October to recognize the important presence of Filipinos in the United States. We recognize Filipino Heritage in the the month of October because the first Filipinos came to the United States in October 18, 1587. Filipino Americans contributed greatly to the American Labor Movement, especially with the United Farm Workers Movement of the 1960s.

