



Skyview Middle School

October Newsletter 2020

October is Bullying Prevention Month

What does BULLYING look like in Middle School:

- *Starting rumors about other students.*
- *Using social media to say mean things about another student in a very public and embarrassing manner.*
- *Hearing a rumor and then sharing it with other people.*
- *Teasing someone repeatedly but saying it's ok because "we're just having fun".*
- *Focusing and commenting on differences in people in ways that leave them feeling "less than".*
- *Specifically excluding one person from invitations, plans, classroom groups, etc.*
- *Taking screenshots in remote classes and then posting photos or comments on social media to make fun of other students – their house, bedroom, clothing, hairstyle, etc.*



The solution to bullying can be as simple as

One Person saying:

1. **I don't want to be involved in treating people in a mean way.**
2. **I don't want to participate in making people feel bad.**
3. **I want people to feel included and welcome.**

Want to help prevent bullying?

***Here are some examples of things YOU can do to send a message of
INTOLERANCE for bullying:***

Week of October 5th: (World Day of Bullying Prevention was Monday, 10/5/20)

- Wear Blue to Support the Cause.
- Smile, say hello, or introduce yourself to someone you don't know (maybe in a breakout room?).
- Challenge others to be kind if you observe behavior that isn't very kind.
- Think of ways to reach out to students who might be feeling isolated.

Week of October 12th: STAND UP FOR OTHERS WEEK

- Celebrate the differences and similarities amongst different cultures at our school.
- Create some positive messages to send to other students.
- Create anti-bullying videos or inspirational stories and share them on the
- [STOMP Out Bullying site.](#)

Week of October 19th: WEEK OF INCLUSION

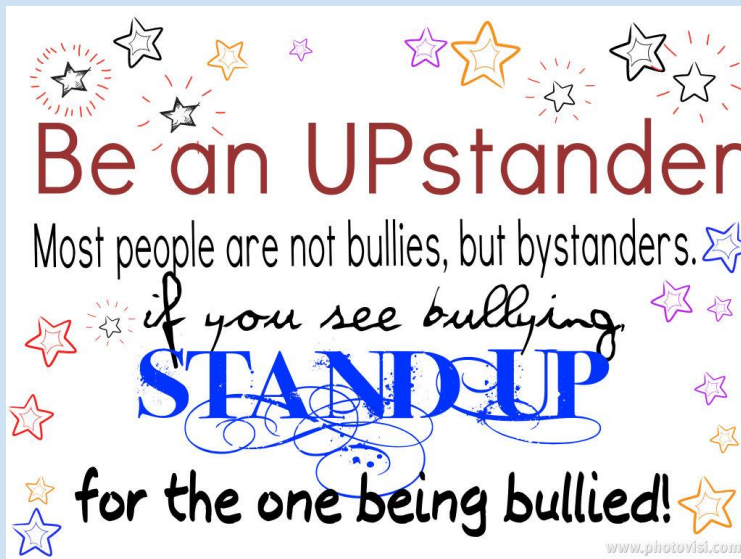
- Think about ways to reach out to students who might have become disengaged since distance learning began – and then try out one of your ideas!!
- Reach out to students not involved in school activities – and invite them to join one.
- Use the Hashtag **#HereForYou** to let classmates/students know they have your support if they need to talk to someone.

**Week of October 26th: START THE WEEK WITH CONVERSATIONS
AMONGST YOUR PEERS**

- Share with teachers, counselors, administrators – ideas for ways to improve the culture in our school.
- Use the [Student Participation Toolkit](#) to begin conversations on how our school can be judgement and bully free.
- Use classroom opportunities to write or speak about your own experiences with bullying and cyberbullying and how those experiences have affected you.
- ALWAYS be an **UPSTANDER** and speak up for victims and those who can't stand up for themselves. Upstanders can say something, walk away and/or

leave a chat. Not contributing is being an upstander too. Standing by and watching is being a bystander.

If you or someone you know is being bullied or treated poorly, please reach out for help. Telling a trusted adult is the next step after making sure you do your best to not be a bystander. You can tell any adult you trust, including a teacher or counselor. We are here for you!



We hope you have a wonderful October!

SMS Counseling Team



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