



College Hill Guidance News

Dear Parents/Guardians,

This week at school, your child learned about bullying and how to stop it by reading and discussing H.Binkow & S. Cornelison's Howard B. Wigglebottom Learns About Bullies and O. Huliska's The Recess Queen. Key points for your child to remember:

- Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.
- What can your child do to stop being bullied?
 - Tell a trusted adult
 - Stay with good friends and avoid the bully
 - Ignore and walk away from the bully
 - Stand up for others
- What can your child do to stop bullying others?
 - Treat everyone with RESPECT
 - Keep in mind that everyone is different. Not better or worse. Just different.

For more resources and fun videos to help you talk about bullying with your child please visit <https://wedolisten.org/books-and-lessons?book=Howard+B.+Wigglebottom+Learns+About+Bullies> and <https://www.stopbullying.gov/what-is-bullying/index.html>

It is always a pleasure to work with and build a relationship with your child. As always, please feel free to contact me with questions or concerns.

Sincerely,

Faith Tambasi

College Hill Elementary Counselor

