



South Loop Counseling Corner

SCHOOL COUNSELORS CAN CHANGE THE WORLD!!!

School Counseling & Bullying

Mrs. Moshe Brewer – Professional School Counselor

Ms. Jordyn Adler – School Counseling Intern

Hello South Loop Students & Families! As a reminder, Mrs. Brewer is the professional school counselor at South Loop Elementary, and this year she has a school counseling intern from DePaul University, Jordyn Adler. First and foremost, as a professional school counselor, we are trained to help all children achieve academic success by providing education, prevention, early identification and intervention. As far as bullying, it is our responsibility to assess bullying in our school, and determine where and when bullying occurs to then be proactive and prevent bullying. When bullying is brought to our attention, we are able to help students better communicate, problem-solve, and reach conflict resolution. If the need was

presented, we would be able to start small-group counseling that would focus on bullying. Through small-group counseling, the counselors would encourage a mindset that supports a sense of belonging for all students in the school environment; and through a group, students would then be able to demonstrate critical-thinking skills to make informed decisions, demonstrate effective coping skills when faced with a problem, and create positive and supportive relationships with other students. It is our goal at South Loop to be proactive and prevent bullying before these interventions would be necessary, so we need the help and support of parents and students to create a safe and bully-free environment.

UPCOMING EVENTS

**8th GRADERS SEE PG 3
IMPORTANT INFO!!!**

National Bully Awareness Month
Wednesday's Anti-Bullying Days –
Wear Purple

October 7th
First Friday of "Out of Uniform
Fundraiser" (\$1)

October 10th
No School – Columbus Day

October 13th
10th Annual High School Fair

**The Leader In Me - Habit
of the Month**

**Begin with the End in
Mind**

Have a Plan!

Ideas: set short- & long-term goals, act with intention to reach your goals, use critical & creative thinking to solve problems.

Get a Handle on Bullying

1 in 7 students in grades K-12 is either a bully or victim of bullying. To be able to prevent and stand up against bullying, you must first understand what it is. **Bullying is any repeated, intentional act of aggression, occurring in a relationship characterized by an imbalance of power, and is persistent or pervasive.**

There are different types of bullying to pay attention to. These types include:

PHYSICAL:

- Hitting, kicking, pushing (or threatening to do it!)
- Stealing, hiding, or ruining someone's things
- Making someone do things they don't want to do

VERBAL:

- Name calling, teasing, or insulting
- In person, online, via text, via phone, etc.

RELATIONAL:

- Ignoring or excluding
- Spreading rumors or gossip
- Making someone do things they don't want to do
- In person, online, via text, via phone, etc.

When students are faced with a situation they believe to be bullying they should **STOP-WALK-TALK!**

1st – Tell that person to please **STOP** in a firm voice.

2nd – If that doesn't work, students are should **WALK** away from the situation and go to a safe place where the person

cannot bother them.

3rd - If that doesn't work, students should **TALK** to a trusted adult to get help (ie. Teacher, counselor, or any other adult at school).

is it
BULLYING?

When someone says or does something *unintentionally* hurtful and they do it once, that's
RUDE.

When someone says or does something *intentionally* hurtful and they do it once, that's
MEAN.

When someone says or does something *intentionally* hurtful and they *keep doing it* even when you tell them to stop or show them that you're upset—that's
BULLYING.

What Can Parents Do?

- Contact a school administrator, counselor, social worker or psychologist for help.
- Provide positive feedback for children demonstrating appropriate behavior.
- Use alternatives to physical punishment to stop bullying behavior, such as the removal of privileges.
- Stop bullying behavior as it is happening and begin working on appropriate social skills early.

Recognize the Warning Signs in Students (only some examples)

- Comes home with damaged or missing belongings.
- Has unexplained injuries
- Complains frequently of headaches, stomachaches, or feeling sick.
- Have changes in eating habits.
- Student tells you directly they don't want to go to school because of peer relations.

Tips for Preventing Cyberbullying

Parents and kids can prevent cyberbullying! Together, you can explore safe ways to use technology.

1. Be aware of what your kids are doing online –

Know the sites your kids visit and their online activities, and let your kids know that it's your responsibility as a parent to review their online communications if you think there is reason for concern. Also, ask to "friend" or "follow" your kids on social media sites or ask another trusted adult to do so.

2. Establish Rules about Technology Use –

Establish and enforce rules about appropriate use of computers, cell phones, and other technology, and show them how to be safe online.

3. Understand School Rules –

For example, at South Loop cell phones are not allowed on the school bus, school property or inside the school building. Please review other school policies.

ATTENTION 8th GRADERS

1. 8th grade parents: If you couldn't make it to open house night **PLEASE** email Mrs. Brewer at mlbrewer@cps.edu with the following information:

Subject: "8th Parent Email Info"

Message: your name, and the name of your 8th grader

*This will ensure you have all the info you need about the high school application process!

2. Application Window begins Monday, October 3rd – Friday, December 9th
3. Listed Below is the Open House dates for all the Selective enrollment schools:

Selective Enrollment High Schools Open House Events for 2017-2018 School Year

Brooks College Prep High School
250 E. 111th St.

November 12, 2016

12 noon to 3 p.m.

Hancock College Prep High School
4034 W. 56th St.

October 29, 2016

9 a.m. to 12 noon

Jones College Prep High School
606 S. State St.

October 15, 2016

10 a.m. to 3 p.m.
(last group admitted at 3 p.m.)

King College Prep High School
4445 S. Drexel Blvd.

October 29, 2016

9 a.m. to 12 noon

Lane Tech High School
2501 W. Addison St.

October 30, 2016

12 noon to 3 p.m.

Lindblom Math & Science Academy
6130 S. Wolcott St.

November 5, 2016

2 p.m. to 4 p.m.

Northside College Prep High School
5501 N. Kedzie Ave.

November 6, 2016

11 a.m. to 2 p.m.

Payton College Prep High School
1034 N. Wells Ave.

November 5, 2016

9 a.m. to 1 p.m.

South Shore International High School
1955 E. 75th St.

November 19, 2016

10 a.m. to 12 noon

Westinghouse College Prep High School
3223 W. Franklin Blvd.

November 5, 2016

11 a.m. to 2 p.m.

Whitney M. Young Magnet High School
211 S. Laflin St.

October 16, 2016

1 p.m. to 4 p.m.