

Counselor's Corner

Dear Families,

As we welcome 2019, we also kick off January with our school-wide CULTURE DIVERSITY CLUB. Our aim is to celebrate the many cultures in our Seattle Hill Family. We will close the month with a week-long KINDNESS CHALLENGE that will highlight RANDOM ACTS OF KINDNESS.

At Seattle Hill, mean behaviors, rude or prejudicial comments of any type are never allowed, whether it's making fun of the way we talk or dress, a physical challenge, the food we eat, our religion, or our ethnicity.

We encourage our school community to reinforce appropriate and caring behaviors in all our homes. Unfortunately, when poor behavior is ignored, it sends a message to our kids that it is acceptable. We are partners in teaching our kids. Please don't be silent when your children hear prejudicial comments. Be a hero bystander and say or do something.

Anti-bullying lessons are taught in grades 3, 4, and 5 through the Second Step curricula. For more information, see <https://www.cfchildren.org/> (Committee for Children.)

Students learn about standing up for others and responding assertively by using powerful "I STATEMENTS" rather than attacking back with a put-down or being physical.

<p>Talk it Out</p> <p>I feel _____</p> <p>When you _____</p> <p>Could you please ____?</p>	<p>I feel <u>upset and embarrassed</u></p> <p>When you <u>call me names.</u></p> <p>Could you please use nicer words when you talk to me?</p>
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This month our BUCKET FILLERS and CLASS AMBASSADORS will oversee our "random acts of kindness" project. If your children are interested in helping out, please have them visit me.

We are so fortunate to live in this community where respect is felt everywhere. Our 650+ students contribute to our wonderful school family in their own unique way.

Thank you all for making this a safe place for our students to live, learn, and grow.

Louise Berman, M. Ed.
Seattle Hill School Counselor

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