

COUNSELOR'S CORNER

OCTOBER

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NATIONAL ANTI-BULLY MONTH

October is National Bully Prevention Month. This is a really important topic that affects us all. Bullying is widespread and is said to affect 1 in 5 students. The most common types of bullying are physical and emotional, however social and cyber bullying have now been added to this list. Results of bullying can lead to physical and emotional harm, depression, anxiety, self-harm and even death.

Let's be aware of how we treat each other, and the words we



<https://www.pacer.org/bullying/classroom/elementary/spookley/>

use. Bullying is violence and is not tolerated at Joan Austin. Help stop bullying in our school and community by taking the anti-bullying pledge.

<https://pacerkidsagainstbullying.org/join-the-cause/take-the-pledge/>

RESOURCES

IF YOU ARE IN NEED OF RESOURCES, PLEASE FILL OUT THIS [FORM](#).



COUNSELING SERVICES

SMALL GROUPS
INDIVIDUAL COUNSELING
CLASSROOM GUIDANCE
504 CASE MANAGEMENT
BEHAVIOR PLANS
MENTAL HEALTH REFERRALS
COMMUNITY RESOURCES

HOME CONNECTION



Do you or your student(s) feel overwhelmed by distance learning? It is understandable to feel this way. Keep in mind that this is a temporary

situation. Start with what is manageable and add from there. Encourage your child to do their best, show up to class meeting, and communicate concerns with their teacher. You are all loved and missed by our staff at Joan Austin. If you need anything at all, please call or email me. I am happy to meet with you or your student virtually.

"Strong people stand up from themselves. But the strongest people stand up for others."
– Unknown