



Counselor's Corner

Ms. Casey Ruhland, School Counselor

Bullying Behavior

All students at Waubesa have now received a lesson that defines true bullying behavior. I would like to summarize the key points for parents:

- ◆ Bullying behavior is REPEATED and ON PURPOSE.
- ◆ The intention is to hurt (physically or emotionally).
- ◆ The target feels powerless, unsafe, uncomfortable.
- ◆ Most of the time, our students experience normal conflict and not true bullying behavior.
- ◆ The focus at Waubesa is to promote ALLIES in order to decrease negative behaviors.

November Character Trait

Gratitude: a feeling of appreciation or thanks for what one has or receives.



Breakfast Program

Like all schools in the district, Waubesa offers a breakfast program to all students. The cost of breakfast is \$1.75, but is also a part of the Free and Reduced Lunch program. There are a variety of choices available to students, including a fresh-baked option that changes every day.

Contact:

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Services

- ☺ Individual Student Counseling
- ☺ Classroom Lessons
- ☺ Social-Emotional Groups
- ☺ Lunch Bunch

Topics

- ☺ Anger Management
- ☺ Family Change
- ☺ Anxiety
- ☺ Friendship
- ☺ Grief
- ☺ Organization

November Lifeskills Focus:

3rd Grade: Zones of Regulation

4th Grade: Ally Responsibility

5th Grade: Digital Citizenship