

Stonegate Elementary Counseling Newsletter

Meet the Counseling Team!

Dr. Mariela Pacheco/*Elementary Resource Counselor*: Dr. Pacheco brings to Stonegate a passion for helping children and their families succeed and thrive at home and school. Dr. Pacheco is able to offer individual/small group counseling, crisis assessment/intervention, mental health consultation and is an on-campus resource and community liaison. Dr. Pacheco is on campus Tuesday, Wednesday and Thursday.

Mrs. Cynthia Perkins/*Elementary Guidance Paraprofessional*: Mrs. Perkins visits every classroom on a weekly basis to teach students about classroom skills for success, emotion management and conflict resolution strategies. She is also available to work with small groups or individuals. She is on campus Mondays, Wednesdays, Thursdays, and Fridays.



Bullying

October is Bullying Awareness Month across the nation. Has your child ever asked you “what is bullying” or told you that they are being bullied? Our instincts as parents are to protect and guard our children against these kinds of situations.

But what is bullying? Stopbullying.gov (2017) defines bullying as “*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.*”

Bullying is **not** a single act of aggression or behavior, although those types of behaviors are concerning and should be addressed. Some other examples of what is **not** considered bullying are:

- ❖ **Not liking someone**; it is unrealistic to absolutely like everyone all the time, but verbal and non-aggressive comments of “I don’t like you” are not bullying
- ❖ **Being excluded/making other kids play a certain way/expression of unpleasant**

thoughts or feelings when kids are playing. There are some kids that are strong leaders, they’re comfortable voicing their opinions and wanting things a certain way. Bossy and preferring to play with their friends is not bullying as long as it is done without malicious intent

- ❖ **Accidentally bumping into someone/arguments/isolated acts of aggression, harassment, intimidation or meanness** at school. The definition of bullying states that these behaviors are *repeated* and with the intent for *imbalance of power*

Can Bullying Be Prevented?

According to nobullying.com (2017) “[Proactive involvement](#) in your child’s life is the first step in preventing school bullying. Talk with them and listen to what they have to say. Ask open-ended questions about their relationships with their teachers and their peers. Ask how they spend time between classes and during recess. Most importantly, watch your child closely to determine if he/she is being bullied.”

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“The best way to deal with bullying is to teach the person on the receiving end how to become empowered and compassionate.”



As parents and a community, we can also encourage our children to not be bystanders when they see any type of bullying behaviors. By empowering our students to stand up to bullying behaviors and supporting them when they do speak up, we are modeling healthy ways of coping with difficult situations, as well as conflict resolution.

There are many supports for not just student but parents as well when struggling with bullying. At Stonegate Elementary, bullying is not tolerated and is taken very seriously. We encourage you to reach out to the administrative team, your child's teacher, staff and/or the counseling team with any concerns. Additionally, there are many online and community resources that can help further educate and prevent bullying. **Prevention and intervention is possible and we can all be a part of making a change so that bullying no longer happens.**

-Dr. Pacheco

Free Parenting Classes

Stonegate Elementary School is offering free parenting class/workshops at 8:30am or 5:30pm once a month. Each month, a different topic will be presented by *Western Youth Services* who has partnered with IUSD. November's topic is: **Grieving Process and Coping** and it will be presented on November 9th. If interested in attending or would like more information, please contact Dr. Pacheco via email at marielapacheco@iusd.org. We look

forward to seeing you there.

Requesting Donations

The counseling team at Stonegate Elementary is seeking donations from our parent community. We would like to start a knitting and/or crocheting group for our students that they can participate in during recess or lunch time. If you would like to donate new or gently used knitting/crocheting supplies, they will be much appreciated by the team. Please leave your donations in the bin labeled "Counseling Team" in the front office.

We're Now Online

The counseling team now has their own link on the Stonegate Elementary School website. We encourage you to check it out since we will be updating it with resources, articles and all kinds of fun things. Additionally, our contact information is also available in case you need to get a hold of us. You can find us on the main page under the "**Counselor's Corner**" link.

Have a topic/subject/concern that you'd like to learn more about or see discussed, please let us know.

Counseling Contact Information

Website: <http://web.iusd.org/sg/counselorscorner.html>

Phone: 949-936-6467