



No Name-Calling Week 2022: January 18-21!

Dear Parent(s) and Guardian(s),

Far too many children experience some form of bullying and name-calling. According to the National Association of School Psychologists, between 15 and 30 percent of all students are either bullies or victims of bullying. It begins in elementary school and peaks during middle school years. That's why it is imperative to begin to address the problem of bullying and name-calling while children are still in these grade levels. No Name-Calling Week is a week of educational activities aimed at ending name-calling of all kinds and providing schools with the tools and inspiration to launch an ongoing dialogue about ways to eliminate bullying in their communities.

To recognize this event, "**Don't Press Send**" speaker, Katie Duffy-Schumacher, will be conducting an assembly for students in grade 5-8 on **Thursday, January 20**. Her purpose is to provide strategies and guidelines to better navigate the ever-changing technological world by teaching kind and careful online communication. She empowers students to use technology responsibly by reinforcing the emotional skills of empathy, discipline, and mindfulness. Additionally, Ms. Duffy-Schumacher will host a Parent Night on that evening (more info to follow); the objective being to teach parents how to create a healthy balance with technology for their kids, use mindful techniques in their home, protect their children from engaging in illegal and potentially dangerous online activity, and how to promote technological responsibility.

All students are invited to **Wear Green on Friday, January 21st** to show that we stand up against name-calling. The No Name-Calling Week website www.nonamecallingweek.org has many tips and resources for parents and students that you may find helpful. Family members play an integral role in shaping children's attitudes towards name-calling.

This year, students are also encouraged to complete [The Great Kindness Challenge '22](#). The Great Kindness Challenge is celebrated from **January 24th to the 28th**. Students are encouraged to perform and keep track of their kind deeds. If you'd like to share with me kind actions that your family completed together, with your child's permission, they will receive a shout out for their good work!

Thank you for always working to create a culture of kindness and compassion in our community and beyond!

Kindly,

Veronica Conover
School Counselor

Antonella Lind
Principal