Dear Parents/Guardians:

Today your student participated in a 4th grade program called “Challenge Day.” Students explored what bullying is and how it affects others. Our 4th graders were challenged to be honest with themselves about how they treat others, and to also think about how others treat them. Through open sharing, students had an opportunity to talk about personal experiences with feeling different and/or alone. They may have had an opportunity to talk about a time that they hurt someone else’s feelings, or about a time when it happened to them.

Though the initial focus is to provide education about bullying, Challenge Day is also intended to create a sense of openness, honesty, compassion, tolerance/acceptance, cohesion, and empathy among this group of students. They were asked to think about what it is like to be the victim as well as the bully, and then students were then challenged to “BE THE CHANGE.” It is important for students to know that they can make a change in their social environment by making positive choices. You can empower your child by talking with them about what it means to be a positive example for others, and what they can do to stand up for themselves in a respectful yet firm manner if they are being harassed or bullied by another student. Ask your child about the experience they had during today’s events and encourage them to keep working hard to be respectful and “bucket filling” with the people around them.

We are excited to see students begin using the “Formula for Change.” We hope that in the coming months, this activity will help our students to continue making positive gains socially and academically.

Sincerely,

Erin Monnat

Elementary School Counselor

**“Be the change you wish to see in this world.” - Gandhi**