



THE SCHOOL COUNSELING CONNECTION

HCPSS MIDDLE SCHOOL COUNSELING
MONTHLY NEWSLETTER

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[HTTPS://WWW.HISPANICHERITAGEMONTH.GOV](https://www.hispanicheritagemonth.gov)

National Hispanic

HERITAGE
MONTH

SEPTEMBER 15-OCTOBER 15

“Everyday begins like a blank chalkboard, on which each one of us can write the poem of our present and our dreams for the future.”

-Ricky Martin

This year's theme for Hispanic Heritage Month is “Esperanza: A Celebration of Hispanic Heritage and Hope.” During this month we celebrate the histories, cultures and contributions of our HCPSS community whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. It encourages us to reflect on all of the contributions Hispanics have made in the past and will continue to make in the future.

Celebrate Hispanic Heritage Month by:

- Cooking an authentic Hispanic/Latinx dish
- Make a playlist of your favorite Hispanic/Latinx songs
- Recreate a Hispanic/Latinx artist's painting
- Play a traditional Hispanic/Latinx game
- Have a Spanish-speaking movie marathon
- Support a local Hispanic/Latinx-owned business
- Sign up for a Hispanic/Latinx dance class, or watch a video online



**"IN THE END, WE WILL REMEMBER NOT THE WORDS OF OUR ENEMIES, BUT THE SILENCE OF OUR FRIENDS."
~MARTIN LUTHER KING JR.**

October is National Bullying Prevention Awareness Month

Are you a bystander or an upstander?

A bystander is someone who witnesses bullying but doesn't get involved. We have all been a bystander at some point in our lives. Next time you witness bullying or an unkind act against another person be an upstander. An upstander is a person who knows what's happening is wrong and does something to make things right. It takes courage to speak up on someone's behalf.

Child Abuse Prevention Services (CAPS). (n.d.). Are you a bystander or an upstander? Retrieved October 2, 2021, from <https://www.capsli.org/kids/are-you-a-bystander-or-an-upstander>

Below are some ways you can safely support a classmate/friend who is being bullied.

- Don't join in the bullying
 - Support the victim —show your concern and offer kindness
 - Stand with the victim and say something
 - Mobilize others to join in and stand up to the bully
 - Befriend the victim and reach out to him/her in friendship
 - Alert an adult. Note that reporting is telling to get someone out of trouble. It is not snitching.
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Building Positive Relationships



Building positive relationships are the key to feeling a sense of belonging, connection and having people that can surround you with support and care.

Check out these tips to develop and grow your skills to create more positive and healthy relationships:

1. Ensure that the relationship you have with yourself is a positive one.
2. Accept and celebrate the fact that we are all different.
3. Actively listen to hear what other people have to say.
4. Give people time and “be present” when you are with them.
5. Develop and work on your communication skills.
6. Manage technology and social media usage.
7. Learn to give and take constructive feedback.
8. Open your heart and find the courage to trust.
9. Learn to be more understanding and empathetic.
10. Treat people as you would like to be treated yourself.

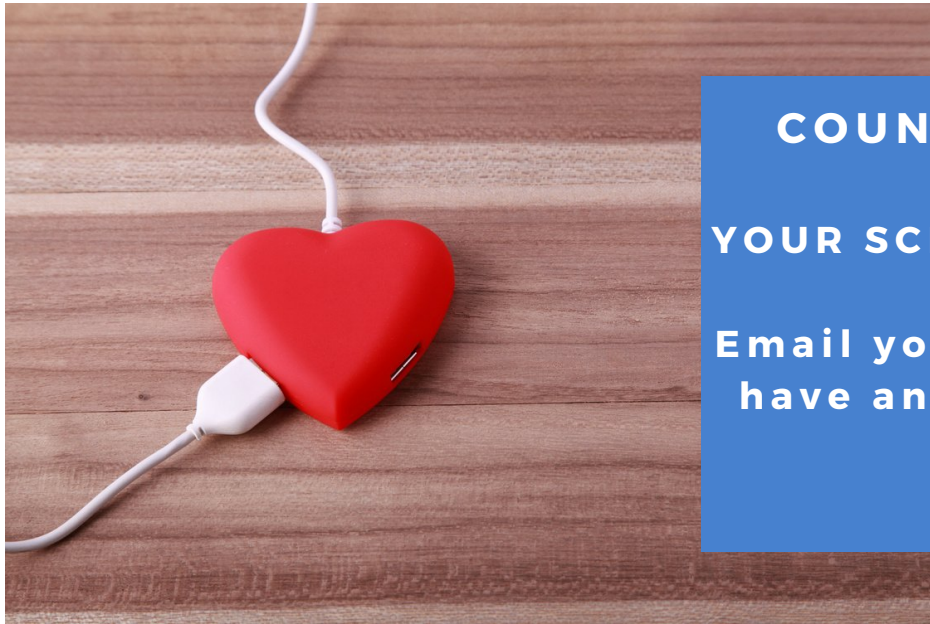
Freifeld, L. (2020, December 17). 8 Tips for Developing Positive Relationships. Training. <https://trainingmag.com/8-tips-for-developing-positive-relationships/>

STUDENT WELL-BEING: Coping Skill Spotlight

Mindful Art

Creating art is a type of meditation. It is an active training of the mind that increases awareness and emphasizes acceptance of feelings and thoughts without judgment and relaxation of body and mind. Not sure about mindfulness? Consider exploring mindful art when you are feeling stressed, frustrated, unmotivated or would like to try something new.

[4 Easy Art Projects to Help You Relax & De-Stress](#)



COUNSELOR CONNECTION:

**YOUR SCHOOL COUNSELOR IS HERE
FOR YOU!**

**Email your school counselor if you
have any questions or concerns.
#ImpactingLives**