FAMILY LETTER 2

Dear Family,

Middle school is a time when bullying among classmates and peers is at its highest. This week we started a new topic of the Stepping Up program: Bullying. Your child is learning to recognize bullying, whether it is happening to him or to someone else. We are focusing on what students can do about bullying so that they can be safe and happy at school.

Here at school, we are creating a safe learning environment. We would like to work with you to make this happen. There are several warning signs that could show you that your child is experiencing bullying at school. Please be on the alert for:

- Damaged or missing clothing, books, or other belongings
- Unexpected bruises, cuts, or scratches
- Few or no friends to spend time with
- Fear of going to school
- Fear of riding the bus or walking to school
- Taking an unreasonable or long route home
- An unexpected drop in marks
- An unexpected decrease in interest towards studying
- Unusual moodiness, depression, anxiety, or crying
- Frequent headaches or stomachaches
- Loss of appetite
- Trouble sleeping

If you suspect your child is being bullied, please contact me at the school campus for help on Monday’s and Wednesday’s between 4 to 5pm. If you suspect your child is participating in bullying, please inform the school authorities and get help.

Ask your child to talk to you about Stepping Up tips for dealing with bullying and the Bystander Power suggestions [This is what your child has learnt this week. Please refer the materials that have been sent home.] Talk about what might work best for your child. Tell your child about your experiences with bullying, either what you remember from your youth or what you have experienced in your workplace. Ask your child about what kind of bullying he sees happening at school.

Together we can help our youth stay safe and develop confidence and empathy during the middle school years.

Sincerely,
Ms. Aneesha Babani