

# COUNSELOR'S CORNER

## Belforest Elementary School

### October Campaign

This month we will celebrate Red Ribbon Week the of October 28-November 1st. This year's theme is "My Life is a Movie- Featuring the American Dream."

Dylan Young is our Red Ribbon leader.

In addition to leading Red Ribbon Week activities on our school campus, he will also plan and execute a community service project of his choice, to help students build a connection to the community and promote substance abuse prevention or supports recovery.

### Holiday Help

If your family is in need of holiday help assistance, email Kim Powell at

[kpowell@bcbe.org](mailto:kpowell@bcbe.org). It is very important to reach out to her as soon as possible so we can provide assistance to your family. We need this information before **October 11th**. Many agencies have deadlines before Thanksgiving break.

**Do you need to contact your School Counselor?**

Grades K-3 Rebecca Johnson [rjohnson@bcbe.org](mailto:rjohnson@bcbe.org)

Grades 4-6 Kim Powell [kpowell@bcbe.org](mailto:kpowell@bcbe.org)



# BELFOREST ELEMENTARY RED RIBBON SPIRIT WEEK "MY LIFE AS A MOVIE"



FEATURING THE AMERICAN DREAM

OCTOBER 28<sup>TH</sup>–NOVEMBER 1<sup>ST</sup>, 2024

Monday

UNITED WE STAND  
FOR A DRUG FREE  
LAND.

WEAR RED, WHITE,  
AND BLUE



Tuesday

WE DECLARE TO BE  
DRUG FREE!

WEAR CAMO



Wednesday

LAND OF THE DRUG  
FREE AND HOME OF  
THE BRAVE!

DRESS LIKE SOMEONE  
WHO IS BRAVE



Thursday

CHOOSE TO LIVE  
HAPPILY EVER  
AFTER.

DISNEY DAY– DRESS  
AS YOUR FAVORITE  
DISNEY CHARACTER  
*NO play weapons please!*



Friday

REAL AMERICAN  
STARS TEAM UP  
AGAINST DRUGS.

WEAR YOUR FAVORITE  
SPORTS TEAM SHIRT.





# TIPS FOR TALKING ABOUT **INTERNET SAFETY**

## **ESTABLISH EXPECTATIONS**

- ☐ Talk with your child about the websites/apps he/she is allowed to use.
- ☐ Talk with your child about privacy. Remind them of the importance of not sharing information like their full name, address, passwords, phone number, or even their upcoming plans.
- ☐ Discourage your child from talking to strangers online.
- ☐ Help your child set up their privacy settings on devices, websites and apps.

## **MONITOR INTERNET USE**

- ☐ Talk to your children about what apps or websites they are using. Research the apps to see what potential dangers there are for those specific apps. Talk to your child about ways they can stay safe. Keep in mind that apps change frequently, so stay up to date on the information.
- ☐ Use the internet together. Model the behavior you want them to practice when using the internet.

## **SET UP A PLAN**

- ☐ Talk to your children about cyber bullying, and things to watch out for on the internet. If anything they see makes them feel unsafe or uncomfortable, remind them to tell you or another adult immediately. The internet is just like any other place - if they see something, they should say something.
- ☐ Create a contract or agreement together regarding internet safety and usage.

# CONTRACT FOR TECHNOLOGY USE

The devices I have are: \_\_\_\_\_

Times I am not allowed to use my device are: \_\_\_\_\_

Places I am not allowed to use my device are: \_\_\_\_\_

## Privacy:

- I will share my passwords with my parents.
- I will not ask for or give out any personal information such as my full name, address, phone number, passwords. If I am being asked to give this information out, I will talk to an adult to make sure it is safe.
- I understand that anything I post on the internet can stay there forever.
- I will respect other people's privacy by not posting any information about them or photos of them without their permission.
- I will give my parent(s) my device whenever it is asked for.

## Responsibility:

- I will take care of my device, including keeping it charged.
- I will not use my device to do something mean or inappropriate.
- I will respect myself and others.

If I do not follow these guidelines, these will be the consequences:

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\_\_\_\_\_  
Date

\_\_\_\_\_  
My Signature

\_\_\_\_\_  
Parent/Guardian Signature