

# Lakeforest Elementary School Counselor Newsletter

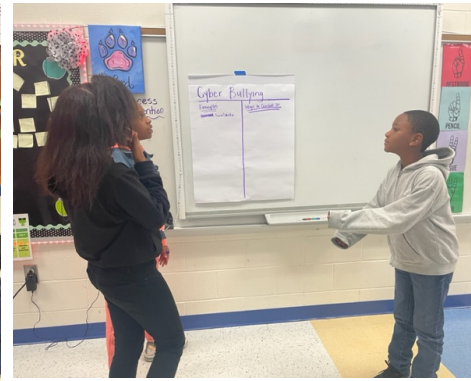
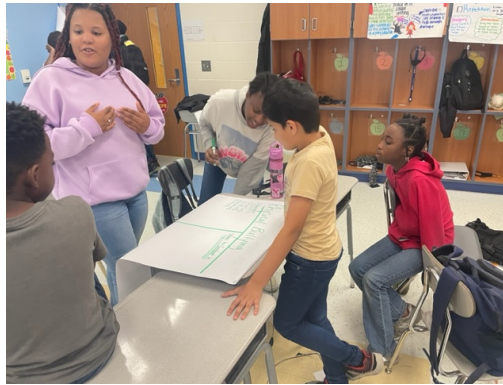
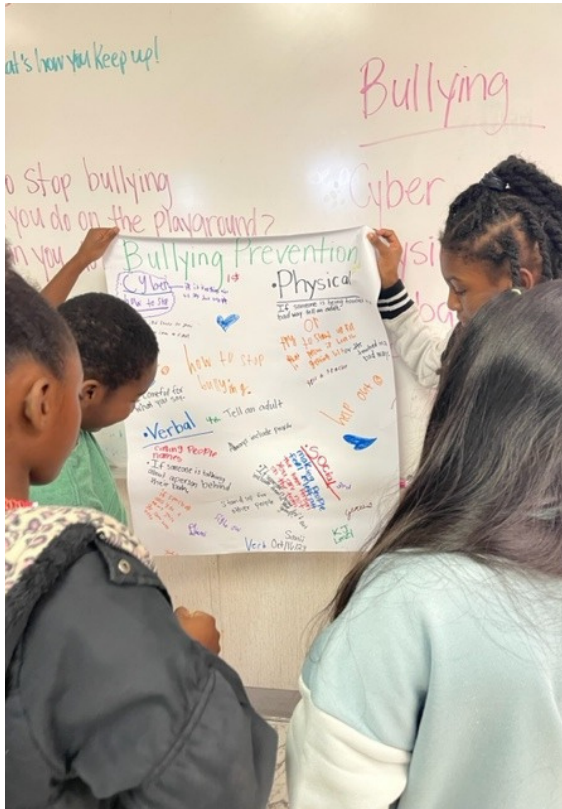
GRADES 3-5

MRS. WATSON-SWINSON

NOVEMBER 2023

## Bullying Prevention Recap

This month, I went into classrooms and spoke with students about the 4 types of bullying: social, verbal, cyber and physical. We also had class discussions about things we could do at Lakeforest to minimize bullying. Some classes had the opportunity to complete station rotations which included an anti bullying board game, Legos, and drawing. Students used color pencils to create anti bullying slogans.





# Lakeforest Elementary

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### *Glam Girls*

Our Glam Girls Group has started. We have been researching self esteem and we have discussed the meaning of high, low, and self inflated self esteem. We have also made positive affirmation bookmarks.



### *Leadership Academy*



Thank you to Mr. Ford and his crew for helping shape our future leaders of young men. They have discussions about being respectful and responsible role models in our community.

### *Operation Breakthrough*

