



The Counselor's Corner

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Hello Gilmore Families!

Happy Fall! October is an exciting month with so much going on. Did you know that October 5th is World Teachers Day. Now more than ever our teachers should be recognized and celebrated for the amazing work they have done in supporting our students during Distance Learning times. Please give them a shout on this day and let them know how much they are appreciated.

October is also Bullying Prevention month. Have you heard about the Stopit app? The Stopit app is an anonymous reporting system that empowers students and adults to report issues before they get out of hand. With the world connected to technology now more than ever, cyberbullying has become a tremendous issue. Please see the link on the following page to learn more. The password is lymangilmore.

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Are you feeling overwhelmed, stressed, anxious and/or depressed? Do you feel like an online parent support group could be helpful for you during these times? California Parent and Youth Helpline is a place where you can go to connect with others, share your experiences and gain some tools around self care and wellness. Check out the link on this page.

I hope you all have a healthy and active October. As always, please feel free to reach out to me should you and/or your child need any support!

Best,
Ms. Joy
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LINKS

<https://stopitsolutions.com/stopit-anonymous-reporting-system/>

<https://caparentyouthhelpline.org/>