

Meet Behavioral Support Staff

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Contact Information

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How do we handle bullying?

At AMCS, we believe in working in partnership with parents in the education of the whole child.

Step 1: Listen with detachment to determine if it is bullying or conflict. (Sounds easy, but it is very difficult to imagine someone mistreating our children without getting emotionally charged). Sometimes we do not hear the entire story. So begin by asking questions as you hear the details your child is explaining.

Questions you can ask

- Did you tell an adult at school?
- Why do you think this is happening?
- Is there any other way to see this?
- What do you think needs to happen next?
- What is the one, best option you can try the next time it happens?
- If you could take back anything you said or did to contribute to the problem what would it be?
- What would you like me to do to help you?
- If you don't want me to talk to someone at school, then will you?

It is important for young people to seek adult help when problems arise during the day. Encourage your child to report peer mistreatment (many times it is not severe bullying ((intense, mean-spirited and repeated over time with an imbalance of power)), but rather exclusion, name calling, or a conflict that has potential to be resolved with adult help).

Building resilience through Catholic Faith

Building resilience in your child begins with prayer. Ask God to help you and your child know how deeply loved you are. Express thankfulness for the dignity and worth that comes from God. Others may attempt to attack our sense of wellbeing and dignity, but it cannot be destroyed or damaged because it comes from God. End by thanking God for providing and protecting us in all our needs.

Suggestions for building faith and resilience

- Talk to someone you trust. You are NOT alone. There are people who care and will help in whatever way they can.
- Find a group that values your interests and uniqueness within your school.
- Without a doubt, there are other people out there who will like you for all the reasons that others may not.
- Write about the people who are mistreating you. If you feel comfortable, share what you wrote with someone you trust. Even though it's not a direct solution, trying to understand from another point of view can sometimes make us feel better.
- Most importantly, be yourself. Those who mistreat others may be insecure and will build up a false sense of power by criticizing others. They lack courage. Do not allow your dignity and worth to be determined by these people.

Unity-being at one with God and each other Preschool through 5th

- **August/September:**
 - Kindness, seeing the best in others and having a considerate and generous spirit.
- **October:**
 - Peace, a calm feeling that all will work out well because God is with us.
- **November:**
 - Thankfulness, showing a heartfelt appreciation for all of God's gifts.
- **December:**
 - Compassion, a better understanding of the suffering of others and a desire to make it better.
- **January:**
 - Humility, putting others before oneself and holding God as a higher importance than our own desires.
- **February:**
 - Love, selfless service to others by your words and actions.
- **March:**
 - Forgiveness, accepting the mistakes of others and not holding it against them.
- **April:**
 - Gentleness, strength tempered by love; using the power to forgive instead of getting angry.
- **May:**
 - Patience, love that is willing to endure life's suffering, difficulties and routine.

Unity-being at one with *God* and each other 6th through 8th

- **August/September:**
 - Faith, believing in God and all He has revealed
- **October:**
 - Reverence, showing your deepest respect for things of God
- **November:**
 - Stewardship, returning to God the first fruits of your time, talent, and treasure
- **December:**
 - Generosity, giving without counting the cost
- **January:**
 - Gratitude, seeing everything as a gift and being thankful
- **February:**
 - Honesty, being trustworthy and true
- **March:**
 - Mercy, caring for those who suffer
- **April:**
 - Justice, being fair and giving each his due
- **May:**
 - Zeal, being driven by an intense love for God

Behavioral Support Curriculums

Virtue Based Restorative Discipline-

Virtue Based Restorative Discipline - VBRD

[About Virtue-Based Restorative Discipline™
\(VBRD™\)](#)

Resources:

[VBRD Reflection Sheet](#)

Focus:

- Social Skills and Friend Making
- Bullying prevention
- Emotional Regulation
- Increasing Self Esteem
- Stress Reduction