



Imagine Newsletter

A School Climate Approach to Bullying Prevention

Information for Parents

Issue # 3

Family Meetings

Is your child's class having "classroom meetings"? This newsletter is about what happens at these meetings and how to have family meetings at home.

Classroom meetings: At a classroom meeting, students sit in a circle and talk about what's going on at school. With the help of their teacher, they can talk about their concerns and feelings. Bullying behaviour may be a topic of discussion. In this safe place, students often come up with their own solutions to problems before they become a full-blown "situation".

Have you ever thought about having a family meeting at home? It is a good way to keep lines of communication open between family members. Here are some ideas to get you started:

- Set a regular time every week to meet.
- You could start by having everyone give a compliment or thank you to someone else.
- Make sure everyone in the family has a turn to share what's going on in their life.
- Everyone could share one good thing that happened and one challenge they had.
- Share how each thing made you feel.
- Everyone can help come up with solutions. This helps your child learn how to solve problems in peaceful ways.

- If someone wants to "pass" their turn, that's OK. They can talk later or at another time.

What else could be discussed at family meetings?

- Involve the whole family in making decisions such as planning meals, a community outing, or a family trip.
- Talk about everyone's responsibilities, for example, you may cook, do laundry and mow the lawn while they wash dishes, make their bed and do their homework.



When a child's views are listened to and respected, behaviour and cooperation improve!

How else can you help?

- Your child's school is working on bullying prevention. Ask them how you can help.
- For more ideas and resources, go online at www.region.waterloo.on.ca/bullying