



**ISSUE 1 | JANUARY
2024**



Dear Families,

We are thrilled to be sharing the first edition of our school's newsletter on behalf of the AB/AV (Anti-Bullying and Anti-Violence) committee at Symmes and D'Arcy.

Our goal is to share timely and meaningful information with our community about topics that impact the safety and well-being of our students and staff.

The themes will address such areas as social media, mental health, promoting equity, diversity, and inclusion, prevention of harmful language and actions, the bystander effect, reporting concerns, how to access services, and how to talk to your kid(s) about difficult topics.

Please reach out to us if there are any additional areas you would like to see highlighted by our wonderful team of teachers, guidance counsellors, technicians, and support staff.

Thank you for your support!

Kate Smith, Vice-Principal



**Seen something?
Heard something?
We have anonymous reporting
at Symmes/ D'Arcy!**



TABLE TALK

This month, chat with your household about being a bystander!

Break the ice at the dinner table, share thoughts or ideas, and have these important conversations on how to safely intervene when witnessing an act of bullying or violence.

Visit the link below to help get the conversation started, and check out examples on the next page

[HTTPS://WWW.APA.ORG/PI/HEALTH-EQUITY/BYSTANDER-INTERVENTION](https://www.apa.org/pi/health-equity/bystander-intervention)

BYSTANDER EFFECT

The bystander effect refers to an emergency situation in which the people witnessing the emergency do not offer help.

EXPLANATION

"When there are several observers present, however, the pressures to intervene do not focus on any one of the observers; instead the responsibility for intervention is shared among all the onlookers and is not unique to any one. As a result, no one helps" (Darley & Latané, 1968, p. 378).

EXAMPLES

1. **The restaurant emergency:** A person in a crowded restaurant begins to cough loudly, but other patrons continue dining and do not help.
2. **The injured pedestrian:** An individual is lying motionless on the side of a busy road. As many cars pass by, no one stops to see if the individual is in need of assistance.

NEW AT SYMMES/ D'ARCY, IN PARTNERSHIP WITH CONNEXIONS...



A Peer Support Group is a place for all students to attend and participate in. Together, students will focus on what it means to foster a safe place, while learning the importance of active listening and vulnerability. This group setting will be a great place for students to create new, or deepen ongoing friendships, or simply have a quiet place to enjoy their lunch break. There will be weekly activities from board games, arts and crafts, sharing circles and more! Most importantly, there will always be timbits :) Contact guidance for more info!

PEOPLE NOWADAYS

FOOD FOR THOUGHT

OVER 75% OF PEOPLE SAY THEY'VE BEEN BULLIED. OVER 90% OF BULLYING INCIDENTS HAVE PEER WITNESSES. BUT WHEN THOSE PEERS INTERVENE, MOST INCIDENTS ARE OVER WITHIN 10 SECONDS.

