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### PREVENTING BULLYING AND CYBER-BULLYING

Bullying and cyber-bullying are big issues in schools today. And with most students now engaged in virtual or distance learning, the amount of cyber-bullying is on the rise.

A bully is someone who intentionally mistreats another, or intends to inflict harm or distress on another person – that includes psychological, social and emotional harm that can be directed at someone physically and/or verbally.

#### Did you know that:

- In the US, 1 in 5 students ages 12-18 has been bullied during the school year
- Approximately 160,000 teens have skipped school because of bullying
- More than half of bullying situations stop when a peer intervenes on behalf of the student being bullied
- Sixth grade students experience the most bullying
- Over half of students ages 12-18 who reported being bullied believed their bully had the ability to influence what other students thought of them
- Five positive affirmations can cancel the impact of one negative one!

*(Thank you to [www.dosomething.org](http://www.dosomething.org) for these facts.)*

Here are some **excellent resources for parents and students** to assist them in dealing with the problem of bullying and cyber-bullying:

- If you are being bullied, call the No Bully Help Hotline at 1-866-488-7386. You can also text HELP to the Crisis Text Line at 741741, 24 hours a day, 7 days a week
- [StopBullying.gov](http://StopBullying.gov)



- [Cyberbullying: Identification, Prevention, & Response](#), by the Cyberbullying Research Center
- [Scripts to use to talk to your child about cyber-bullying](#)
- [Anti-bullying laws in California](#)
- [The National Bullying Prevention Center](#)

## ADVICE ON MAINTAINING A HEALTHY LIFESTYLE – NATIONAL HEALTH EDUCATION WEEK

October 19-23, 2020 is National Health Education Week! Although we've all learned a lot over the last eight months about how to stay healthy in the face of the COVID-19 crisis, we wanted to take this opportunity to remind you of the importance of maintaining a healthy and active lifestyle year round.

**Exercise Regularly.** Keep your families' bodies moving! Encourage your children to exercise. Staying physically fit can boost endorphins and help you feel more optimistic while sheltering in place. There are plenty of exercises and activities you can all do from the comfort of your own home, or out together as a family, while still maintaining social distancing:

- Hiking
- Biking
- Yoga
- Pilates
- Workout videos
- Dancing
- Video game workouts

**Eat Healthy.** Fuel your body with healthy foods. Moving our bodies is only half the battle when it comes to living a healthy lifestyle. Provide your family's immune systems with food that will fight back, especially since the Coronavirus is still a big risk:

- Citrus fruits are rich in vitamin C and help increase white blood cells, which are key in fighting infections.
- Red bell peppers contain almost 3 times the amount of vitamin C of an orange.
- Garlic adds flavor to your food and has valuable immune-boosting properties thanks to its sulfur-containing compounds, such as allicin.
- Yogurt has live and active cultures that help stimulate the immune system. Plus it's also packed with vitamin D which helps fight diseases.

### **Be Mindful of Mental Health.**

- Find ways to interact with others while complying with social distancing rules. Lack of everyday social interaction can take a toll on our mental health.
- Check in with your children with regard to their mental health on a daily basis, and be proactive about managing emotions.
- Schedule online meet-ups with friends and family members on a regular basis.
- Make sure your family is maintaining hobbies that they enjoy. An idle mind has the potential to wander to a negative space, so have your children fill that time with something they love to do. Then, better yet, have them teach you about it!

Staying educated about your family's health is a lifelong process.

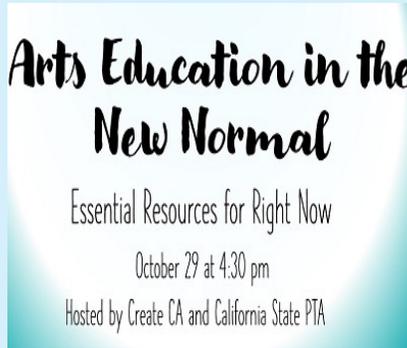
**For more information, visit:**

<https://capta.org/focus-areas/health-safety>  
<https://www.cdc.gov/healthyweight/children>

[https://www.healthnet.com/content/healthnet/en\\_us/news-center/news-releases/2019-08-01\\_health-net-as-kids-head-back-to-school-keep-them-protected.html](https://www.healthnet.com/content/healthnet/en_us/news-center/news-releases/2019-08-01_health-net-as-kids-head-back-to-school-keep-them-protected.html)  
<https://www.healthline.com/health/food-nutrition/foods-that-boost-the-immune-system>  
<https://www.yalemedicine.org/stories/mental-health-covid-19>  
<https://www.facebook.com/HealthNetInc>

## TAKE ACTION!

### Attend the Oct. 29 Arts Education Webinar



Join CA State PTA and Create CA as we share the newest resources and essential information about arts education in the new landscape of distance learning.

**REGISTER NOW**

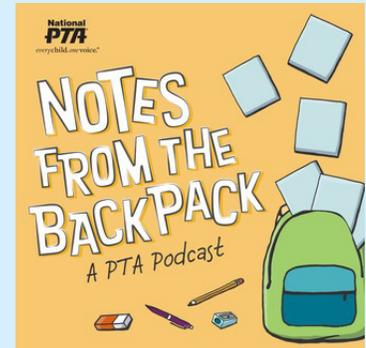
### Financial Mailing Now Available Online



PTA Leaders: A copy of the Financial Mailing is headed to your mailbox, but if you want to view or download all or part of it now, it's on the California State PTA website!

**VIEW NOW**

### New Episode of "Notes from the Backpack"



In the latest episode of National PTA's award-winning podcast, education expert Merve Lapus helps you sort through the good, the bad and the ugly of online resources.

**LISTEN NOW**

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