

Monthly Newsletter

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Dear St. Peter Community,

This month we focused on life skills. Life skills are skills that our students need to navigate life and make the most of out of life. Sometimes life skills are referred to as executive functioning. Any skill that is useful in your life can be considered a life skill. We used the life skills that we learn to deal well and effectively with challenges of life. In everyday life, the development of life skills helps students to:

- Find new ways of thinking and problem solving.
- Recognize the impact of their actions and teach them to take responsibility for what they do rather than blame others.
- Build confidence both in spoken skills and for group collaboration and cooperation.

Some examples of Life skills are self-awareness; critical thinking; creative thinking; decision making; problem solving; effective communication and interpersonal relationship.

Our theme this month is bullying. Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. We learn that there are many types of bullying. Verbal bullying is saying or writing mean things. Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Physical bullying involves hurting a person's body or possessions and cyber bullying that takes place over digital devices like cell phones, computers, and tablets.

Students:

What are some ways you can be an upstander to bullying?