

# HOLLAND TOWNSHIP SCHOOL DISTRICT

Mrs. Stephanie Snyder, Superintendent & Supervisor of Special Services  
Mrs. Susan Wardell, Principal/Curriculum & 504 Coordinator

908-995-2401

[www.hollandschool.org](http://www.hollandschool.org)

October 8, 2024

Dear Holland Township Families:

October is National Anti-Bullying Month, and at Holland Township, we are proud to join the movement through our We Are O.N.E. initiative. Together, we aim to foster a school community that promotes kindness and respect for all students. Each week, we will focus on a specific pillar of Anti-Bullying to help our students build strong, positive behaviors both in school and at home.

Our Weekly Pillars of Anti-Bullying:

- Week 1: Empathy & Understanding
- Week 2: Respect & Kindness
- Week 3: Standing Up Against Bullying
- Week 4: Building a Supportive Community

We are kicking off Week 1 with the focus on Empathy & Understanding. This is a crucial first step in preventing bullying, as it helps children learn how to recognize and appreciate the feelings and perspectives of others.

Week 1: Empathy & Understanding – How You Can Support at Home

We encourage you to reinforce this important message with your children by implementing these steps and having thoughtful conversations throughout the week:

1. Define Empathy Together: - Ask your child, “What does empathy mean to you?” Explain that empathy is about putting yourself in someone else's shoes and understanding how they feel. - Share examples of how empathy might look at school—like including someone who feels left out or noticing when a friend seems upset.
2. Share a Personal Story: - Talk about a time when you had to show empathy toward someone. This could be from your own school days, at work, or within your family. - Ask your child if they have noticed situations at school where they could practice empathy.
3. Role Play Situations: - Create simple role-play scenarios with your child to practice empathy. For example, one person could pretend to feel upset or left out, and the other person shows how they might offer help or support.

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4. Conversation Starters: - “Have you ever seen someone being treated unfairly at school? How did that make you feel?” - “What can you do if you see someone who seems sad or alone?” - “How do you think it feels to be bullied? Why is it important to stand up for others?”
  
5. Daily Acts of Kindness: - Challenge your child to do one act of kindness each day this week—whether it’s giving a compliment, helping a classmate, or just listening to a friend.

By engaging in these conversations and activities at home, we can work together to promote a culture of empathy and understanding both in our school and in our community.

Stay tuned for more updates on Week 2, where we’ll be focusing on Respect & Kindness. Thank you for your partnership in making Holland Township a place where every child feels valued and supported.

Sincerely,

Michael Spence  
We Are O.N.E.