



Pine Brook School

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Dear Pine Brook Families,

Today our students participated in an assembly focused on bullying awareness, emotional resilience, and managing difficult situations. This interactive session was conducted via Zoom with other schools throughout New Jersey, allowing our students to hear messages on these critical topics.

The assembly emphasized the following key areas:

- **Recognizing and addressing bullying:** Helping students understand what bullying is and how to react if they experience or witness it.
- **Managing emotions and building resilience:** Offering strategies for handling challenging emotions and developing the strength to navigate difficult situations.
- **Assessing the severity of problems:** Teaching students how to gauge the size of a problem and how to seek help appropriately.

We strongly encourage you to continue these conversations at home. Please talk with your child about the importance of treating others with respect and kindness. Additionally, it's crucial that they know what to do if they find themselves in a situation where they feel bullied or unsafe. Ensuring open communication between you and your child will empower them to navigate these moments confidently.

Should you need to report a suspected bullying incident, please use [this link](#), which is also located on the [MERS website](#).

Thank you for your ongoing support in fostering a positive and safe environment for all our students.

Warm regards,
Julie Szustowicz
Principal
Pine Brook School