

School & Family

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Quick Thought

Boost Your Brain

Vocab -Acquire- to gain or come into ownership

-Option- to have choices,

Funny Times

Q: Why did the math book look so sad?

A: Because it had so many problems.

Q: How do you get straight A's?

A: By using a ruler!

Q: What did the ground say to the earthquake? A: You crack me up!

Q: Why won't the elephant use the computer?

A: He's afraid of the mouse.

October is Bullying awareness month. Did you know that there are 4 types of bullying? They are physical, verbal, cyber, and social. *Physical can include hitting, tripping, stealing, hair pulling, pushing, and breaking someone's things. *Verbal Bullying includes threats, teasing, name calling, and hurtful comments. *Social bullying can be shown by excluding others, spreading rumors, hurtful comments by a group or individual, or telling others not to hang with or be friends with someone. * Cyber bullying can be shown through the internet, phone apps, prank calls, mean text messages, or rude comments on media sites cites like facebook, musicleap, twitter, and many others.

Schools are also seeing friendship bullying. This is where a person refusing to share friends, refusing to work with a classmate (more than once), refusing to sit next to someone in class or at lunch, eye rolling, constant sarcasm towards the same person or people, and not allowing someone to join a group.

Bullying in schools costs the community a fortune. When students are continuously bullied, they start to stress out, become anxious about going to school, ask parents or family to let them stay home, and start to miss more and more school. When schools are not able to stop the bullying, families eventually pull kids from that school. When this happens the loss of each student is a loss in money for the school or community from the state. It is important as a parent to stress to your students that everyone needs to feel safe at school and their job is to help others feel that.

BE SURE TO
TASTE YOUR
WORDS BEFORE
YOU SPIT THEM
OUT.

Is it Bullying? What is it?



Wear orange on October 25th to support NO MORE BULLYING.

<p>TEASING</p> <ul style="list-style-type: none"> • Everyone is having fun • No one is getting hurt • Everyone is participating equally 	<p>CONFLICT</p> <ul style="list-style-type: none"> • No one is having fun • There is a possible solution to the disagreement • Equal balance of power
<p>MEAN MOMENT</p> <ul style="list-style-type: none"> • Someone is being hurt on purpose • Reaction to a strong feeling or emotion • An isolated event (does not happen regularly) 	<p>BULLYING</p> <ul style="list-style-type: none"> • Attacked physically, socially, and/or emotionally • Unequal balance of power • Happens more than once over a period of time • Someone is being hurt on purpose



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The most common differences between

Girl bullies & Boy bullies

	
Emotional	Physical
Planned	In the moment
Subtle, using alienation and rumors	Face-to-face
Commonly target other girls	Commonly target girls and boys

Dove self-esteem project

The **STRONGEST** factor for success is self-esteem: Believing you can do it, believing you deserve it, and believing you will get it.

