

School Safety/Climate Team
for
Bullying Awareness & Prevention
Estell Manor School District



School Theme: Self Esteem

~School-wide Activities~

Project A.C.E.S.

Date: June 6

Period: 2

Location: Playground Area

See Page 2

Year-in-Review Activities

Date: May/June

Period: T.B.A.

Location: Grade-level Classrooms

See Page 3

Project A.C.E.S.

Enhancing Self Esteem through Exercise and Having Fun with Classmates

Page 2

Year-in-Review

Reviewing a Year filled with School Counseling Lessons with a Classroom Bingo Game

Page 3

Self Esteem & Bullying Prevention

What is the relationship between Bullying & Self Esteem?

Page 4



Activities

1. Jump Rope
2. Basketball
3. Bean Bag Toss
4. Hula Hoops
5. Ladder Stepping
6. Frisbee Toss
7. Sack Race
8. Spoon & Egg Race
9. Hula Hoop Connect

*Some activities may be changed due to equipment availability.

Project A.C.E.S.

All Children Exercising Simultaneously

Day

Date: June 6

Time: 2nd Period

Location: Back Field, Playground Area

Mrs. Sharpe & Mrs. Kuppel will have stations set up numbered 1-9 on the back field.

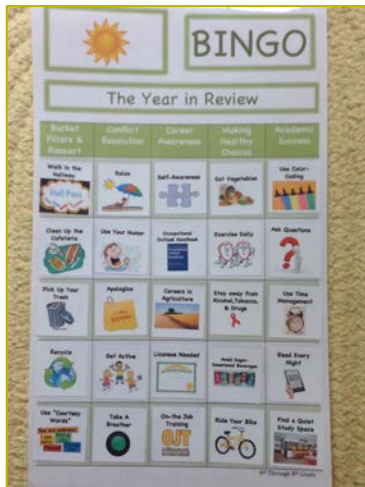
Kindergarten will start at station 9 and all other grades will start at the station with their grade number.

Please rotate in ascending order of stations.

Students will spend 4 minutes at each station.

Please encourage your students to wear their school t-shirts for our final activity of the year!





Activities

Yellow Folder Review

Year in Review:

- Bingo
- Pamphlet

Year in Review

School Counseling Program Review

Students will have an opportunity to review all of the skills and lessons taught this year during their school counseling, grade-level lessons with the “Year in Review Activity”.

First, students will review their yellow counseling folder portfolios. The students’ folders are filled with all of the lessons, activities, and projects that were completed during the school year. These lessons are specifically designed to address the American School Counselor Association’s National Model Mindsets & Behaviors for Student Success in the areas of Academic Development, Career Development & Social/Emotional Development.

Second, students will play “The Year in Review” bingo to review these skills learned through their classroom lessons. The bingo game highlights the following themes: Bucket Fillers & Respect; Conflict Resolution; Career Awareness; Making Healthy Choices; Academic Success.

Third, students will then complete a “Year in Review” pamphlet to reinforce the lessons learned from this academic year. “The Year in Review” pamphlet parallels the themes in “The Year in Review” bingo game.



Lastly, students will be permitted to take home their yellow counseling folder portfolios to share with their families. Each folder will have a letter to the students’ parents/guardians encouraging them to review these important life skills with their children.

Self Esteem & Bullying Prevention Beyond Physical

The physical effects of bullying are well known: black eyes, bruises, headaches, sleep problems, and stomachaches are among those we all associate with the abuses of bullies. But others are often overlooked. “What’s coming out in the literature now is teens subjected to bullying as a victim become subject to a host of long-term effects as they reach adulthood,” says Joseph Wright, M.D., M.P.H., FAAP, chair of the American Academy of Pediatrics Violence Prevention Subcommittee. “The most concerning of those have to do with the contribution to overt mental health problems like depression and suicidal ideation.”

Bullying damages a child’s ability to see herself in a positive light. A teen whose self-esteem is shot may start to believe what the bully says is true, and begin to self-bully with thoughts of being weak, ugly, or worthless. This may lead to self-loathing or feeling hopeless. Social withdrawal and social anxiety may also become a problem, harming the adolescent’s self-esteem even more.

Excerpt Taken Directly From:
Healthy Children.Org

<https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Bullies-Beat-Down-Self-Esteem.aspx>



healthy children.org

Powered by pediatricians. Trusted by parents.

Estell Manor School District

128 Cape May Avenue
Estell Manor, NJ 08319
Phone: (609)-476-2267
FAX: (609)-476-4205

Ms. Nöelle Jacquelin
Superintendent of Schools

Mrs. Rose Millar
Business Administrator

Mrs. Joelle Tenaglia
Supervisor of Special Services

Dear Family Members,

It is hard to believe that the school year is coming to a close and that pretty soon we will say goodbye to another school year. This year has been filled with fun, learning, and growing. As part of your child's school experience, they have participated in developmentally appropriate classroom school counseling activities that are based on student and/or classroom needs. Our school year has been filled with lessons on social/emotional development, with understanding of ourselves and our relationships with others; we have learned about career development and how school helps us prepare for our future; and we have learned how important it is to be the best academic student we can be.

Included in your child's yellow school counseling folder are the completed projects and/or activities from this year that your child has completed during lessons with the school counselor. These activities are part of Estell Manor School District's Comprehensive School Counseling Program. When your child/children bring home their yellow school counseling folders, please take the time to review these activities with your child and discuss the lessons learned from them. I think you will enjoy seeing all that your child learned!

It has been my pleasure to spend time in your child's classroom this year helping them grow. I look forward to continuing to work with your child throughout their educational experience at Estell Manor School. I wish your family the very best during the summer and hope that your summer is filled with sunshine and smiles.

Most sincerely,
Mrs. Jill Marie Kuppel, M.A., School Counselor
Estell Manor School District