

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



## School Theme: Violence Awareness Week

~School-wide Activities~

**Tree of Peace**

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**T-Shirt Design Contest**

Date: Violence Awareness Week

Period: Art Class

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**Problem Solving Lessons**

Lessons on Problem Solving & Conflict Resolution with the School Counselor

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**Violence Awareness Week**

Dates:

**October 19-23**

**Violence Awareness Week Morning Announcements**

Daily Morning Announcements on Problem Solving & Conflict Resolution

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# Classroom Lessons

## Topic: Kelso's Choice

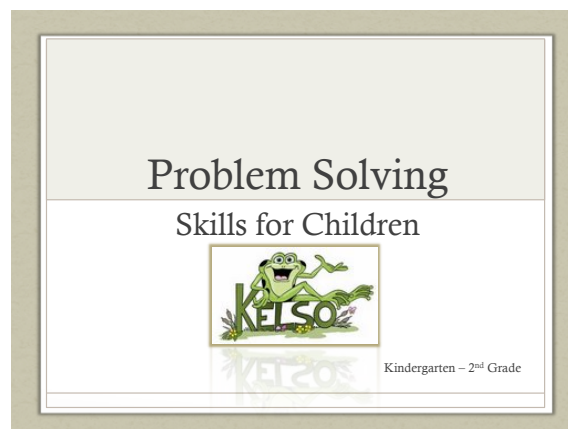
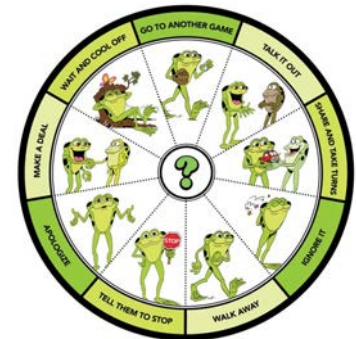
Everyone in Grades K-2 will be receiving a special Kelso's Choice pamphlet during their school counseling lesson for "Violence Awareness Week". Please encourage your students to read the pamphlet and use it each day as a reminder of how to solve conflicts in a respectful way.

### Activities

1. Kelso Puppet
2. Kelso DVD
3. Problem Solving Skills for Children PowerPoint
4. Problem Solving Skills for Children Pamphlet
5. Role Play & Discussions

\*Some activities may be changed due to time constraints.

- Go To Another Game
- Talk It Out
- Share & Take Turns
- Ignore It
- Walk Away
- Tell Them To Stop
- Apologize
- Make A Deal
- Wait & Cool Off
- Talk To An Adult



# Classroom Lessons



Topic:

Problem Solving Skills for Children

Everyone in Grades 3-5 will be receiving a special pamphlet during their school counseling lesson for "Violence Awareness Week". Please encourage your students to read the pamphlet and use it each day as a reminder of how to solve conflicts in a respectful way.

## Activities

1. Problem Solving Skills for Children PowerPoint
2. Problem Solving Skills for Children Pamphlet
3. "I Message" Discussion & Role Play

- Share
- Sit & Talk
- Ignore It
- Walk Away
- Ask an Adult for Help
- Stay Away
- Say, "I'm Sorry"
- Use an "I Message"

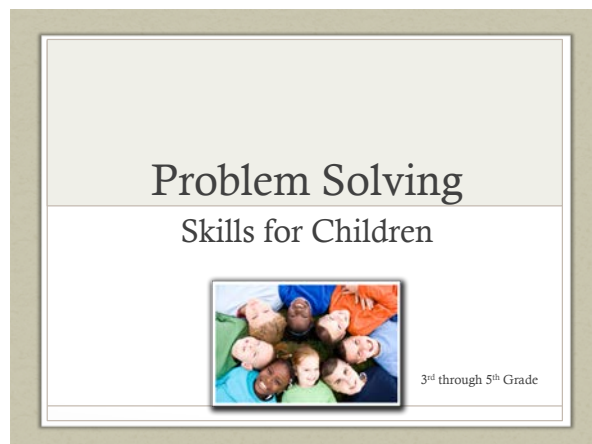


"I feel..."  
 (Name your feeling.)

"When you..."  
 (Tell what the person did to make you upset.)

"I would like..."  
 (Tell the other person what you would like to see happen.)

\*Some activities may be changed due to time constraints.



# Classroom Lessons



Topic:  
Conflict Resolution Skills for Young Adults

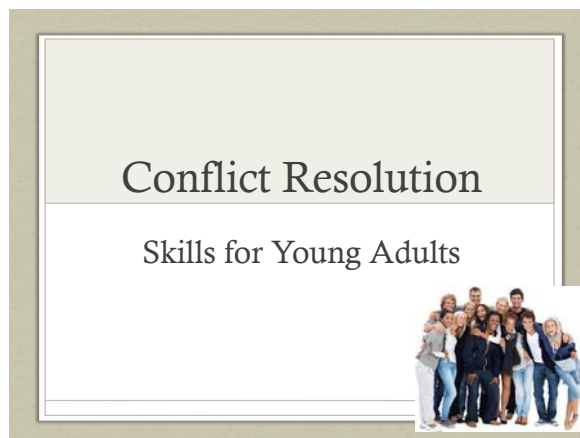
## Activities

1. Conflict Resolution Skills for Children PowerPoint
2. Conflict Resolution Skills for Children Pamphlet
3. Locker Poster or Hallway Poster

\*Some activities may be changed due to time constraints.

Everyone in Grades 6-8 will be receiving a pamphlet during their school counseling lesson for “Violence Awareness Week”. Please encourage your students to read the pamphlet and use it each day as a reminder of how to solve conflicts in a respectful way.

- Compromise
- Leave It To Chance
- Forget About It
- Use Your Humor
- Take Responsibility
- Take a Breather or Relaxation Break
- Apologize
- Get Active
- Walk Away
- Ask an Adult for Help



# Classroom Lessons

## Lessons on Conflict Resolution Given by The School Counselor

All students in grades Kindergarten through 8th grade will take part in a classroom lesson given by the School Counselor. The focus of the lesson will be effective and positive problem solving strategies. All lessons will include a PowerPoint Presentation and Pamphlet discussion. There will also be activities to compliment the discussion and allow for application of problem solving strategies.

Class	Activity
K	<u>Kelso's Choice Activities:</u> Kelso the Frog Puppet, DVD Presentation, 10 Problem Solving Strategies Poster & PowerPoint, & Pamphlet Review with Discussion
1	<u>Kelso's Choice Activities:</u> Kelso the Frog Puppet, DVD Presentation, 10 Problem Solving Strategies Poster & PowerPoint, & Pamphlet Review with Discussion
2	<u>Kelso's Choice Activities:</u> Kelso the Frog Puppet, DVD Presentation, 10 Problem Solving Strategies Poster & PowerPoint, & Pamphlet Review with Discussion
3	<u>PowerPoint Presentation: Problem Solving Skills for Children</u> Pamphlet & PowerPoint Review & Discussion on "I Messages" Sample Situations & Discussion of Appropriate Solutions Using Skills Presented
4	<u>PowerPoint Presentation: Problem Solving Skills for Children</u> Pamphlet & PowerPoint Review & Discussion on "I Messages" Sample Situations & Discussion of Appropriate Solutions Using Skills Presented
5	<u>PowerPoint Presentation: Problem Solving Skills for Children</u> Pamphlet & PowerPoint Review & Discussion on "I Messages" Sample Situations & Discussion of Appropriate Solutions Using Skills Presented Locker Poster
6	<u>PowerPoint Presentation: Conflict Resolution Skills for Young Adults</u> Pamphlet & PowerPoint Review & Discussion Sample Situations & Discussion of Appropriate Solutions Using Skills Presented Locker Poster
7	<u>PowerPoint Presentation: Conflict Resolution Skills for Young Adults</u> Pamphlet & PowerPoint Review & Discussion Sample Situations & Discussion of Appropriate Solutions Using Skills Presented Locker Poster
8	<u>PowerPoint Presentation: Conflict Resolution Skills for Young Adults</u> Pamphlet Review & School Hallway Poster Activity



## Activity

This Year's Bullying Prevention Program Slogan:

Designs are due:  
The Last Day of  
Violence Awareness  
Week!  
**Friday, October 23**

Thank you,  
Mrs. Reger for  
helping our students  
participate in this  
activity during  
Art Class!

# T-Shirt Contest

## School-wide Bullying Prevention Program

We are calling upon our students' creativity and artistic skills and asking them to help our school design the t-shirt for this year's School-Wide Bullying Prevention Program.

During Violence Awareness Week, all students in Grades Kindergarten through 8<sup>th</sup> are invited to take part in our annual contest. Mrs. Reger will be introducing the contest and requirements during Art Class, and students will complete their entries during Art. Once the contest entries are received, our School Safety and Climate Team for Bullying Awareness & Prevention will vote on the design that will go on our t-shirts for this year. So stay tuned for our winning design....

We ask that students follow the guidelines below for their entries:

1. All entries must be school appropriate.
2. All entries must have correct grammar & spelling.
3. We ask that every entry includes the student's first and last name and grade on the **back** of their paper.
4. The entry **must** contain the Bullying Prevention Program Slogan for the year.
5. We ask that the entries are created on 8 1/2 by 11 inch paper.
6. Students can illustrate their drawings in color or they may use computer graphic images, however the illustration will only print in white letters and symbols on the t-shirt.
7. Students are asked not to use any copyrighted character, image or design.
8. Once the design for our t-shirts has been selected by our students, the artist may need to make detail changes to their design for printing purposes.

**Note:**

The final design will be printed with white letters on a green t-shirt. If students would like, they can add color on their posters, but the final design will not be in color.

# T-Shirt Contest

## School-wide Bullying Prevention Program

Time Frame	Class/Period	Event
<b>1<sup>st</sup> Week of October: Week of Respect</b>	Any Class/Period	Students can make Bullying Prevention Program Slogan Suggestions. Students are asked to put any suggestions in the School Counselor's Mailbox.
<b>2<sup>nd</sup> Week of October</b>	8 <sup>th</sup> Grade Health/P.E.	Selection of the School's Drug, Alcohol, & Tobacco Prevention Slogan for the school year.
<b>2<sup>nd</sup> Week of October</b>	Estell Manor School Safety/Climate Team for Bullying Awareness & Prevention	Votes on the Bullying Prevention Program Slogan for the school year. All students suggestions will be given the opportunity to be voted upon.
<b>3<sup>rd</sup> Week of October: Violence Awareness Week</b>	Kindergarten-8 <sup>th</sup> Grade  Art Class	T-Shirt Design Contest All students will create a t-shirt design using the slogan for the current school year.
<b>4<sup>th</sup> Week of October</b>	Estell Manor School Safety/Climate Team for Bullying Awareness & Prevention	The Estell Manor School Safety/Climate Team for Bullying Awareness & Prevention will narrow down all of the student t-shirt entries to their 4 top choices. These 4 choices will be put to the students for a final vote.
<b>Election Day</b>	Kindergarten – 8 <sup>th</sup> grade students Homeroom	All students will take part in a special Election Day election. Each student will receive a ballot and have the opportunity to vote for the t-shirt design that they like best!
<b>The Day After Election Day</b>	Homeroom	The t-shirt design winner will be announced!



# Tree of Peace

## School-wide Problem Solving Display

### Activity

Select a problem solving strategy you are going to try to use this year to solve a conflict with another person.

Write your problem solving strategy on your cut-out leaf.

Write your name and grade on the back of your leaf.

You will receive your leaf when the fall leaves are taken down to get us ready for our winter snowflakes.

We will be hanging our “Tree of Peace” outside of the nurse’s office this year.

The “Tree of Peace” serves as a way to reinforce the problem solving skills that the students learn during Violence Awareness Week.

Each student will be asked to use their pamphlet to choose a problem solving skill that they are going to try to use this year to help them during a conflict with others.

Students will be asked to write down their problem solving strategy on a fall cut-out leaf. All leaves will hang on our tree as a reminder of peaceful ways to solve our conflicts.





# Morning Announcements

## Violence Awareness Week

During Violence Awareness Week, our students will hear a message about violence awareness and peaceful conflict resolution. Students will be given a “goal” for the day that will help our school culture be one of respect and peace. Please encourage your students to challenge themselves to reach each day’s goal. The “goals” being addressed are: respecting each other, anger management, conflict resolution, school safety, and making a difference. The announcements are attached in this newsletter for your review prior to the announcements and could make an excellent morning journal reflection!

### **Monday**

This week every school in New Jersey is observing “School Violence Awareness Week”. During this week, we will be spending time reflecting on the ways our conflicts can lead to violence and ways to solve our conflicts peacefully. Each day this week, we will be hearing a goal toward having a peaceful school building. Our goal for today is: “Let’s work on respecting each other.” Respect means understanding other people’s feelings, thoughts, and opinions. When we have respect for each other, our school community becomes a very nice place to learn.

### **Tuesday**

This week every school in New Jersey is observing “School Violence Awareness Week”. During this week, we will be spending time reflecting on the ways our conflicts can lead to violence and ways to solve our conflicts peacefully. Each day this week, we will be hearing a goal toward having a peaceful school building. Our goal for today is: “Don’t Let Anger Heat You Up.” Let’s think about all the ways we can manage our anger, for example: counting to 10, taking deep breaths, running a lap, or walking away. Lets’ all work on controlling ourselves and controlling our actions. When we manage our anger, we stay in control, and we are more able to resolve our conflicts peacefully.



# Morning Announcements

## Violence Awareness Week



### Wednesday

This week every school in New Jersey is observing “School Violence Awareness Week”. During this week, we will be spending time thinking reflecting on ways our conflicts can lead to violence and ways to solve our conflicts peacefully. Each day this week, we have been hearing a goal toward having a peaceful school building. Our goal for today is: “Resolve Conflicts Peacefully”. So take a good look at the pamphlet you received during Violence Awareness Week. Here you will find many useful strategies to help you have a peaceful resolution to your conflicts. Choose one of these problem solving strategies and set a goal to use that strategy whenever you have a conflict with another person.

### Thursday

This week every school in New Jersey is observing “School Violence Awareness Week”. During this week, we are spending time thinking about the ways our conflicts can lead to violence and ways to solve our conflicts peacefully. Each day this week, we have been hearing a goal toward having a peaceful school building. Our goal for today is: “Support School Safety”. We have many 7<sup>th</sup>, and 8<sup>th</sup> graders who participate in our school’s Safety Patrol Program. Our thanks to all of these dedicated students that put our school’s safety as a priority. They all work very hard and give up their time to help all of our students have a safe school. Let’s all give our thanks to the school safeties and the teachers who are the advisors to this program. Be sure to say “thank you” to a safety today!

### Friday

This week every school in New Jersey is observing “School Violence Awareness Week”. During this week, we spent time reflecting on the ways our conflicts can lead to violence and ways to solve our conflicts peacefully. Our goal for today is: “Make A Difference”. Let’s all make an effort to put our good lessons into practice for the remainder of the school year. If we all work hard at using peaceful conflict resolution strategies, our school will be a wonderful place to come for learning and playing. And finally, make sure you check out our wonderful “Tree of Peace”. Do you remember what you wrote on your leaf? These are wonderful ways to solve our conflicts in a peaceful manner. Let’s remember this all year long!



# Estell Manor School District

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Ms. Nöelle Jacquelin  
Superintendent of Schools

Mrs. Rose Millar  
Business Administrator

Mrs. Joelle Tenaglia  
Supervisor of Special Services

Dear Parents and Guardians:

In accordance with New Jersey State Law, Estell Manor School will be observing “School Violence Awareness Week” during the third week of October. This law was passed to help New Jersey schools create awareness among students of the impact of school violence on their school's community. Our school's approach to "School Violence Awareness Week" focuses on helping our students learn how to resolve their conflicts peacefully and without violence in order to promote a healthier, more enjoyable school environment.

Through our observance of “School Violence Awareness Week”, we hope to achieve two goals: Our first goal is to help students realize that violence, in any regard, is unacceptable in our school. This includes hurtful words and/or hurtful actions. Our second goal is to stress the idea that problems can be solved in nonviolent ways. Conflict resolution skills that include talking it out, asking an adult for help, and compromising are proven to be the most effective tools to use in solving problems.

During this week, our School Safety/Climate Team for Bullying Awareness & Prevention has established many activities for staff and students that will help highlight our theme of positive conflict resolution and a peaceful school climate. Some of the activities being presented during Violence Awareness Week are as follows: daily messages about conflict resolution on the morning announcements; a school-wide t-shirt design contest that highlights our school's anti-bullying theme for the year; a “Tree of Peace” decorated with leaves presenting conflict resolution strategies; Classroom Discussions using “Kelso's Choice Problem Solving Skills” pamphlet (Kindergarten – 2<sup>nd</sup> Grade), “Problem Solving Skills for Children” pamphlet (3<sup>rd</sup> – 5<sup>th</sup> Grade) and “Conflict Resolution for Young Adults” pamphlet (6<sup>th</sup> – 8<sup>th</sup> Grade); and lessons with Mrs. Kuppel, the Estell Manor School District School Counselor. In addition, representatives from local law enforcement agencies have been invited to come to our school this week to help educate our students on violence prevention as well.

Unfortunately, violence is something that our society is faced with in many ways. There is violence on TV, in the movies we watch, the video games we play, in the news media, and in our world. It is important for our children to realize that violence does not have to play a part in their lives at school. Hopefully, “School Violence Awareness Week” will help our students realize that although conflict is a normal part of life, there are peaceful ways to solve our conflicts with others.

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