

School Safety Team For Bullying Awareness & Prevention

E S T E L L M A N O R E L E M E N T A R Y S C H O O L

**March's
Theme:**

Red Ribbon
Activities

Alcohol,
Tobacco, and
Drug
Awareness
Education
& Prevention

Red Ribbon
Week:
Monday,
March 24th
Through
Friday,
March 28th



Red Ribbon Activities

- **“Red Ribbon Week”:** March 24th—March 28th
- **“Red Ribbon Week” Dress-Up Attire**
- Grade Level Lessons on Tobacco, Drug & Alcohol Awareness Education & Prevention
- Various Assembly Programs Throughout the Week
- Parent Letter

Alcohol & Drug Awareness Prevention & Bullying Prevention

What does Tobacco, Drug & Alcohol Awareness Education & Prevention have to do with Bullying Prevention?

It is well known that many targets of bullying behavior often turn to drugs and alcohol to

mask the pain from their exposure to bullying behaviors. It is also well known that many students who demonstrate bullying behaviors are also at-risk for other unhealthy behaviors such as drinking alcohol and taking drugs.

We hope to spend this month helping students identify harmful effects of substance abuse, learn appropriate refusal skills, and identify ways to stay healthy.

This is the motivational factor behind the School Safety Team selecting **March as “Red Ribbon Month”** for our students.

“Bully-Free is the Life for Me” Day



“Bully-Free is the Life for Me” t-shirts will be distributed on:

Friday, March 28th

Please remind your students to wear something that will enable them to slip on their t-shirt during homeroom on March 28th!

“Red Ribbon Week” Attire: March 24th through 28th

We are planning a special week when the students will wear things that promote being drug-free. These days are as follows:

Monday: “Hats Off To Being Drug-Free” (wear a your favorite or a crazy hat)

Tuesday: “Living Drug-Free Is No-Sweat” (wear your favorite sweat pants and sweat shirt)

Wednesday: “Team Up Against Drugs” (wear something displaying your favorite team or a team you play on)

Thursday: “Drugs & I Don’t Mix” (wear mismatched clothes)

Friday: “Living Drug-Free Is ‘Jean’-ious” (wear your “Bully-Free is the Life for Me” t-shirt & jeans)

Classroom Lessons

Students will take part in a class lesson with Jill Kuppel on Drug Awareness & Making Healthy Choices during “Red Ribbon

Month”.

Please see the attached list of classroom lessons and see Jill if you have any scheduling conflicts.



Lower Grade Presentations

Tuesday, March 25th

Department of Health

Topic:

Nutrition & Sugar-sweetened Beverages

Location: Classrooms

See the schedule of classroom visits on page 5 of this newsletter.

Friday, March 28th

Miss Wanner,

**Miss Cape Shore’s Outstanding Teen,
2014**

Topic: Sunscreen Safety

Location: Classrooms

See the schedule of classroom visits on page 5 of this newsletter.

Upper Grade Assembly, March 28th

The upper grades will be taking part in a round robin Tobacco, Drug & Alcohol Awareness Education & Prevention Program in the gymnasium. Community agencies and volunteers have offered to make mini-presentations to our students.

Students will be given a “Healthy Choices” booklet that they will use as they take part in the assembly. Students will be assembled in small groups and will spend about 10 minutes at station.

Students are to report to the gymnasium at 1:15 for the activities. You will receive more information on the specifics of the program as the date gets closer.

Some of our presenters this year include:

Atlantic Prevention Resources, The New Jersey State Police, The Atlantic County Division of Public Health, Inspira Health Network, AtlaniCare, Nutri-Serve, and a special program our retiree, Ms. Campanella!

We ask that teachers and aides that are assigned to teach their classes during this time assist in the passing out of the “Healthy Choices” pamphlet and monitoring student behavior during the assembly. More details will follow in an upper team meeting prior to the assembly.

Thank you to our volunteers!

Red Ribbon Week Activities
Monday, March 24th through March 28th

Tuesday, March 25th

• **Grades 5-8**

“Make A Healthy Plate”: Nutrition & Sugar-sweetened Beverages

Presentation By: Atlantic County Health Department

10:55-11:35: Kindergarten

12:25-1:00 1st Grade

1:05-1:45: 2nd Grade

1:50-2:30 3rd Grade

2:35-3:15 4th Grade

Friday, March 28th

• **Grades K-4**

“Sunscreen Safety”

Presentation By: Miss Michelle Wanner, Miss Cape Shore’s Outstanding Teen 2014

10:55-11:35: Kindergarten

12:25-1:00 1st Grade

1:05-1:45: 2nd Grade

1:50-2:30 3rd Grade

2:35-3:15 4th Grade

• **Grades 5-8**

“Red Ribbon Week Round Robin”

Grades 5-8 will be grouped heterogeneously. They will come to the gymnasium as they did for the Career Awareness Program.

Program Presenters:

Atlantic Prevention Resources: Refusal Skills, Stimulant Drugs & Tobacco Use

Inspira Health Network: Fun & Fitness

Nutri-Serve: The Importance of Eating Raw Foods

Ms. Campanella & Mirsha: ZUMBA~

Atlantic County Division of Public Health: Nutrition & Sugar Sweetened Beverages

Mrs. Mattera: Yoga for Stress Relief

Mrs. Sharpe: The importance of Exercise

New Jersey State Police: Drug Safety

AtlantiCare: Healthy Kids

Time of Program: 1:15-3:15

Location: Gymnasium

Schedule of School Counseling Lessons

“Red Ribbon Week”

** All students will have the opportunity to write a way to stay healthy on a cut-out apple or leaf for display on our “We Have Better Things To Do Than Drugs” during their lesson with Mrs. Kuppel.

Grade	Activity
Kindergarten	PowerPoint: Medicine Safety Puppet Demonstration & Character Role Play Worksheet Tree Decoration
1st Grade	Kelly Bear: Healthy Living Habits & Refusal Skills Video & Selected Readings Worksheet Tree Decoration
2nd Grade	PowerPoint: Healthy Foods & The Importance of Sleep Grab Bag of Healthy Foods Activity Worksheet Tree Decoration
3rd Grade	Berenstain Bears: Too Much Junk Food & Too Much TV PowerPoint: 3 rd Grade Drug Awareness Worksheet Tree Decoration
4th Grade	Video: “Nutrition & Exercise” & “Why Exercise” Worksheets Tree Decoration
5th Grade	Drug Awareness Bingo PowerPoint: “Drug Awareness: Tobacco Products” Worksheet Tree Decoration
6th Grade	Drug Awareness Bingo PowerPoint: “Drug Awareness: Tobacco Products” Worksheet Tree Decoration
7th Grade	Smoking Prevention Bingo Highlights: Effects of Smoking, Tobacco Facts, Ways to Say No, Prevention Activities Worksheet Tree Decoration
8th Grade	Drug Prevention Bingo Highlights: Why Kids Use Drugs, Recognizing Drug Problems, Saying No Worksheet Tree Decoration

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Ms. Noelle Jacquelin
Superintendent of Schools

Mrs. Rose Millar
Business Administrator

March, 2014

Dear Parents and Guardians,

Our School Safety Team for Bullying Awareness & Prevention will be sponsoring our school's "Red Ribbon Week" starting on Monday, March 24th through Friday, March 28th. Red Ribbon Week is a program designed to help raise awareness of the dangers of alcohol, tobacco, and other drugs and to promote healthy lifestyles among our students.

We have planned many activities to celebrate the children's choice to be free of tobacco, alcohol, and other drugs. During this week, students will be taking part in the following activities:

Please encourage your child/children to wear the following items during this special week:

Monday: "Hats Off To Being Drug-Free" (wear a crazy hat or your favorite hat)

Tuesday: "Living Drug-Free Is No-Sweat" (wear your favorite sweat pants and sweat shirt)

Wednesday: "Team Up Against Drugs" (wear something displaying your favorite team or a team you play on)

Thursday: "Drugs & I Don't Mix" (wear mismatched clothes)

Friday: "Living Drug-Free Is 'Jean'-ious" (wear your "Bully-Free is the Life for Me" t-shirt & jeans)

During this week, there will be grade-leveled assemblies for students on a variety of "Red Ribbon" themes. Please see related information in the news letters regarding assembly programs.

In addition, during the month of March, each grade will have a lesson with Mrs. Kuppel highlighting alcohol, tobacco, and drug awareness education and prevention.

Kindergarten through 3rd Grade: Lesson on Medicine Safety and Healthy Choices

4th through 6th Grade: Lesson on Staying Tobacco-Free

7th Grade & 8th Grade: Smoking Awareness Bingo

If you have any questions regarding the programs, please feel free to contact Jill Kuppel at 476-2267.

Sincerely,

Ms. Noelle Jacquelin
Superintendent of Schools