

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

April's Theme:

Be an
Upstander!

“No Name- Calling Week”:

April 20th—
April 24th

“Take a Stand

~

Lend a Hand”

Day:

April 24th



Be an Upstander!

- Grade Level Lessons on Being an Upstander
- Classroom Door Decoration School-wide Project
- Special Attire Days during “No Name-calling Week”
- April 24th: “Take a Stand, Lend a Hand” Day: *Reading Buddies Program*

Becoming an Upstander

Becoming an Upstander. Move from silence to action. Bystanders contribute to the problem. Upstanders stop the problem. Research shows that others speaking out or taking action stops bullying behavior over half the time within seconds!

There are different types of bystanders. Which one are you?

Some participate in starting the bullying

Some laugh or give attention to the bullying thereby encouraging it

Some join in the bullying once it started

Some are silent - this silence is most often misinterpreted by the bully as support for the bullying and interpreted by the victim as betrayal and support for the bully



Progression from Inaction to Action

It takes courage to be an upstander. Upstanders are kids who do something that prevents or reduces the bullying they see, or comes to the aid of another child who is being bullied by showing them kindness. Moving from being a bystander to becoming an upstander may not happen overnight. It may start with becoming more aware of the bullying behavior and how it is affecting the lives of the victims. Upstanders begin to feel a sense of anger about the injustice they are witnessing. Upstanders are able to see the pain the victim experiences and take action.

Becoming an Upstander looks like this:

Take action by telling the bully to stop

Take action by getting others to stand up with them to the bully

Take action by helping the victim

Take action by shifting the focus and redirecting the bully away from the victim

Take action by telling an adult who can help

Becoming an Upstander:

Takes courage - Telling a friend who is bullying to stop is hard. They may be mad at you. But at least you won't feel guilt for being silent and allowing the bullying to continue. And you will be doing your friend a huge favor in the end by helping them stop really hurtful behavior.

Takes action - Doing something that does not support the bullying can be a really small intervention with big results! Three words - "That is bullying" - can cause others to recognize the problem.

Takes assertiveness - Telling a friend how their behavior makes you feel and how it affects others requires being able to use your voice!

Takes compassion - Upstanders have the gift of compassion. They recognize when someone is hurt and take steps to help.

Takes leadership - Upstanders are leaders in their social group, helping others to recognize ways to get along and be supportive to others.

Excerpt Taken Directly From:

Together Against Bullying

<http://www.togetheragainstabullying.org/becoming-an-upstander>

Partnering for a Positive School Experience

Students in grades 5 through 8 will read with younger students.

An important aspect of school climate involves the interactions between the older students and the younger students.

By fostering positive interactions between these student groups, school climate can improve and both the younger students and the older students benefit: the younger students now see a role model, a leader, and a helper in their school; the older student gains an increased feeling of responsibility, higher self esteem, and now has a vested interest in their school.

The Reading Buddies program is grounded in this philosophy and organizes this program as part of our “Being an Upstander” and “No Name-calling” activities.



Date of Program: Friday, April 24th, 2015

Time of Program: 8th Period

The students in the upper grades will receive a bag of books and an activity sheet. The upper grade teacher will hand out the books to their students and walk their class to their assigned lower grade classroom. Upon arrival, both the upper grade and lower grade teachers can partner the students as they best see appropriate.

Students will spend 20 minutes reading a book together and will work to complete an activity sheet. After the program is over, please place all books and activity packets to the bag and return to Jill Kuppel.

Partnered Grades	# of Students in the Younger Grade	Literature Series Title
8 th Grade & 2 nd Grade	25	<i>Geronimo Stilton</i>
7 th Grade & 1 st Grade	18	<i>A to Z Mysteries</i> (Ron Roy)
6 th Grade & 4 th Grade	14	<i>Encyclopedia Brown</i> (Donald J. Sobol)
5 th Grade & 3 rd Grade	18	<i>Magic Tree House</i> (Mary Pope Osborne)
Kindergarten	11	*A Selected Staff Member will read to Kindergarten.

Special Attire Days

Monday, April 20th through Friday, April 24th

We are planning a special week when the students will celebrate their choice not to call others hurtful names and to be an upstander if you they see name-calling. These days are as follows:

Monday: "It's hip to be an upstander!" (70's "hippie" attire)

Tuesday: "Black out Name-calling" (Wear all black.)

Wednesday: "Team Spirit" Wear any sort of team attire to show that we are a "team of upstanders".)

Thursday: "Put a Lid on Name-calling" (Wear a hat of any kind.)

Friday: "United We Stand" (Wear your "Take a Stand ~ Lend a Hand" t-shirt & jeans to show that we all stand together against name-calling.)



Please encourage students to wear their "Take a Stand ~ Lend a Hand" t-shirts on:
Friday, April 24th



This program is sponsored by:

Hamilton Township ~ Estell Manor Municipal Alliance

&

The Estell Manor School Safety Team
for
Bullying Awareness & Prevention



Classroom Door Decoration School-wide Project

Door Decorations Completed by: April 24th

Theme of Door Decorations: No Name-calling

Class Design: Individual Class's Choice

For example: Kindergarten could have a "shape" design; 1st Grade could have a "pencil" design; 2nd Grade could have a "bumblebee" design, etc. All grades will focus their design around the theme of "no name-calling".

Art Class Project:

Miss Reger will assist each grade with this project by completing the following activities during Art class:

1. Helping the class determine their "design".
2. Brainstorming "no name-calling" ideas to write on their cut-outs.
3. Facilitating the cut-out process and design
4. Miss Reger will supply each homeroom with their cut-outs for display on each grade's door.

Homeroom Teachers:

Homeroom teachers are asked to hang their cut-outs on their door in any artistic fashion desired.

If any homeroom teacher needs help in designing their doors or would like help in hanging their cut-outs, you can see Jill. I will find National Junior Honor Society student volunteers to assist you.



Thanks to Mrs. Reger for organizing this creative way to demonstrate our kind words to others!

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

April, 2015

Dear Family Members,

I am writing to tell you about an exciting program that will be launched for the first time this year at Estell Manor School. ***No Name-Calling Week*** was inspired by a young adult novel entitled *The Misfits* by popular author James Howe. The book tells the story of a group of friends trying to survive the seventh grade in the face of all too frequent taunts based on their weight, height, intelligence, among other things. Motivated by the inequities they see around them, **the “Gang of Five” (as they are known) creates a new political party during student council elections and runs on a platform aimed at wiping out name-calling of all kinds. They win the support of the school’s principal for their cause and their idea for a “No Name Day” at school.**

Motivated by this simple yet powerful idea, a coalition of over forty education, youth advocacy, and mental health organizations have partnered to organize an actual ***No Name-Calling Week*** in schools across the nation annually. The project seeks to focus national attention on the problem of name-calling in schools, and to provide students and educators with the tools and inspiration to launch an ongoing dialogue about ways to eliminate name-calling in their communities.

We recognize the importance of building empathy and teaching respect to our students, and note the impact words can have on their well-being. A recent survey conducted by the U.S. Department of Health and Human Services reports that students aged 9 to 13 consider name-calling the worst kind of verbal bullying, and that threatening words or taunting based on race or appearance have as much negative impact as does physical bullying. According to the study, students who regularly experience verbal and non-verbal forms of bullying report hurt feelings, low self-esteem, depression, living in fear and torment, poor academic achievement, physical abuse, and suicide. ***No Name-Calling Week*** is one way in which we are responding to these upsetting statistics.

No Name-Calling Week will take place during the week of April 20th through April 24th. Students will work on a variety of activities that will help them realize the impact of verbal bullying, and teach them strategies for coping with and putting an end to name-calling, including education on being an upstander, special attire days, a reading buddies program, and a special project during Art. We encourage families to join us in our effort to educate by initiating conversations about language and empathy with their children. **Please find attached an “Information Sheet for Families”, which we hope will help you support your child(ren)’s emotional health, growth, and success in school.**

We hope that No Name-Calling Week will help all students consider the weight of the words they use, and make school a safer, healthier place for all of our children. We enthusiastically encourage your participation.

Sincerely,

Jill Marie Kuppel

Jill Marie Kuppel, School Counselor

Information Sheet for Families

Take a Stand and Lend a Hand

Name-calling and bullying are problems that everyone must help to solve. It may not be your fault that some students bully, but if you ignore it, laugh at it, or do nothing in response to bullying that you witness, you may be a part of the problem. Being an ally or a friend to someone who is being picked on may feel uncomfortable or scary, but there are safe ways in which we can all "Take a Stand and Lend a Hand."

WHAT DO YOU DO WHEN YOU SEE SOMEONE BEING BULLIED AT SCHOOL?

Ask yourself, "Is it my job to help?" Think about how YOU might feel if the bullying was happening to you. You and other students can lend a hand, even when you aren't close friends with the people being bullied. Your school will be a better place if you help stop bullying. And making your school a better place is EVERYONE'S job!

WHAT CAN I DO?

Lots of things! Think about what may work for you:

Don't just stand there...SAY SOMETHING!

People who bully may think they're being funny or "cool." If you feel safe, tell the person to STOP the bullying behavior. Say you don't like it and that it isn't funny.

DON'T BULLY BACK! It won't help if you use mean names or actions. And it could make things worse.



BUT WHAT IF I DON'T FEEL SAFE TELLING STUDENTS WHO BULLY TO STOP?

That's OK. No one should put himself or herself in an unsafe situation. How ELSE can you lend a hand when bullying happens?

Say kind words to the person who is being bullied, such as "I'm sorry about what happened," and "I don't like it!" Help them understand that it's not their fault. Be a friend. Invite that student to do things with you, like sitting together at lunch or working together on a project. EVERYONE NEEDS A FRIEND!

Tell that student to talk to someone about what happened. Offer to help by going along.

Pay attention to the other students who see the bullying. (These people are called, people are part of the problem.

Let those bystanders know that they're not helping! DON'T be one of them!

Tell an adult. (This is IMPORTANT!!) Chances are, the person who is being bullied needs help from an adult. AND the student who is doing the bullying probably does, too. Often, the bullying does not get reported. Think about who you could tell in your school—a teacher, counselor, cafeteria or playground aid, principal, bus driver, or other adults you feel comfortable telling. If you need help telling, take a friend along.

WHY DON'T SOME STUDENTS TELL WHEN THEY SEE BULLYING?

They may not want others to think they are "tattling." They may be afraid that the students who bully will pick on them next. They may think their friends will make fun of them for trying to help. Telling is very important! Reporting that someone is getting bullied or hurt in some other way is NOT "tattling." Adults at school can help. Ask them to help keep you safe after telling. Explain to your friends that bullying is NOT fair and encourage them to join in helping!

WHAT IF THE BULLYING DOESN'T HAPPEN AT SCHOOL?

If there is an adult around, report the bullying to an adult (your youth group leader, sports coach, etc.) No matter where the bullying happens, you should talk to your parents about bullying that you see or know about. Ask them for their ideas about how to help. We ALL must do our part! People who are bullied deserve to feel safe and welcome at school and in their neighborhoods. Everyone does!

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