

8 KEYS OF EXCELLENCE MONTHLY EMPHASIS

EACH MONTH WE HAVE BEEN FOCUSING ON ONE OF THE 8 KEYS OF EXCELLENCE. HERE IS A LIST OF THE KEYS WE WILL BE FOCUSING ON FOR THE NEXT FEW MONTHS.

JANUARY:

COMMITMENT

FEBRUARY:

OWNERSHIP

MARCH:

INTEGRITY

APRIL:

FAILURE LEADS TO
SUCCESS

IMPORTANT UPCOMING DATES

Block 1/14 &
Schedule 1/15

School 1/19
Holiday

Block 1/27 &
Schedule 1/28

Block 2/11 &
Schedule 2/12

School 2/16
Holiday

Bullying

Besides helping the victims, we must help the bullies change their ways. If they don't, they often end in serious trouble.

Most studies in the United States find that about 25% of bullies (as a youngster) end up in trouble with the law.

One Canadian study found that approximately 60% of boys who were characterized as bullies in grades 6-9 had at least one conviction by age 24. One important note here about bullying is that

there is a "huge" increase in the number of girls who are becoming bullies.

How can you tell if your child is being bullied? Study these signs.

-Child comes home with cuts, bruises on body

-Has torn clothing

-"Claims" they lost their lunch money

- Becomes more quiet and withdrawn

-Doesn't want to go to school

-Complains of sore stom-

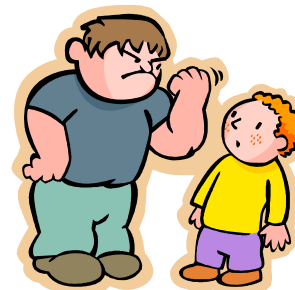
ach or other illnesses

-Is more moody or irritable

-Has trouble sleeping

Child's schoolwork starts to suffer

-Child becomes more aggressive with siblings



Strategies for Bullying

1. Parents must take teasing and bullying seriously!
2. Have children at home and school develop pledges "not to bully other." Repeat the pledges daily.
3. Teach children how to "walk" tall. Bullies often pick on people

who appear to be weak and walk with their heads down.

Children can be taught ways to walk that gives them more of an assertive posture.

4. Teach children "calming statements" to use when they are

confronted. Examples are, "I can handle this." "I'm a good person." "I'm not going to let them mess up my day."

5. Parents may wish to encourage their children to become more assertive by getting them interested in martial arts.



Guidance & Counseling

Embrace each child for their unique qualities.

Encourage learning through experience.

To Empower for excellence in every area of life.

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More than 160,000 children stay home from school each day because of verbal intimidation and put-downs by their peers.

-USA Today, April 10, 2001

Recommended Resources

-Please Stop Laughing At Me

-The Bully, The Bullied and Beyond



<http://www.wallerisd.net/schultz/sms/Guidance%20and%20Counseling.htm>

Bullying Strategies (continued)

6. Students should be encouraged to join clubs, sports, and other school activities. When students become part of a club or team, it gives them a good support group and they are less apt to be teased.
7. Children need to be told that it is not a sign of weakness to walk away from rude individuals.
8. Teach children strategies to control their anger. Bullies enjoy seeing their targets get angry.
9. Have children make a list of caring adults that they can go to when they are bullied or scared.
10. Do not let your child stay home as a way of avoiding a bully. Tell your child that every day he goes to school it is a triumph over the bully. It lets the bully know that your child has a right to be at school and they will not be deterred.
11. It is very important to teach bystanders ways to help out their friends who are being bullied. They can distract the bully or encourage their friend, "Hey come with me."
12. Teach your child these strategies to help prevent most cyber-bullying.
 - Don't believe everything you read...bullies like to lie
 - Don't respond...bullies want you to
 - If you get a threatening message, don't delete it...show an adult
 - Don't sent a message to someone when you are angry
 - Don't open messages from someone you don't know
 - Never agree to meet with someone you met online
 - Never give out personal information, passwords, PIN numbers

