

# *Beyond the Classroom*

The Evergreen School District Wellness Newsletter



## **Stomp Out Bullying**

You know bullying is a serious concern when nationally October has been named Bullying Prevention Month.

In Evergreen School District we take a strong stance against bullying. In collaboration with students, parents and school faculty, let's take a stance against bullying and bring awareness to this important issue, which can adversely affect the well-being of our students.

**Definition:** A person is **bullied** when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more other persons, and he or she has difficulty defending himself or herself. – Dr. Olweus

### **Signs of Being Bullied**

Bullying most often occurs when an adult is not present. Kids who are bullied are more likely to experience:

- anxiety,
- depression,
- loneliness,
- low self-esteem,
- changes to the children's sleep and eating patterns, and
- loss of interest in activities that they once enjoyed.

### **Symptoms of Being Bullied**

Anyone can be a victim of bullying. Some signs that your child is being bullied are:

- refusal to go to school
- slip in grades
- unexplained injuries

- feeling ill, faking sickness, frequent headaches or stomach aches
- change in eating habits
- change in sleep patterns or recurrent nightmares
- asking for money without a reasonable explanation
- acts sad or angry, and wants to be left alone.

## Types of Bullying

There are several types of bullying:

- Verbal: name calling, teasing and/or taunting
- Social: the intent to tarnish one’s reputation and/or relationship with others. Instigating conflict, spreading rumors and/or purposely humiliating one in public
- Physical: Causing physical harm, such as kicking, hitting or punching
- Cyber: Purposely shaming via social media, email, texts messages and/or voicemails.

## Signs Your Child Is THE Bully

While parents don’t want to admit that their child is a bully, it is important to be aware of potential signs that your child might be a bully so that you can stop such negative behavior. Children who are bullies MAY exhibit some of the following:

- Aggression towards other children, adults and/or animals
- A need for control of situations
- The drive to be or stay “popular”
- The breaking of rules and testing boundaries
- Lack of empathy towards others who are being bullied.
- Quick temperedness, easily frustrated or impulsive
- Gossiping about, intolerant of, or excluding others.



## How to Discuss Bullying with Your Child

Experts encourage parents and caretakers to engage in conversations with children about how to identify bullying, underscoring that such behavior is unacceptable. Be sure to let kids know what to do if they are bullied or see someone being bullied. The National Alliance on Mental Health offers the following:

- Ask your child(ren) if he/she is being bullied or has ever been bullied
- If so, reassure your child that it is not her/his fault and you can work together to stop it
- If your child confides that another child is being bullied, ask your child to be a friend to that person by spending time with him/her
- Encourage your child to let the child being bullied know that bullying is not okay and that it is okay to tell a trusted adult
- Let your child know it is okay to suggest to the person being bullied that they go together to talk with a trusted adult
- Your child can also confide in a trusted adult about witnessing bullying and ask for help to stop it
- Advise your child to only intervene directly when bullying is happening to another person if it is safe to do so—otherwise your child should find a trusted adult immediately
- In safe circumstances, standing up or speaking out against bullying behavior when it occurs can rob the bully of much of his/her power.

- See more at: <http://www.nami.org/Blogs/NAMI-Blog/August-2012/Take-the-Stop-Bullying-Challenge#sthash.faiZAtNQ.dpuf>

If your child (or someone you know or have witnessed) is being bullied at school, please contact a school Administrator.

Understanding the destructive behavior that is bullying is the very first step toward ending these harmful events.



#### Suggested Books on Bullying

*The Recess Queen* by Alexis O'Neill (Ages 4-8 years)

*The Juice Box Bully: Empowering Kids to Stand Up for Others* by Bob Somson (Ages 4-12 years)

*One* by Kathryn Otoshi (Ages 4 and up)

*The Bully, the Bullied, and the Bystander: From Preschool to HighSchool--How Parents and Teachers Can Help Break the Cycle (Updated Edition)* by Barbara Coloroso (Parents)



## Free Family Fun

### **Monday, October 31: J-Town Halloween**

Location: Wesley United Methodist Church, Japantown, San Jose

Time: Monday, October 31, 5 p.m.

### **Christmas in the Park**

Location: Paseo de San Antonio between Market and Second Street and Park Avenue between Market Street and Almaden Blvd.

Time: November 23-January 1

### **San Jose Kidz Bike Party-Annual Xmas ride**

Location: Willow Glen

Time: Sunday, December 18, 6 p.m.

Check website for location: <http://www.sjbikeparty.org/>

## Sugar-and-Spice Pumpkin Seed Recipe

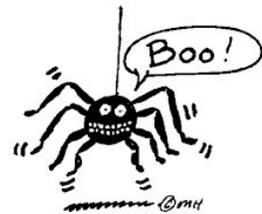
Courtesy of [www.parenting.com](http://www.parenting.com)

Why not celebrate pumpkin season with this easy to make pumpkin seed recipe.

Toss pumpkin seeds in melted butter, sugar, cinnamon, nutmeg and allspice. Bake at 300°F until golden brown, about 30 minutes.



## Stay Safe This Halloween While Trick-or-Treating!



### KIDS

1. Don't eat a treat until your parent has given permission.
2. Make sure your costume allows you to see clearly and does not drag. Avoid wearing masks.
3. Stay out of strangers' home and vehicles.
4. Look out for cars. Use crosswalks when possible.
5. Bring a flashlight or wear reflective tape.

### PARENTS

6. Young children should be accompanied by an adult. Teens should walk in groups, and create a route map for parents.
7. Have a curfew for your child.