

October 2014

## CCSD Olweus Newsletter

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### Prairie's Anti-Bullying Promises:

- We will not bully others.
- We will try to help students who are bullied.
- We will try to include students who are left out.
- When we know that someone is being bullied, we will tell an adult at school and an adult at home.



Your child is listening and remembering your advice, even when it seems like he/she is not paying attention. In fact, spending 15 minutes a day listening and talking with your child can help build the foundation for a strong relationship and provide reassurance that he/she can come to you with a problem. It can also help your child recognize and respond to bullying.

A new mobile app by the Substance Abuse and Mental Health Services Administration (SAMHSA), can help get the conversation started. You will find tips on talking about school, work, relationships, life, and bullying. Consider times to talk like, while making dinner, shopping, or anytime you and your child have 15 minutes together. The app also has a feature to remind you that it's time to talk.

Download the "Know Bullying" app!

# October is National Bullying Prevention Month!

October is National Bullying Prevention Month. Research shows that one out of every three students will be bullied this year. This might be happening to someone you know and care about.

This year, the theme for Bullying Prevention Awareness Month is “The End of Bullying Begins with Me”. It’s a time when communities can unite nationwide to raise awareness of bullying prevention and intervention.

Students at Prairie will be having class meetings this month around the theme of “The End of Bullying Begins with me”.

We will also be celebrating Unity Day on Oct. 22, 2014 with a district-wide “Orange Out” to show our support for safe schools for all.

We can also unite with others around the world and show that we care, and add our names to the online petition in support of no bullying. There is an overview for each grade level as well and students and parents can sign too.

<http://www.pacer.org/bullying/digitalpetition/>

Together we can make a difference and stop bullying.

## About Olweus...

### The Olweus Program is:

- for all students
- preventative and responsive
- focused on changing norms and restructuring the school setting
- research-based

### The Olweus Program Goals:

- reduce existing bullying problems among students
- prevent the development of new bullying problems
- achieve better peer relations at school

### At Prairie, your child will:

- learn the Olweus expectations
- have bullying concerns addressed
- participate in class meetings and/or discussions
- learn strategies to:
  - build friendships
  - differentiate between bullying and conflict
  - decide when it is appropriate to speak up or report to an adult

## Save the date!

**Oct. 22, 2014**  
**District “Orange Out”** to show support for safe schools for all. Wear orange on this day!

**Jan. 20-23, 2015**  
**Think B4 U Speak Week** - All of our schools will have events going on throughout the week.

**Jan. 23, 2015**  
**District “Orange Out”** to show support for safe schools for all. Wear orange on this day!