

Brandon's Buzz

Brandon Elementary School—Martin Public Schools

October 2011

Important Dates



October 11-19 MEAP Testing (3rd, 4th, 5th and 6th Grade)
 October 11—Playgroup ****See below for more information****
 October 19—PTO Meeting 6:00pm
 October 20—Red Shirt Day—We're putting a stop to bullying
 October 21—Picture Retake Day
 October 24—Fundraiser Items Delivered to School
 October 28—PTO Popcorn Sale
 November 2—School Dentist
 November 4—End of 1st Marking Period
 November 21—Parent/Teacher Conferences 4:30-7:30
 November 22—Parent/Teacher Conferences 3:30-6:30
 November 23—NO SCHOOL

Principal's Corner

Dear Brandon Families:

October is Bully Awareness Month at Brandon Elementary School. I know that bullying in schools is a nationwide issue. At Brandon Elementary School we are doing all we can to make sure we have a 'bully-free' school. This month each classroom will have a presentation about bullying and students will sign an agreement to:

- Treat others respectfully
- Try to include those who are left out
- Refuse to bully others
- Refuse to watch, laugh or join in when someone is being bullied
- Help those who are being bullied
- Tell an adult

On October 20 we are going to have Red Shirt Day to promote putting a STOP to bullying. Please see the other side of this newsletter for more information about bullying.

AAESA PLAYGROUP
 TONIGHT

October 11 5:30pm-6:30pm
 High School Cafeteria

Come and Play! Playgroup is for those families who have children 5 years old or younger. Every child will take home a FREE copy of the book that is read during story time! The Playgroup is held in the High School Cafeteria which can be easily found by entering through the main elementary school doors.

For more information, call 673-2161 x3904

Contribute to our Good News Bulletin Board!

Have you noticed something great happening at our school? Maybe a teacher spent some extra time helping your child with something, perhaps you noticed how clean our school is, or maybe you were greeted with a friendly voice when you called our school. Has your child ever come home excited about something he or she was doing in the classroom or because of an event he or she attended?

Our Good News Bulletin Board is the perfect place to share this information! Share anything that makes a difference in your child's life or environment! On the back of this newsletter you will find a form you can fill out and send in. Your good news will be typed and hung up for display.

Please help us celebrate all the great things about our school! Thank you! ☺

Bullying information

Signs Your Child Might Be Bullied:

- *feeling ill in the morning
- *not wanting to go to school
- *not wanting to ride the bus to school
- *refusal to talk about the day at school
- *coming home from school with torn clothes
- *lack of confidence
- *unexplained crying, especially before going to sleep

If Your Child Is the Target of a Bully:

- *Discuss the problem with your child. Help them identify their feelings and explore what they can do instead of remaining a victim.
- *Teach assertive responses. Use role-play dialogue and act out scenarios. Rehearse with your child how to respond to being bullied.
- *Inform school officials immediately about bullying.

Help Your Child Handle Bullying

1. Get the facts. Find out from your child what is happening. Then report it to school officials.
2. Give your child some things to try:
 - Give assertive response. Tell the bully "Don't do that, I don't like it" and walk away.
 - Avoid the bully
 - Respond with a shrug—ignore remark, shrug and say "whatever" and walk away.
 - Get help. Make sure your child knows he or she can ask an adult for help.

If Your Child Bullies Others:

- *Help turn your child's need for power and control toward a positive outlet. Create opportunities for your child to learn constructive ways of being in charge and in control.
- *Evaluate whether your child is imitating behavior that happens at home. Does bullying go on between siblings? Is physical punishment used as discipline?
- *Model, teach, and encourage positive social skills (anger management, problem solving, and empathy). Reward good behavior. Offer praise and positive feedback.
- *Is a situation at home troubling your child? A parent's loss of a job, divorce, or a death or serious illness in the family can leave children worried and powerless. Children may then turn to bullying a peer to regain a sense of power and control.

Ways to Discourage Bullying

- *Teach respect.
- *Demonstrate empathy—show compassion and understanding when your child makes a mistake.
- *Show that feelings matter—share your feelings with your child.
- *Control your anger before it controls you—cool off, give yourself time to sort things out before responding to something that makes you angry.
- *Resolve conflicts by working it out together instead of fighting.

Please Share Your GOOD NEWS!

Submitted By _____ Date Submitted _____

My good news: _____
