

CHEWING GUM/EATING CANDY

WHAT TO DO

This is a Detention Learning Packet. It consists of three pages of text and a Response sheet that asks questions about what you did, why you did it, and what goals you must set to avoid the same problem in the future. Read the three pages and try to remember what you read. Then read the Response Sheet and write answers to the questions.

WHAT YOU DID AND WHY IT WAS WRONG

You have been chewing gum or eating candy in school. There is a rule against doing this, but you have done what you wanted to do instead. School is one of the places we practice working together. One of the requirements for working together is having respect for the rules of the school. If you choose not to work according to the rules, then everybody suffers. On the other hand, when everyone cooperates, all students benefit.

The reasons why you are not allowed to chew gum or eat candy in school are simple. Not everybody disposes of gum or candy wrappers properly. Gum often gets stuck under desk tops or seats. Feel under the chair you are sitting in and you'll see what we mean. Chewing gum and candy make a mess. Nobody wants to work and study in a mess. In addition, unwrapping gum or candy and passing it around is distracting to other students and to your teacher. You probably have seen students accidentally dump candy on the floor as they pass bags around. This certainly disturbs the class, as do other accidents that happen involving gum and candy.

STORIES ABOUT CHEWING GUM OR EATING CANDY

BETTY AND THE BUBBLE GUM BANDIT

Betty once had long dark hair. She's fidgety, and chews bubble gum to work off her excess energy. Elmo likes gum too, but never has any of his

own. Betty chews gum in class, but very slowly so her teacher won't catch her. Last week, Elmo spotted some bubble gum in Betty's book bag, stole a couple of pieces when she wasn't looking, and started chewing. Pretty soon, he had a massive wad of gum in his mouth. The teacher left the room for a moment, and Elmo blew a huge bubble. Unfortunately, it collapsed into Betty's hair. Now Betty has short, dark hair and Elmo is in detention.

CHARLIE SHARES HIS CHOCOLATE FOR THE FIRST TIME

Charlie loves chocolate. He would choose chocolate over any other candy. Every morning, Charlie brings several candy bars with him and hides them in his bookbag. As the teacher teaches the class, Charlie quietly slips pieces of chocolate out of the desk and into his mouth. Charlie would never share his chocolate with anybody else. Yesterday, Charlie left some chocolate on the seat when he was called to the chalkboard to work a problem. The bell rang, and he grabbed his book bag and headed for the next class. The next person who sat in the seat sat in the chocolate. And the next person, and the next person, and the next person, all day long. This was the first time Charlie ever shared his chocolate, although he didn't mean to. Have you ever sat in or stepped in candy or gum? Were you upset?

SALLY'S SWEET TOOTH

When Sally leaves home each morning, she loads up on candy and gum. Sometimes, she'll bring two or three kinds of candy bars and gum to school. Every time Sally talks, you can see and hear the gum. At lunch, when everybody else eats an apple or an orange or a nectarine, Sally will munch on a candy bar. Sally's friends count the number of candy bars and gum sticks she eats and chews every day. Wherever Sally goes, there is a paper trail of chewing gum and candy wrappers. Her friends say she could never get lost. She could just follow the trail of wrappers back to where she started.

WHY PEOPLE CHEW GUM OR EAT CANDY

Most people chew gum or eat candy because it's sweet, heavily advertised, and available almost everywhere. Many of us have a taste for sugar or sweet-tasting sugar substitutes. Gum and candy are ways to satisfy that taste. Betty chews gum because she is nervous. The chocolate that Charlie loves is the world's most popular candy additive. But Sally could have a medical problem that causes her to crave sweets.

Early experiences with sugar-frosted cereals and movie theater candies give some people the habit of craving sweets. Many children's TV shows are advertised by products that have large amounts of sugar in them. Nobody needs the amount of sugar that almost everybody eats.

WHAT HAPPENS WITH CHEWING GUM OR CANDY

The sugar content in gum or candy is known to promote tooth decay. This may not seem like a problem now, but it will certainly become one in the future if you eat too much sugary food. Other deadly long-term effects are obesity, heart disease and other sugar-related disorders.

Many people enjoy gum and candy. But most of us know school is no place to enjoy these items. Learning is the most important thing you do at school--not eating. Gum and candy make a mess at school. Please help us to keep your school free of these products.

WHAT YOU HAVE TO DO IN THE FUTURE

Ask yourself, "Do I chew too much gum?" or "Do I eat too much candy?" Don't let gum and candy run your life. Set some goals to break the habit if you are consuming too much or it's becoming a problem at school. You'll be healthier and your classmates will be grateful for not having to sit on your candy or get stuck in your gum every day. So in the future remember: no gum or candy at school!

STUDENT RESPONSE PACKET # 9.1

CHEWING GUM/EATING CANDY

NAME _____

DATE _____

GRADE __ HOMEROOM _____

WHAT TO DO

Below are some questions about what you have read. These questions will help you learn why what you did was wrong and how you can avoid such problems in the future. Your teacher, a counselor, the principal, or your parents may read your answers. Your answers will not be graded.

Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, use good grammar, and write in complete sentences. If you don't understand what you are supposed to do, ask your detention supervisor.

When you finish, give the Learning Packet and your Response sheets to the detention supervisor and return to your desk. The supervisor will tell you when to leave.

1. You are in detention because you chewed gum or ate candy in school. There is a rule against this. Why?

2. Why did you break the rule against chewing gum or eating candy?

3. Explain why having gum or candy at school is not a good idea.

4. You have read three stories about people who chewed gum or ate candy in school. Why did Betty chew gum?

5. What did Charlie do to hide his chocolate eating?

6. Why was Sally's sweet tooth a problem in school?

7. Do you have anything in common with these three people?

8. Write two goals that will help you stop chewing gum or eating candy in school.

STUDENT RESPONSE PACKET # 9.2

CHEWING GUM/EATING CANDY

NAME _____

DATE _____

GRADE __ HOMEROOM _____

WHAT TO DO

Below are some questions about what you have read. These questions will help you learn why what you did was wrong and how you can avoid such problems in the future. Your teacher, a counselor, the principal, or your parents may read your answers. Your answers will not be graded.

Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, use good grammar, and write in complete sentences. If you don't understand what you are supposed to do, ask your detention supervisor.

When you finish, give the Learning Packet and your Response sheets to the detention supervisor and return to your desk. The supervisor will tell you when to leave.

1. You have been caught chewing gum or eating candy in school again. You have done this before. Why have you done it again?

2. If you were the principal, would you let students eat candy or chew gum in school? Why? Give good reasons.

3. What are some bad effects of eating too much sugar?

4. Why do most parents limit the amount of gum or candy their sons or daughters consume?

5. How did Charlie make his source of enjoyment a problem for others?

6. How did gum become a problem for Betty? Explain how her problem with gum in her hair could have been prevented.

7. Who do you think picks up after Sally? Explain why this is not fair.

8. Write two goals that will help you stop chewing gum or eating candy in school. When you've written the goals, explain why you didn't reach the goals you wrote last time.