

October Newsletter

2022



Communities In Schools of South Carolina proudly serves students at St. Andrews Middle School.

About Communities In Schools

Communities In Schools (CIS) is the largest provider of integrated student supports in the nation. Our program provides the needed supports to help your child stay in school and achieve in life. In 39 schools across South Carolina, more than 24,500 students participate in our programming annually.

Services provided include individual student supports, as well as group sessions that may include topics such as social and emotional wellbeing, goal setting, dealing with peer pressure, improving study habits, building self-confidence skills, academic attendance support, and making healthy choices.



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CISSC at SAMS

Anti-Bullying Month

This month we are standing together as a community to bring awareness to the issue of bullying and the behavioral consequences that burden our children as a result. This month-long event serves to help prevent childhood bullying and promote kindness, acceptance, and inclusion. Addressed through education and support, our teachers surround your kids with a culture of kindness and mutual respect, encouraging students to follow by example.

We can engage our students in productive and supportive conversations about bullying.



Types of Bullying

There are three types of bullying: physical, verbal, and social. Bullying is an unwanted behavior by another individual or group of individuals that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated. Bullying may harm or distress the targeted individual, including physical, psychological, social, or educational harm.

Cyberbullying or cyber harassment is a form of online bullying or harassment using electronic means. Bullying can also be defined as intentionally seeking to harm or intimidate someone.

What to look for?

Bullying can happen to anyone! That's why it is important to know and identify signs of someone bullying or being bullied.

Warning signs include:

- Frequent headaches or stomach aches, keeping a child out of school
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self-esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide



Parent/Guardian Raffle

Communities In Schools of South Carolina values their partnerships with parents and guardians. In efforts to continue building relationships, CISSC will hold a monthly drawing for parents and guardians who check-in through [this google form](#).

Connect with CIS online!

