

**School Safety/Climate Team
for
Bullying Awareness & Prevention
Estell Manor School District**



**School Theme:
Healthy Choices
~
Healthy Lives**

**Alcohol, Tobacco, and Drug Awareness Education & Prevention
~School-wide Activities~**

Healthy Choices ~ Healthy Lives Week Observance

- “Healthy Choices ~ Healthy Lives” Dress-Up Attire
- Grade Level Lessons on Tobacco, Drug & Alcohol Awareness Education & Prevention with the School Counselor
- Various Community-based Organizations & Volunteers will visit our students to encourage Healthy Life Choices.
- Morning Announcements
- Tree of Healthy Lives
- Parent Letter

Classroom Lessons

Lessons with the School Counselor on the importance of making Healthy Choices.

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**Healthy Choices ~
Healthy Lives Week
March 20-24**

**Upper Grade
Assembly**

Round Robin Assembly in the School Gymnasium, Grades 5-8

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Alcohol & Drug Awareness Prevention & Bullying Prevention

What do Tobacco, Drug & Alcohol Awareness Education & Prevention have to do with Bullying Prevention?

Heart Healthy Activities

1. Jump Rope
2. Dancing
3. Soccer
4. Running
5. Roller Skating
6. Playing on a Swing
7. Baseball
8. Cheerleading
9. Jumping Rope
10. Swimming
11. Ride a Bike
12. Play Tag
13. Football
14. Gymnastics
15. Karate
16. Laughing with Friends

It is well known that many targets of bullying behavior often turn to drugs and alcohol to mask the pain from their exposure to bullying behaviors.

It is also well known that many students who demonstrate bullying behaviors are also at-risk for other unhealthy behaviors such as drinking alcohol and taking drugs.

We hope to spend this month helping students identify harmful effects of substance abuse, learn appropriate refusal skills, and identify ways to stay physically and emotionally healthy.

School T-Shirt Day

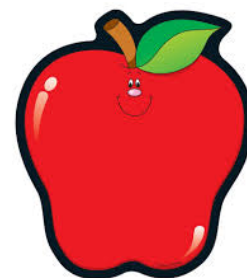
Friday, March 24th

Please encourage your students to wear their t-shirt & sweatpants to show their belief that
“Living Drug-Free Is No-Sweat”

Thank you to our Sponsors:
The Estell Manor Municipal Alliance
&
The Estell Manor School District

Tree of Healthy Lives

Healthy Choices ~ Healthy Lives



Heart Healthy Foods

1. Apples
2. Bananas
3. Green Beans
4. Lean Proteins
5. Salad
6. Tomatoes
7. Cucumbers
8. Peas
9. Whole Grains
10. Red Peppers
11. Kale
12. Spinach
13. Peaches
14. Plums
15. Broccoli
16. Asparagus

All students will have the opportunity to write a way to stay healthy on a cut-out apple for display on our “We Have Better Things To Do Than Drugs” Tree of Healthy Lives during their lesson with the School Counselor.



“Healthy Choices ~ Healthy Lives” Week Attire March 20 through 24

We are planning a special week when the students will wear things that promote being drug-free. These days are as follows:

Monday: “Hats Off To Being Drug-Free” (Wear a your favorite or a crazy hat.)

Tuesday: “Living Drug-Free Is ‘Jean’-ious” (Wear your favorite pair of jeans and a red t-shirt.)

Wednesday: “Team Up Against Drugs” (Wear something displaying your favorite team or a team you play on.)

Thursday: “Drugs & I Don’t Mix” (Wear mismatched clothes.)

Friday: “Living Drug-Free Is No-Sweat” (Wear your favorite pair of sweat pants and your t-shirt.)

Special Lower Grade Presentations

To Be Announced

Special Presentations

Upper Grade Assembly

“Healthy Choices ~ Healthy Lives” 5th—8th Grade Assembly, March 24th

Once again the upper grades will be taking part in their “Healthy Choices ~ Healthy Lives” round robin Tobacco, Drug & Alcohol Awareness Education & Prevention Program in the gymnasium. Estell Manor School District will be partnering with many individuals, groups and agencies to help our students to learn about the importance of staying alcohol, tobacco, and drug-free.

Our Healthy Choices ~ Healthy Lives program will also educate our students on the importance of having a healthy self esteem, using refusal skills, and the benefits of exercise. This program is a wonderful way to have fun while learning important life lessons!

Students will be given a “Healthy Choices” booklet that they will use as they take part in the assembly. Students will be assembled in small groups and will spend about 10 minutes at each station.

Students are to report to the gymnasium at 1:15 for the activities. You will receive more information on the specifics of the program as the date gets closer.

Some of our presenters this year include:

| Presenter | Topic |
|-----------------------------------|-------------------------------|
| New Jersey State Police | Drug & Alcohol Prevention |
| Atlantic County Health Department | Nutrition |
| Ms. Joy Ferronto | Fitness |
| Nutri~Serve School Lunch Program | Balloons for a Balanced Lunch |
| Mrs. Mattera | Yoga as a Stress Relief |
| Impact Fitness | Fitness |
| Mrs. Malkin | Tobacco Product Ingredients |

We ask that teachers and aides that are assigned to teach their classes during this time assist in the passing out of the “Healthy Choices” pamphlet and monitoring student behavior during the assembly. More details will follow in an upper team meeting prior to the assembly.

Healthy Choices ~ Healthy Lives School Counseling Lesson Activities

| Grade | Activity |
|-----------------------|---|
| Kindergarten | PowerPoint: Medicine Safety Puppet Demonstration & Character Role Play Worksheet |
| 1 st Grade | Kelly Bear: Healthy Living Habits & Refusal Skills Video & Selected Readings Worksheet |
| 2 nd Grade | PowerPoint: Healthy Foods & The Importance of Sleep Space Explorer Zork: Nutrition & Exercise Video Presentations Grab Bag of Healthy Foods Activity Worksheet |
| 3 rd Grade | <i>"Berenstain Bears: Too Much Junk Food"</i> & <i>"Berenstain Bears Too Much TV"</i> PowerPoint: 3 rd Grade Drug Awareness Worksheet |
| 4 th Grade | Video: <i>"Nutrition & Exercise"</i> & <i>"Why Exercise"</i> Worksheets |
| 5 th Grade | Drug Awareness Bingo PowerPoint: "Drug Awareness: Tobacco Products" Worksheet: Effects of Smoking |
| 6 th Grade | Refusal Skills: Locker Posters <ul style="list-style-type: none"> Emphasizing refusal skills learned throughout the Life Skills Program, students will design a locker poster with 3 examples of how to successfully make a refusal when feeling pressure to drink alcohol, use tobacco products or drugs or do something that goes against their moral beliefs. |
| 7 th Grade | Refusal Skills: Poster <ul style="list-style-type: none"> Emphasizing refusal skills learned throughout the Life Skills Program, students will design a locker poster with 3 examples of how to successfully make a refusal when feeling pressure to drink alcohol, use tobacco products or drugs or do something that goes against their moral beliefs. |
| 8 th Grade | Refusal Skills: Poster <ul style="list-style-type: none"> Emphasizing refusal skills learned throughout the Life Skills Program, students will design a locker poster with 3 examples of how to successfully make a refusal when feeling pressure to drink alcohol, use tobacco products or drugs or do something that goes against their moral beliefs. |

Morning Announcements

Monday

How Red Ribbon Week Started:

Good morning, Estell Manor School. This is _____ with a few words of wisdom. Red Ribbon Week started in memory of Kiki Camarena. Kiki grew up poor. He worked his way through college, became a Marine, and then a law officer. Kiki wanted to put drug dealers in jail. He once told his mother:

I'm only one person, but I want to make a difference.

Now here's the sad part. Kiki Camarena was killed by the drug dealers he was trying to put behind bars.

So listen up! People who use illegal drugs hurt themselves and help bad people like the ones who took Kiki Camarena's life.

If you're ever tempted to use illegal drugs, think about Kiki Camarena. Think about his family and friends and how much they still miss him. Then walk away. Find an adult you trust and talk about it. You're far too good to be a part of something so bad.

With something to think about, this is _____. Make it a great day . . . or not. The choice is yours.

Tuesday

Good morning, Estell Manor School. This is _____ with a few words of wisdom.

How many times have you promised yourself that you would start exercising more or eating healthier foods? We've all made and broken these kinds of promises, but that doesn't mean we shouldn't try again. Two ways to keep your promises are to keep your goals sensible, and to involve your family. If you make the decision as a family to exercise more or to eat healthier foods, you are much more likely to be successful because you can encourage one another. For example, family walks are a great way to exercise and spend time together.

It's been said that:



The groundwork of all happiness is health.

So if you need to make healthier choices about what you eat or how much exercise you get, ask your family to get healthy and fit together. The healthier you are, the happier your family will be.

With something to think about, this is _____. Make it a great day . . . or not. The choice is yours.

Morning Announcements

Wednesday

It's been said that:

The groundwork of all happiness is health.

So if you need to make healthier choices about what you eat or how much exercise you get, ask your family to get healthy and fit together. The healthier you are, the happier your family will be.

Good morning Estell Manor School. This _____ with a few words of wisdom.

It's not always easy to make the right choices when it comes to our bodies. A soda tastes good, but water is healthier. Candy is yummy, but a piece of fruit is much better for your body. TV is fun, but playing outside is a better choice.

That's why you should discipline yourself. That's right! You can tell yourself what to do. You can tell yourself to say yes to water instead of soda. You can tell yourself to exercise instead of watching TV. That's called self- discipline.

Shakespeare once wrote something like this:

Our bodies are our gardens. We are the gardeners.

You can fertilize your garden with healthy foods. You can make your body grow strong by playing out in the fresh air and sunshine. And when you discipline yourself, you not only grow a stronger body, you grow your character muscles, too.

With something to think about, this is _____. Make it a great day . . . or not. The choice is yours.

Thursday

Good morning, Estell Manor School . This _____ with a few words of wisdom.

Our message today comes from a twenty-year-old young woman. She writes:

When I was in school, none of my friends wanted to wear the red ribbons during Red Ribbon Week. They thought it wasn't cool. They thought drugs were cool. I was hanging out with the wrong kids, and I knew I needed help, but I was afraid to ask.

Drugs aren't cool. They just mess up your life. I finally asked for help and got it. Now I haven't used drugs or alcohol for four years. I have a great job and I go to college. That's what's cool.

So be proud to wear a red ribbon. It means you're smart enough to know that drugs are bad for you.

This week, take a stand against illegal drug and alcohol use. Be cool enough and smart enough to wear the red ribbon.

With something to think about, this is _____. Make it a great day . . . or not. The choice is yours.



Morning Announcements

Friday

Good morning, Estell Manor School. This _____ with a few words of wisdom. This week is Red Ribbon Week, a time to stop and focus on the problem of drug and alcohol abuse.

People who are on drugs or alcohol aren't too smart. The drugs and alcohol have shut down that part of their brain that helps them make smart choices. That's why they do foolish things, hurt themselves and others, wind up in jail, and sometimes die from drug overdoses.

It can take an entire year for a brain to completely heal after a person has abused drugs or alcohol. Some drugs damage a brain so badly it can never be healed.

Many people are wearing red ribbons to show their support for Red Ribbon Week. You may not think it's cool to wear a red ribbon, but guess what? What's not cool is not using that brain of yours to stay away from drugs and alcohol.

With something to think about, this is _____. Make it a great day... or not. The choice is yours.



Morning Announcements Taken From:
Project Wisdom, 2012

Program Sponsors



Estell Manor School
Safety/Climate Team for
Bullying Awareness & Prevention



Estell Manor Municipal Alliance

Refusal Skills

Once kids walk out the door, they are making their own decisions. Their parent will not be there when they are offered their first opportunity to experiment with alcohol and other drugs. The person who is in the best position to keep a teen safe is him/herself.

Encourage them to pay attention to their instincts, their gut feelings. When those feelings are sending out warning messages and they've decided they need to extract themselves from a situation, it can help to have practiced refusal strategies.

Depending on the situation:

- Refuse – *"Don't feel like it." "No way."*
- Make an excuse – *"I'll barf." "I have to get up in the morning."*
- Recruit an ally to help change the dynamics.
- Blame their parents – *"My Mom can smell this stuff a mile away and I'll get grounded for months."*
- Come up with a better idea – *"Nah, that doesn't sound like much fun. Let's go play video games at my house instead."*
- Leave – either quietly while no one notices or by making an excuse or joke out of it. *"You guys are too crazy for me ...see you later."*

Some kids have such a strong sense of themselves, they have no problem just saying, "no" and getting respect for it. Others will find that recruiting an ally, someone who thinks like they do, will help. Most can use some coaching in how to say "no" in a way that lets them off the hook with their peer group, without being ostracized.

Role play scenarios with them, having them play the part of the kid who is offering the alcohol or other drugs. They will know the kind of language and pressure tactics that might be used by their peers. You play the part of "them," using the strategies suggested above.

Above Ideas Taken From:
Alcohol-Drug Education Service:

http://ades.bc.ca/about_prevention/refusal_skills.html

Estell Manor School District

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Mr. Robert Garguilo
Interim Superintendent

Mr. Ab Vallase
Interim Business Administrator

Mrs. Joelle Tenaglia
Supervisor of Special Services

Dear Parents and Guardians:

Our School Safety/Climate Team for Bullying Awareness & Prevention will be sponsoring our school's "Healthy Choices ~ Healthy Lives" Program. "Healthy Choices ~ Healthy Lives" is a program designed to help raise awareness of the dangers of alcohol, tobacco, and other drugs and to promote healthy lifestyles among our students. We have planned many activities to celebrate the children's choice to be free of tobacco, alcohol, and other drugs. During this month, some of these activities are:

1st—4th Grade:

Classroom Presentations: Led by the School Counselor

5th—8th Grade:

March 24th Healthy Choices ~ Healthy Lives Assembly featuring presentations from:

- New Jersey State Police: Drug & Alcohol Prevention
- EMS Staff Presentations:
 - Nutri~Serve: Balloons for a Balanced Lunch
 - Ms. Ferronto: Fitness
 - Mrs. Malkin: Tobacco Product Education
 - Mrs. Mattera: Yoga for Stress Relief

Please encourage your child/children to wear the following items during "Healthy Choices ~ Healthy Lives" Week to celebrate living a healthy lifestyle:

Monday: "Hats Off To Being Drug-Free" (Wear a your favorite or a crazy hat.)

Tuesday: "Living Drug-Free Is 'Jean'-ious" (Wear your favorite pair of jeans.)

Wednesday: "Team Up Against Drugs" (Wear something displaying your favorite team or a team you play on.)

Thursday: "Drugs & I Don't Mix" (Wear mismatched clothes.)

Friday: "Living Drug-Free Is No-Sweat" (Wear your favorite pair of sweat pants and your t-shirt.)

In addition, during the month of March, each grade will have a lesson with Mrs. Kuppel highlighting alcohol, tobacco, and drug awareness education and prevention.

- Kindergarten through 4th Grade: Lesson on Medicine Safety and Healthy Choices (Foods, Exercise, Sleep & Staying away from things that can harm us)
- 5th Grade: Lesson on Staying Tobacco-Free
- 6th Grade: Refusal Skills Locker Posters
- 7th Grade: Refusal Skills Posters
- 8th: Grade: Refusal Skills Posters

If you have any questions regarding the programs, please feel free to contact the school.

Sincerely,
Mrs. Jill Marie Kuppel, M.A., School Counselor
Estell Manor School District