

School Safety Team For Bullying Awareness & Prevention

E S T E L L M A N O R E L E M E N T A R Y S C H O O L

**March's
Theme:**

Red Ribbon
Activities

Alcohol,
Tobacco, and
Drug
Awareness
Education
& Prevention

Red Ribbon
Week:
Monday,
March 23rd
Through
Friday,
March 27th



Red Ribbon Activities

- “Red Ribbon Week”: March 23rd—March 27th
- “Red Ribbon Week” 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.
- Parent Letter

Alcohol & Drug Awareness Prevention & Bullying Prevention

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

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 healthy.

“Take a Stand ~ Lend a Hand” Day

Friday, March 27th

Please encourage your students to wear their t-shirt & jeans on March 27th to show their belief that

“Living Drug-Free is Jean-ious”!



Thank you to our Sponsors:

The Hamilton Township ~ Estell Manor Municipal Alliance
&
The Estell Manor School District

“Red Ribbon Week” Attire: March 23rd through 27th

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 No-Sweat” (wear your favorite sweat pants and sweat 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 ‘Jean’-ious” (wear your “Take a Stand~Lend a Hand” t-shirt & jeans)

Lower Grade Presentations

Tuesday, March 24th

Department of Health: Topic: Nutrition

AtlantiCare: Topic: Healthy Snacks



Grade	Atlantic County Health Department: Nutrition	AtlantiCare: Healthy Snacks
1st Grade	6 th Period	7 th Period
2nd Grade	8 th Period	6 th Period
3rd Grade & 4th Grade (Combined in Mrs. Storey's Room)	7 th Period	8 th Period

Friday, March 27th

Miss Wanner, Miss Cape Shore's Outstanding Teen, 2014

Topic: Sunscreen Safety

Grade	<u>Friday, March 28th</u> Miss Wanner Miss Cape Shore's Outstanding Teen, 2014 Topic: Sunscreen Safety
Kindergarten	4 th Period
1st Grade	6 th Period
2nd Grade	8 th Period
3rd Grade & 4th Grade (Combined in Mrs. Storey's Room)	7 th Period



“Healthy Choices ~ Healthy Lives” 5th—8th Grade Assembly, March 27th

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
Miss New Jersey 2014, Cierra Jade Koler-Jones	Self Esteem
New Jersey State Police	Drug & Alcohol Prevention
Atlantic Prevention Resources	Tobacco Education & Refusal Skills
Atlantic County Division of Public Health	Benefits of Exercise
Mrs. Mattera	Yoga & Relaxation



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.

Classroom Lessons

Students will take part in a class lesson with Jill Kuppel on Drug Awareness & Making Healthy Choices during “Red Ribbon Month”.



School Counseling Lesson Activities

Grade	Activity
Kindergarten	PowerPoint: Medicine Safety Puppet Demonstration & Character Role Play Worksheet Tree Decoration
1 st Grade	Kelly Bear: Healthy Living Habits & Refusal Skills Video & Selected Readings Worksheet Tree Decoration
2 nd Grade	PowerPoint: Healthy Foods & The Importance of Sleep Grab Bag of Healthy Foods Activity Worksheet Tree Decoration
3 rd Grade	Berenstain Bears: Too Much Junk Food & Too Much TV PowerPoint: 3 rd Grade Drug Awareness Worksheet Tree Decoration
4 th Grade	Video: “Nutrition & Exercise” & “Why Exercise” Worksheets Tree Decoration
5 th Grade	Drug Awareness Bingo PowerPoint: “Drug Awareness: Tobacco Products” Worksheet Tree Decoration
6 th Grade	Drug Awareness Bingo PowerPoint: “Drug Awareness: Tobacco Products” Worksheet Tree Decoration
7 th Grade	Smoking Prevention Bingo Highlights: Effects of Smoking, Tobacco Facts, Ways to Say No, Prevention Activities Worksheet Tree Decoration
8 th Grade	Drug Prevention Bingo Highlights: Why Kids Use Drugs, Recognizing Drug Problems, Saying No Worksheet Tree Decoration

** All students will have the opportunity to write a way to stay healthy on a cut-out apple or leaf for display on our “We Have Better Things To Do Than Drugs” during their lesson with Mrs. Kuppel.

Estell Manor School District

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Ms. Nöelle Jacquelin
Superintendent of Schools

Mrs. Rose Millar
Business Administrator

Mrs. Joelle Tenaglia
Supervisor of Special Services

March, 2015

Dear Parents and Guardians,

Our School Safety Team for Bullying Awareness & Prevention will be sponsoring our school's "Red Ribbon Week" starting on Monday, March 23rd through Friday, March 27th. Red Ribbon Week 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:

- AtlantiCare: Healthy Snacks
- Atlantic County Division of Public Health: Nutrition
- Miss Wanner: Slip, Slap, Slop Sunscreen Safety

5th—8th Grade:

March 27th Healthy Choices ~ Healthy Lives Assembly featuring presentations from:

- Miss New Jersey: Self Esteem
- New Jersey State Police: Drug & Alcohol Prevention
- Atlantic Prevention Resources: Refusal Skills & Tobacco Education
- And many others...

Please encourage your child/children to wear the following items during the week of March 23rd—March 27th to celebrate healthy choices & healthy lives:

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

Tuesday: "Living Drug-Free Is No-Sweat" (wear your favorite sweat pants and sweat 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 'Jean'-ious" (wear your "Take a Stand ~ Lend a Hand" t-shirt & jeans)

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 3rd Grade: Lesson on Medicine Safety and Healthy Choices

4th through 6th Grade: Lesson on Staying Tobacco-Free

7th Grade & 8th Grade: Smoking Awareness Bingo

If you have any questions regarding the programs, please feel free to contact Jill Kuppel at 476-2267.

Sincerely,

Jill Marie Kuppel

Jill Marie Kuppel, School Counselor