

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

April & May

Theme:
Kindness
&
Self Esteem

Bully-free
is the Life for
Me
Days:

April 25th
&
May 23rd



S e l f E s t e e m

- Grade Level Lessons on Self Esteem during May
- **April 25th: "Bully-free is the Life for Me" Day**
Wear your t-shirts
Kindness: Reading Buddies
- **May 23rd: "Bully-free is the Life for Me" Day**
Wear your t-shirts
Self-Esteem: Project ACES

Self Esteem & Bullying Prevention

Beyond Physical

“The physical effects of bullying are well known: black eyes, bruises, headaches, sleep problems, and stomach aches are among those we all associate with the abuses of bullies. **But others are often overlooked.** “What’s coming out in the literature now is teens subjected to bullying as a victim become subject to a host of long-term effects as they reach adulthood,” says Joseph Wright, M.D., M.P.H., FAAP, chair of the American Academy of Pediatrics Violence Prevention Subcommittee. “The most concerning of those have to do with the contribution to overt mental health problems like depression and suicidal ideation.”

Bullying damages a child’s ability to see herself in a positive light. A teen whose self-esteem is shot may start to believe what the bully says is true, and begin to self-bully with thoughts of being weak, ugly, or worthless. This may lead to self-loathing or feeling hopeless. Social withdrawal and social anxiety may also become a problem, harming the adolescent’s self-esteem even more.”

Excerpt Taken Directly From:

Healthy Children. Org

<http://www.healthychildren.org/English/safety-prevention/at-play/pages/Bullies-Beat-Down-Self-Esteem.aspx>

“Bully-free is the Life for Me” Days

Please encourage students to wear their
“**Bully-free is the Life for Me**” t-shirts on:
Friday, April 25th
and
Friday, May 23rd



April 25th, 8th Period

School-wide Activity:

“Reading Buddies”

Please encourage your students to wear their t-shirts!

During 8th period, the older students will come down to the younger students’ classrooms and spend 30 minutes reading with a partner. The partnered grades are as follows:

- 8th Grade will partner with 4th Grade.
- 7th Grade will partner with 3rd Grade.
- 6th Grade will partner with 2nd Grade.
- 5th Grade will partner with 1st Grade.
- Ms. Jacquelin will read with Kindergarten.



Each classroom will be provided a basket of books on the grade level of the younger grade. After the 30 minutes of reading is completed the older students will assist the younger students in completing a “Kindness” worksheet.

The School Safety Team asks that the classroom teachers assist with partnering the students as they see appropriate.

May 23rd, 8th Period

School-wide Activity:

Project ACES

Please encourage your students to wear their t-shirts!

All Children

Exercising Simultaneously

During 8th Period, all students will be encouraged to participate in this fun-filled, healthy, self-esteem boosting activity.

More information regarding the activities and procedures will be provided to classroom teachers once the logistics are decided.

For more information see:

www.projectaces.com

Project ACES

Information

Date: Friday, May 23rd

Time: 8th Period

**Location: Outside Field
(weather-permitting)**



Thanks to Mrs. Sharpe for organizing this healthy, fun-filled activity!