



# Sheridan Park Standard

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## *From the Principal's Desk*

Dear Parents & Students,

What are student reflections, next steps and feedback?

It is "the process by which the students gathers information about their learning and reflect ...it provides students with the knowledge to gain personal growth and skill which leads to greater awareness and understanding of the student as a learner" (Ministry of Education, 2002, p. 3).

Doug Reeves, Ph. D. founder of The Leadership and Learning Center explains it in the following way... practice, practice, practice it applies to the football field, piano lessons and soccer, etc., the coach provides immediate feedback to help the player improve the game or music piece, etc. and this is what is happening in our classrooms. Practice, feedback, teacher and students reflect and gather next steps that lead to growth! Teachers support students in the process and as a result it builds on their self- confidence and students begin to grasp what they need to do to achieve success. Helping students gradually assume more responsibility for their own learning, as they practice using self-assessment tools such as criteria, checklists/requirements, rubrics and student-led conferencing to write a specific reflection about their goal(s) and how to achieve them, with guidance students identify their strengths and areas for improvement.

Our class performance boards are filled with stickies that include teacher feedback, peer feedback and student next steps. I've had conversations with students from grade one to eight and this is what some have to say: "Our teacher helps us, when she conferences with us because she explains what we need to do to improve our work, then we take her feedback and use it to bump it up!" (Grade 3 students)  
"Next steps have helped me to improve my work for the next time." (7/8 student)  
"It helps me to set my own goals and I can refer to them in my class." (Grade 4 student)  
"Adding details is a next step for me, my teacher conferenced with me about what type of detail I needed." (Grade 2 student)

It is essentially all about "giving feedback that motivates students to continue their learning; ask them what they think, what helped them, and how they deal with challenges; focus on the positive." (Rolheiser et al.,2000, p. 65)

Talk to your child about feedback and next steps and have him/her explain and reference it in his/her work! Timely, constructive and meaningful feedback is a powerful tool that will assist them to reach their destination that builds on a child's confidence, motivation and engagement!

Yours in education,

J.M. Roberto  
Principal



## FROM THE OFFICE

### GREENEST FAMILY

It is that time of year again and we want to hear about your *Green Family*. We are looking for the "Greenest Family" for 2010-2011. Send us your story! We need to spread the word and share your green tips with our Eco/ Skyhawk community. The winning family will receive a plaque and plant a tree on our school grounds! Submissions are due April 15<sup>th</sup>. The winning family will also join us at the theatre.



### EASTER BREAK

From our family to your family, we are wishing you a Happy Easter Break! There is no school on Friday, April 22<sup>nd</sup> and Monday, April 25<sup>th</sup>.

### EASTER SCHOOL SUPPLIES

Always a good time for the Easter Bunny to hide pencils, glue sticks, highlighters and erasers with chocolate eggs!

Remember **peanut and tree nut free** chocolate treats at school!

### APRIL'S JOKE

**Q.** What do you call a rabbit who tells jokes?

**A.** A funny bunny!



### Bunny-Pokey



You put your bunny ears in,  
You put your bunny ears out,  
You put your bunny ears in,  
And you shake them all about,  
You do the Bunny- Pokey,  
And you hop yourself around,  
That's what it's all about!



Additional verses: bunny nose, bunny tail, bunny paws

### GRADE EIGHT NEWS

The grade eight graduation will be held on Monday, June 27<sup>th</sup> at Eden Secondary School.

Information regarding graduation will be sent out to families in May.

Traditionally, grade 8 parents form a committee to organize a celebration after the ceremony. If interested in coordinating this event, please contact Mrs. MacTavish and she will provide you with last year's information.

Also, congratulations to all of our grade eight students, all of our grade eights were recently accepted to the secondary school of their choice! Best wishes in your future endeavours!



### ECO

Thank you to the many families that have provided us with an email address. Our goal is to be paperless when it comes to the school newsletter! Thank you for the great Earth Hour submissions too! We have received an electrical consumption rebate from DSBN which equates to \$1,479.99 for our school! Way to go Eneerhawks.



Congratulations to our **Gold bin** winners: 2K and the **Energy** winners: 4M **Organic**: 1T Don't forget we still collect old cell phones for Tribes points! Drop them off at the office.

In celebration of Earth Day 2011, Ecohawks I grade 1-8 will attend the premiere of the movie African Cats at the Empire 8 theatre at the Pen Center in St. Catharines. We will be departing at 9:30 am and returning by 12:45 pm. The cost for this event is \$6.00. A letter will be sent home closer to the date. Thank you to Ms. Downs for organizing this event. Please note the concession stands are closed.

An Earth Day Clean-up will be held in Port Dalhousie, Ecohawk families are invited to participate in this event. It will be held on April 17<sup>th</sup>.

April is a month when we hopefully have wished winter farewell and now see the refreshing signs of spring beginning to arrive. April is also host to a number of Eco-initiatives that have become favourites in our homes, schools, and communities that challenge us to engage with others to be good stewards for nature. What can you do? Get involved with any of the following: DSBN 'Down to Earth Challenge': from Earth Hour till Earth Day.

<http://www.dsbnschools.org/downtoearth/>

'Earth Day': April 22

<http://www.earthday.ca/pub/index.php>

A Billion Acts of Green

<http://act.earthday.org/>

Pitch in Week: April 18-24

[http://www.pitch-in.ca/Quick Facts/E-PITCHIN%](http://www.pitch-in.ca/Quick Facts/E-PITCHIN%20Week)

## A NEW REALITY

Close your eyes and listen. Hear the hum that is powering your life.

We need energy. We need it to live, to light, to help us read cereal boxes, to bring us music, to power our computers. Few of us can walk to work, fewer still want to vacation in our backyard.

The truth is we can't conserve everything. This isn't an excuse. It's reality.

But there is something you can do. Today. And it's easy.

Learn about the simple things you can do and take action. Switch to energy efficient light bulbs, walk and cycle more, use less water, buy local produce and foods. It's all small stuff. But here's the thing: if your neighbour does the same thing, and your neighbour's neighbour...now that adds up to something substantial.

That's why Earth Day Canada exists—To help you, regardless of your age, do something amazing, one small, magically simple step at a time.

**EARTHDAY.CA**

# EVENTS

## STUDENT COUNCIL NEWS

Student Council will be running primary and junior intramurals. They will be promoting Green Day, April 21<sup>st</sup> and organizing the Ham Hustle on Tuesday, April 19<sup>th</sup>. Ryan P. and Tyler H. will present hams to winning students.

Student Council will plan a Spring Spirit Day April 29<sup>th</sup>. Please dress in spring colours!

Japan Tsunami/Red Cross FUND- each Friday Student Council members will visit classes to collect donations for the Relief Fund. Evan S. & Sabrina L. also plan to organize a buyout for the Intermediates!

**SCHOOL COUNCIL**

Families are invited to join us on Tuesday, April 12 for Zumba family fun in our gym!!

A Silent Auction will also be held to support the Intermediate Quebec trip. **Zumba admission is free.** A notice will be sent home prior to the event. Happy Birthday, Mrs. Dunn!! Thanks for sharing it with us at School Council.

Mother's Day note will be sent home to Skyhawk dads; be sure to check your child's backpack!

The coupon book will also be sent home. The profits will help offset June trips.

Lockdown procedures and the Special Education petition were also reviewed.

Kevin Sylvester has been rescheduled for May 18th at 6:30 pm in our gym!

Thank you to Mr. Diiorio and Mrs. Breadner for their presentations at School Council. The presentations highlighted Smart Board technology, the document camera, netbooks and performance boards! Thanks again for the insightful presentations! And thank you to our assistants, Niki M. & Emily E.

**LOCKDOWN PROCEDURE:**

Dear Skyhawk Parent/Guardian:

In the spring, Sheridan Park will be participating in a safety drill that is meant to further enhance the protection of our students and staff. This procedure is called a lockdown. We will run the lockdown procedure in conjunction with fire drills, similar to our past routines.

The purpose of the lockdown drill is to practice safely securing students and staff within the school in the event of a potentially dangerous incident surrounding the school or within the school itself.

In this drill, classroom doors are locked and students must remain in their classrooms, behind locked doors. Students are not allowed outside the room for any reason. If you, a parent/guardian, arrive at the school while a lockdown is in effect, you will not be allowed in or near the school until the activity has ended. You will be directed to a place away from the school where information will be made available to you.

While we sincerely wish that no event causes us to enact these precautions, we feel that practicing these procedures, just as we practice fire drills, prepares our students and staff to react appropriately in case of an emergency, making our school safer for students and staff.

If you have any questions about this safety drill, we invite you to contact us.

**ADMINISTRATIVE ASSISTANT DAY IS APRIL 27th**

These are just some of the thanks to Mrs. MacTavish, for all she does!

- ▶ "Thank you for holding down the fort, when I'm in a meeting!" (Ms. Roberto)
- ▶ "Thank you for wearing your happy face." (Teacher)
- ▶ "You make a difference." (Intermediate student)
- ▶ "Thank you for being there, when I need someone to talk to." (Intermediate student)
- ▶ "I love hanging out with you Mac." (Intermediate student)
- ▶ "Mac is like our mom; she looks after us and gives advice from head injuries, headaches to Facebook." (Intermediate student)
- ▶ "She makes sure you're on time for school!" (Intermediate student)
- ▶ "She calls you to wake you up and don't forget the basketball form!" (Intermediate student)
- ▶ "She corrects my attendance for me!" (staff)
- ▶ "She gets ice when you need it!" (junior student)

- "She watched me in the office when I was sick and waiting for my mom to pick me up!" (junior student)
- "She always gives me my parents work number, if I need to get a hold of them." (junior student)
- "She gives me stickers when I give her the attendance." (primary student)
- "We couldn't do it without you MAC!" (staff)

## FUNDRAISING

### BOTTLE DRIVE

Mr. and Mrs. Langelaan are still collecting bottles. Thank you to our families for dropping them off at the office!!

### REGAL UPDATE

Regal is back! It will run from March 15-May 31<sup>st</sup>. It can be accessed online. All fundraising profits will subsidize school trips! Please share this with family and friends! Orders can be placed online with a credit card. All purchases will be shipped directly to you! Regal has thousands of items from greeting cards to gift wrap and hundreds of gifts priced under \$20.00. If we sell \$1000.00 worth of product the school will receive \$300.00 in profit! Thank you for your support in advance! The website is [www.sheridanpark.shopregal.ca](http://www.sheridanpark.shopregal.ca)

## CURRICULUM UPDATES

### K-12 RESOURCE

DSBN teachers and students have access to a free website with over 24,000 K-12 resources created by teachers which include lesson plans, interactive learning and direct access to Learn 360 resources.

The website is the Ontario Education resource Bank (OERB): <http://resources.elearningontario.ca>  
Student login, the USER ID is: **dsbnstudent** and the Password is **oerbt**. For further information, please contact Mr. Diiorio or your child's homeroom teacher.

### LITERACY

Literacy development requires a partnership between home, school and community. Since nonfiction text is one of the most effective tools for developing reading skills, it is essential that children have ample opportunities at school, in the community, and at home to read a variety of nonfiction. When reading nonfiction texts, what are some ways families can build literacy skills?

**Tip #1** - Help your child understand what he or she reads using comprehension strategies such as: Asking questions while reading to help your child provide detail and to organize thoughts determining important points from interesting details making connections to things he or she already knows reading "between the lines" and discovering meaning that is not stated outright

**Tip #2** - Talk with your child by: having your child retell the main parts of the text encouraging him or her to express and justify opinions and showing interest in what your child is saying by being a good listener

**Tip #3** - Make reading enjoyable by: making sure that you have a variety of books, magazines and other nonfiction reading materials on hand and browsing together in libraries and book stores looking at the graphic features in reading materials (e.g., photos, illustrations and charts) and identifying how they are used and what their purposes are.

Many children like to read materials such as:

- stories that reflect their image of themselves
- articles about their hero
- information on science and nature
- song lyrics or scripts that appeal to their musical and artistic tastes
- newspapers and magazines
- materials with both print and pictures (e.g., baseball cards)

- things they can read with others (e.g., game scores)
- books or articles that contain powerful ideas about our world

(Adapted from Helping Your Child with Reading and Writing: A Guide for Parents from the Ministry of Education)

### NUMERACY

Math Games are a wonderful way to engage children, yet we must be careful that they are helping children learn effectively.

Some questions that might help you determine the value of a math game follow:

Is there variety in the mathematical tasks? If you play the same game over, will you be asked different questions?

Are there different pathways to the end?

Is there a combination of chance and choice in the game? That is, is there both a random component? (rolling a dice, drawing a card) and an opportunity to make a decision?

Is the competition positive and non-threatening?

If a player gets stuck, are there hints?

Is there a way to track student progress?

Does the child feel empowered and in control? In other words, do decisions have clear outcomes?

Was clear feedback provided during each turn? Was the scoring clear?

Does the game encourage social play? The three C's of game playing are: competition, collaboration, and communication.

Even one-player games can spark rich discussion of strategy.

Some Good Online Games

Deep Sea Duel (P/J/I) <mailto:http://illuminations.nctm.org/ActivityDetail.aspx?ID=207>

Number Twins (P) <http://www.coolmath-games.com/0-number-twins/index.html>

Rock-n-Roll Road trip (J/I) <mailto:http://www.stem.aetn.org/>

Dreambox (15 day free trial) (P) <http://www.dreambox.com/ca/parent-subscriptions>

### COMMUNICATION MATTERS -THE KING'S SPEECH—AND STUTTERING!



The Academy Award-winning film "The King's Speech" tells the story of British King George VI's struggle with stuttering. Speech therapists hope the recently released movie will bring awareness to stuttering.

Dr. Robert Scherr, a Salisbury-area speech pathologist, said stuttering and/or stammering is "a very multi-dimensional problem. It's not just motor speech, it's also emotional components."

"The King's Speech" not only brought awareness to stuttering, but it also lets those who experience this problem know that they can live with it and possibly overcome it.

Stuttering is a communication disorder in which the flow of speech is interrupted. Stuttering affects approximately 1% of the population and four times as many males than females. There are several factors that most likely contribute to the development of stuttering: a family history of stuttering; a delay in speech or language development; a difference in where the brain processes speech and language from what is typical; and/or family dynamics (e.g., high expectations and fast-paced lifestyles). Stuttering may have different causes in different people. It is also probable that what causes stuttering, differs from what makes it continue or get worse. As proven, stuttering can be treated. It seems that a parallel can be made between the many hours of practice and hard work that may need to be invested in speech. If you are concerned about your child's speech, contact his or her teacher or the Learning Resource Teacher.

\*Reference: Stuttering Foundation of America, 1991-2008

# SPORTS & CLUBS



## BASKETBALL

Congratulations to our junior basketball players: Katie E., Cierra M., Jaimie-Lynn L., Courtney N., Suzanne P., Kellyona K., Treanne M., Alexis D., Holly H., Dakota K., Taylor I., August W., Tiffany P., Victoria P., Lauren R., Ashley E.

Gage B., Calvin D., Zach H., Dustyn I., Zach K., Nicholas L., Ethan N., Carter P., Thomas S., Nick S., Patrick S., Peter S. and Ben V.

The schedules are posted under "SPORTS" on our school website.

## CHESS CLUB

Good Luck to the following students who will be representing Sheridan Park School at the Region 4 Chess Tournament to be held on Wednesday, April 6th at the C.A.W. Hall in St. Catharines.

**Junior:** Dustyn I., Carter P., Ashley E., Nicholas L., Calvin D., Zach H.

**Intermediate:** Alexa P., Connor Y.-W., Victor P., Rami E., Shahe M., Evan S., Brendan L.

Winning players in this Regional Tournament qualify for the DSBN tournament which will also be held at the C.A.W. Hall on Monday, April 11th, 2011.



## SILVER BIRCH

Mr. Diiorio continues to meet with the juniors weekly. The Silver Birch event will be held on Friday, May 6<sup>th</sup> at School Support Services in NOTL

**Fiction titles:** **Archaeolojesters**- Andreas Oertel, **Branded**-Eric Walters,

**Dunces Anonymous**-Kate Jaimet, **The Giant**-Slayer-Iain Lawrence,

**Home Free**-Sharon Jennings, **The Hunchback Assignments**-Arthur Slade

**Neil Flambé and the Marco Polo Murders** -Kevin Sylvester, **Ortega**-Maureen

Fergus, **The Present Tense of Prinny Murphy**- Jill MacLean, **Zoobreak**-Gordon Korman.



## GYMNASTICS

Our Junior Girls' Gymnastics team has been busily practicing for their upcoming competition on April 21st. Congratulations to Katie E., Jaimie-Lynn L., Alexis D., Dakota K., Tiffany P., Victoria P., Taylor I., August W., and Ashley E. for all of your hard work. Best of luck at the meet! Coach: Mrs. Mongelluzzo



## HOPSCOTCH

In May, Mrs. Breadner will be running a primary hopscotch club at morning breaks. Morning announcements will be made.



## KEEPSAKE CLUB

Hats off to the junior keepsake club! Mrs. Breadner would like to thank all of the students who participated in this club! It was a success!! Seems like a keeper!

## B.A.S.I.C

Miss Derstine will be holding a primary and junior homework club with a focus on literacy and numeracy skills. Please, contact Miss Derstine for further information.

## GOGIRLS

The 12 week "Healthy Bodies- Healthy Minds" program comes to an end on April 4<sup>th</sup>. Thank you to Gabrielle and Lindsay from Big Sisters. The Skyhawk girls loved the every session!! Congratulations to Emily E., Kristin R., Elayna M., Victoria K., Sloane L., Samanta P., and Amy S.

**SIGN LANGUAGE CLUB**

We are pleased to have Mrs. Fletcher offering an Intermediate Sign Language Club. It is offered during the lunch break every second Monday. Each week the students learn and practice new signs and build upon the previous week's signs. The group is eager and enthusiastic to sign, looking forward to signing more and more. Thanks Mrs. Fletcher, for giving us the opportunity to communicate in a different way!

**EXTRA LEGO**

Mrs. Downs is requesting Lego, if families would like to donate, please call her directly! Much appreciated!

**ART: STARLIGHT FOUNDATION:**

Thanks to students from grades 4-6 who participated in the 1st annual Starlight Children's Foundation Art Project. The Foundation is dedicated to improving the quality of life for children with chronic and life-threatening illnesses and life-altering injuries by providing various supports to families. The Project is an annual opportunity to introduce young students to the concepts of "giving back" and social responsibility, building lifelong character traits that will help mold them into caring and concerned adults. Our Sheridan Park students learned that they can make a difference-even if they can't donate money directly for this important cause; they can still donate their time and talent.

Sheridan Park was selected as one of 200 participating schools in Canada, to create an original piece of artwork around the theme "Hope and Courage". Nine pieces of artwork were forwarded to the Starlight Foundation for entry into an on-line auction taking place in April. A panel of judges will then choose a winning piece of art from each school, 2 from each province and a final panel will choose the top 3 pieces nationally.

The auction will go live from April 1 – 15th. Please look at the link below for the following details. Minimum bids begin at \$25.  
[www.starlightartproject.org](http://www.starlightartproject.org).

**CHARACTER EDUCATION****CHARACTER TRAIT**

The character trait for April is Eco friendly.  
Our dog tag this month is a carbon footprint.

"Make decisions you can do in every part of your everyday that will positively impact our future." Sir Richard Branson

**Indicators:**

- Unplug all electrical appliances
- Use reusable containers
- Turn off the lights
- Instead of taking the car, use City Transit, bike or walk
- Use fluorescent light bulbs
- Recycle and reuse properly
- Eat local and organic foods.

**TRIBES TEAM POINTS**

<b>Yellow Hawks</b> 308	<b>Blue Hawks</b> 244	<b>Orange Hawks</b> 283	<b>Green Hawks</b> 282	<b>Purple Hawks</b> 293
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Thank you Evan, Halina, Cassidy & Riley for tallying up the Tribes points!

**PRINCIPAL'S AWARDS**

Our Principal's Awards assembly recognized students for their fine efforts, dedication and commitment to school during the month of March. Our character trait was Healthy Living.

JK/SK	Dallas D., Ally I., Brayden M.
Grade 1	Danielle H., Gabrielle O.
Grade 2	Noah S., Destiny W.
Grade 3	Brendon D. Emily S.

**CONGRATULATIONS SKYHAWKS**

- Hats off to our teal tickets winners for the month of March, lunch winners, milk winners, eco winners and 4M Brita winners for Bottle Water Free Day!
- Congratulations to our Silver Sneaker winners: The results are in Mrs. Barton's class 92%, Mr. Diiorio's class 87% and Ms. Osborne's class 89%. Congratulations to Mrs. Barton on a "three peat"!

**KUDOS**

- Thank you to Mrs. Kempt our primary and junior volunteer.
- Thanks to Mrs. Fletcher, we now have an Intermediate Sign Language Club!
- Mrs. VanSlageren, Mrs. Beatty, Mrs. Dunn and her "Pancake Helpers" for a great 1<sup>st</sup> break treat!
- To all of our families for a great Ice Dog game turn out!
- Mr. Goertz and his team for their Engineer Day presentations to our intermediate students.
- Mrs. Robinson for her Health presentations!
- Mr. Langelaan for helping coach basketball.
- Mrs. Fletcher for running the Sign Language Club.



*celebrating*  
**COMMUNITY**  
PARTNERSHIPS  
DSBN EDUCATION WEEK APRIL 11-15TH



The 2011 DSBN Education Week Theme is "Celebrating Community Partnerships". From parent volunteers who assist in classrooms to agencies who coordinate a variety of programs including breakfast programs and after school activities to corporate partners who sponsor scholarships and so much more, our community partners complement the work of our schools to support student success.

**We want to take this time to thank you, our community partners, for everything you do to help support our students and our school.**

Working together, we make a difference. And that is truly Achieving Success Together!

**APRIL 2011 MARK YOUR CALENDAR (Note changes, additions & deletions)**

Breakfast Club is every day!

Plan G -Wednesday and Fridays at 10:25 am.

Go Girls with Gabrielle & Lindsay is on Mondays at 12:45 pm.

- April 1 2:30 pm Primary Assembly.
- Japan Relief Fund collections April 1, 8, 15, 21 & 29.
- April 1-15 Junior Crayola Contest.
- April 6 Junior/ Intermediate Chess Tournament.
- April 11-15 Education Week/ Classes will PITCH IN.

**2011**  
5000

- April 12 & 28 Grade 5 & 6 Health Presentations with H. Robinson (school nurse) & Mrs. Mongelluzzo.
- April 11& 13 Climate Change presentations to juniors & intermediates by the City of St. Catharines.
- April 14 30 Ecohawks team visits Niagara Recycling Plant- get your forms in!!
- April 15 French Immersion updates are provided to grade 4 & 6 families.
- April 15 Green Family submissions are due.
- April 18 Food Orders go home.
- April 19 Ham Hustle 1<sup>st</sup> break.
- April 21 Earth Day: Disney Movie- African Cats.
- April 26 Hep. B immunizations grade 7 & grade 8 HPV immunizations.
- April 26 Food Orders are due.
- April 27 Secretary's Day.
- April 28 Peanut/Tree Nut Free Cake Walk letter goes homes.
- April 28 M & M day.
- April 28 Give Where You Live –Volunteer Day grade 7 & 8.
- April 28 9:00 Primary Assembly.
- April 29 Spring Spirit Day, Intermediate Buyout \$2.00 for Japan Relief Fund.

### **PUBLIC HEALTH UPDATE: APRIL IS ORAL MONTH**

Although preventable, cavities are the most common chronic disease of children aged 6 to 19 years. Cavities lead to difficulties sleeping, decreased school attendance, pain, discomfort, and infection. Fluoride is not added into our water supply. Therefore, it is recommended that all residents brush their teeth twice daily with fluoridated toothpaste to prevent cavities.

- Children three to six years of age should be assisted with brushing their teeth by an adult using a pea-sized portion of fluoridated toothpaste until they can tie their own shoe laces.
- Regular flossing is the single most important thing you can do to prevent gum disease. Most children need help flossing until they are about 8 to 10 years old.

Niagara Region Public Health has two programs to assist children and youth with no insurance in getting the dental health care they need. For more information please call the Public Health Dental Program at 905-688-8248 or 1-888-505-6074 ext. 7399.

### **READER'S CORNER (ON BULLYING)**

"The effects of Bullying go beyond the school yard, for you as a parent, here is what to watch for, what you can do, and where you can go to get help." (<http://www.edu.gov.on.ca/>)

Bullying can mean many different things. These are some ways children and young people have described bullying:

- ▶ being called names
- ▶ being teased
- ▶ being pushed or pulled about
- ▶ being hit or attacked
- ▶ having your bag and other possessions taken and thrown around
- ▶ having rumours spread about you
- ▶ being ignored and left out
- ▶ being forced to hand over money or possessions
- ▶ being attacked or teased or called names because of your religion or colour

### **What does it feel like to be bullied?**

Bullying hurts. It makes you scared and upset. It can make you feel that you are no good, that there is something wrong with you. Bullies can make you feel that it's your fault.

**What is bullying?**

Bullying is when someone keeps doing or saying things to have power over another person. Some of the ways they bully other people are by: calling them names, saying or writing nasty things about them, leaving them out of activities, not talking to them, threatening them, making them feel uncomfortable or scared, taking or damaging their things, hitting or kicking them, or making them do things they don't want to do.

Have any of these things happened to you? Have you done any of these things to someone else? Really, bullying is wrong behaviour which makes the person being bullied feel afraid or uncomfortable.

**Why do some people bully?**

There are a lot of reasons why some people bully. They may see it as a way of being popular, or making themselves look tough and in charge. Some bullies do it to get attention or things, or to make other people afraid of them. Others might be jealous of the person they are bullying. They may be being bullied themselves.

Some bullies may not even understand how wrong their behaviour is and how it makes the person being bullied feel.

**Why are some young people bullied?**

Some young people are bullied for no particular reason, but sometimes it's because they are different in some way - perhaps it's the colour of their skin, the way they talk, their size or their name.

Sometimes young people are bullied because they look like they won't stand up for themselves.

**Why is bullying harmful?**

Some people think bullying is just part of growing up and a way for young people to learn to stick up for themselves. But bullying can make young people feel lonely, unhappy and frightened. It makes them feel unsafe and think there must be something wrong with them.

**What can you do if you are being bullied?**

Coping with bullying can be difficult, but remember, you are not the problem, the bully is. You have a right to feel safe and secure. And if you're different in some way, be proud of it! Stand strong. Spend time with your friends - bullies hardly ever pick on people if they're with others in a group.

You've probably already tried ignoring the bully, telling them to stop and walking away whenever the bullying starts.

If someone is bullying you, you should always tell an adult you can trust. This isn't telling tales. You have a right to be safe and adults can do things to get the bullying stopped.

Even if you think you've solved the problem on your own, tell an adult anyway, in case it happens again. Walk away, don't hit back or email back.

An adult you can trust might be a teacher, school principal, parent, someone from your family or a friend's parent. If you find it difficult to talk about being bullied, you might find it easier to write down what's been happening to you and give it to an adult you trust. Help your child to see that there is a difference between "ratting/tattling" (getting someone in trouble) and "reporting" (telling about something to help someone keep out of trouble).

**What can you do if you see someone else being bullied?**

If you see someone else being bullied you should always try to stop it. If you do nothing, you're saying that bullying is okay with you. It's always best to treat others the way you would like to be treated. You should show the bully that you think what they're doing is stupid and mean. Help the person being bullied to tell an adult they can trust.

**Are you a bully?**

Have you ever bullied someone else? Think about why you did it and how you were feeling at the time. If you are sometimes a bully, try to find other ways to make yourself feel good. Remember, it's best to treat others the way you would like to be treated.

**Cyber bullying**

Cyber bullying can generally be defined as sending or posting harmful, malicious or inappropriate messages or images through e-mail, instant messages, cell phones, chat lines or Facebook; Creating websites or blogs with stories, cartoons or jokes ridiculing others

**It is emerging as one of the more challenging issues facing educators, since it has a direct impact on students but often occurs away from school property.**

**Internet Safety**

No action is foolproof, but there are steps students and parents can take to lessen the chance of being a cyber-bullied victim if unsolicited messages:

- Never give out personal information.
- Do not submit pictures of yourself to any website.
- Passwords are secrets; never tell anyone your password and do not respond to spam.
- Set up e-mail and instant messaging accounts with your parents' help.
- Do not respond to, or engage in, cyber abuse.

**Social Networking Sites**

Most teenagers visit sites to communicate with friends and meet new people. Facebook is a popular social networking site, one of many that have become increasingly popular with students, which allow students to create a free personal website, post pictures, add comments and meet "online friends." The personal website often includes input for full name, telephone number, address, etc. About 68 million people reportedly use Facebook, and according to Facebook, 32 per cent of its users are younger than 18.

The danger lies in that the Internet is vast, and constantly expanding. If students have not developed critical thinking skills, are unsupervised or create websites that are not monitored, they can be at risk of unknowingly communicating with predators or spammers.

As such sites proliferate; students should be warned not to post identifying information to a site. Parents should conduct frequent reviews of the child's site to ensure personal information or pictures have not been posted. MySpace will cooperate in shutting down a site created solely to harass another individual.

**If you are a victim of cyber bullying**

- Don't reply to messages from cyber bullies. Tell an adult you know and trust
- Do not erase or delete messages from cyber bullies. You don't have to read them, but you can keep them as evidence. The police can help you.
- Bullies are likely to register for an anonymous e-mail account such as Hotmail, Yahoo or Gmail using an alias. If you receive threatening e-mail messages, instruct your e-mail program to block messages from suspected e-mail addresses

**Suggestions for Parents**

- Set up the family computer in an open, common area so you can monitor what your child is sending and receiving.
- Remind them that anything they post or send in a message can be seen or read by virtually in the world.
- Purchase software that can track activity; there are parental controls in these products that filter both instant messaging (IM) and chat room activity. Always check in with your child about their Facebook account and texting log.

Encouraging children to be aware of, report and intervene when cyber bullying occurs will help limit the spread of this new form of abuse. (This article has been adapted from the Ontario Principal's Council)