

# Safe Schools Month Theme: Stand for Truth & Justice

VOLUME 2

PINE HILL MIDDLE SCHOOL

OCTOBER 2020

## **DATES TO REMEMBER**

**OCT 5-9**

Week of Respect

**OCT 12-16**

Mindfulness Week

**OCT 19-23**

Violence Awareness Week

**OCT 26-30**

Red Ribbon Week

**~ SPIRIT DAYS ~**

**10/8 & 10/9 - "Be a Superhero  
for Truth & Justice"**

**Wear your Superhero shirt**

**10/15 & 10/16 - "Truth & Justice  
Starts at School"**

**Wear Blue or Gold**

**10/20 & 10/21 - Unity Day**

**Wear Orange**

**10/29 & 10/30 - "Unmask Your  
Cause"**

**Wear Superhero Mask**

## ***JUSTICE IS TRUTH IN ACTION***

Safe Schools Month is made possible by the Pine Hill School District, Pine Hill Municipal Alliance, Pine Hill Police Department and PTO

## **Week of Respect**

The week of respect is recognized state-wide and begins the first Monday in October.

Students will be participating in classroom discussions and grade level contests promoting respect for themselves, others and the world.

Students will be hearing about, and discussing, the themes of truth, justice, respect, integrity, responsibility and empathy throughout October, and be expected to practice them throughout the year. These character building activities are designed to show how people can make a positive difference and avoid dangerous choices in their lives. October 20 & 21 we will observe "Unity Day". Students are encouraged to wear orange to school to show that we at PHMS stand together. Bullying of any kind will not be tolerated at Pine Hill Middle School. Students are encouraged to be "up-standers" and to report any case of bullying and injustice to an adult.

Our peer mediators will be helping spread the message of respect, unity and problem solving throughout our school.

## **Violence Awareness Week: Be Safe Online!**

Violence Awareness Week is designated the third week of October. During this week, the focus will be on justice and safety at school, online, at home, and in the community.

### ***QUESTION YOUR CHILD ABOUT THEIR ONLINE ACTIVITIES***

Common Online Forums:

AskFM

KIK

Twitter

SnapChat

Facebook

Oovoo

Tumblr

Instagram

YouTube

Vine

Tinder

Whatsapp

# Red Ribbon Week 2020

Red Ribbon Week is a nationally recognized drug and alcohol prevention initiative. Here at Pine Hill Middle, drug and alcohol awareness is included in Safe Schools Month. Red Ribbon Week activities will take place during the week of October 26.

“Be Happy. Be Brave. Be Drug Free.” is this year’s Red Ribbon Week theme. Students will be exposed to messages of empowerment, positivity, bravery, and strength as alternatives to substance use. Messaging will take place in the classroom, hallways, and cafeteria.

We also encourage students to speak with parents/guardians about the dangers of drug and alcohol use.

Students that talk to their parents about drugs on a regular basis are 42% less likely to use drugs, however only 25% of teens actually talk with their parents about the effects of drugs. We hope that you can find time to discuss the dangers of drugs and alcohol with your student during this week of awareness.

Parents are also invited to check out the “useful resources” included in this newsletter and also found under the SAC link on the Pine Hill Middle School website.



For more information about Red Ribbon Week visit <http://redribbon.org/>

## Resources

<http://teens.drugabuse.gov/>

<http://www.drugfreeworld.org/real-life-stories.html>

<http://www.samhsa.gov/>

<http://www.drugfree.org/>

## How to Talk to Kids about Drugs and Alcohol

What does your child know, or want to know, about alcohol?

What would your child do if they were offered alcohol?

Has your child ever seen drugs ? (marijuana prescription pills, etc.)

Does your child understand the dangers of prescription pills? (even though a doctor prescribed them, they are still not to be abused)

Do you and your child have a plan if they are in a situation and drugs/alcohol are present?

Is your child, or any of their friends, curious about drinking or trying drugs?

What are the risks of drinking and driving?

Why is it important for your child to avoid drugs and alcohol?

What are some ways to avoid risky situations, such as an unsupervised party?

## We've Got PHMS Pride

**Respect** Be tolerant and accepting of differences • Use good manners, not bad language • Be considerate of the feelings of others • Deal peacefully with anger, insults, and disagreements

**Honesty** Be open and trustworthy • Tell the truth • Admit mistakes • Build a good reputation

**Integrity** Be reliable — do what you say you'll do • Have the courage to do the right thing • Build a good reputation

**Responsibility** Do what you are supposed to do • Always do your best • Use self-control • Be self-disciplined • Think before you act — consider the consequences • Be accountable for your words, actions, and attitudes

**Empathy** Be kind • Be compassionate and show you care • Express gratitude • Forgive others • Help people in need