

Safe Schools Month

Pine Hill Middle School

October, 2018

Safe Schools Month Activities

"Start to Finish"
3-screens Assembly
10/12 (6th)
"Fix It"
3-screens Assembly
10/12 (7th & 8th)

"UNITY DAY"
promote a bully-free school!

10/24
wristbands for all students

Dress Down Day
WEAR ORANGE

Special appearances from the **Pine Hill Police Department** to discuss safety

Grade Level Contests with pizza party for the winners!

"Drug Free Me"
Natural High Videos played in homerooms

Drug and Alcohol Prevention

The purpose of this newsletter is to provide you with some talking points to use with your child and also share with you what your child will be doing here at school during the month of October including, the "Week of Respect and "Red Ribbon Week".

October 23rd- the 30th is "Red Ribbon Week"

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.

Students will be exposed to drug free messages here at school in their classrooms, in the cafeteria and in the halls. We tell our students, "Life is

your Journey, Travel Drug-Free," the theme of Red Ribbon Week 2018.

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/>

Talking Points

- 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?

Useful Resources:

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

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

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

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

Useful Resources

[Kids and Socializing Online](#)

[12 Social Media Apps Every Parent Should Know](#)

[Media and Digital Literacy](#)

[Teaching Kids Respect and Empathy](#)



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

The Week of Respect

The week of respect is recognized state-wide and is 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 respect, honesty, integrity, responsibility and

empathy throughout October, and be expected to practice them throughout the year. All grade levels will have a 3-screens presentation on October 12th. These character building assemblies are designed to show how people can make a positive difference and avoid dangerous choices in their lives.

October 24th is “Unity Day” and 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 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, students will have the opportunity to meet with Pine Hill Police officers and talk about safety at school, online and at home.

Students will participate in the green dot activity during this week.

With the ever-growing trends in technology it is hard to keep up with our children. Some of the latest additions to social media can be a platform for teasing and negative interactions.

Question your child about their online activities!



Common Online Forums:

AskFM:	KIK:	Twitter:
SnapChat:	Facebook:	Oovoo:
Tumblr:	Instagram:	YouTube:
Vine:	Tinder:	Whatsapp:

We’ve got that Panther Pride!

RESPECT

Treat others with respect; Do unto others • Be tolerant and accepting of differences • Use good manners, not bad language • Be considerate of the feelings of others • Don’t threaten, hit or hurt anyone • Deal peacefully with anger, insults, and disagreements

HONESTY:

Be open and trustworthy • Be reliable not to lie • Tell the truth • Admit mistakes • Build a good reputation •

INTEGRITY:

Be honest • Don’t deceive, cheat, or steal • Be reliable — do what you say you’ll do • Have the courage to do the right thing • Build a good reputation • Be loyal — stand by your family, friends, and country

RESPONSIBILITY:

Do what you are supposed to do • Plan ahead • 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 • Set a good example for others

EMPATHY:

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