

Week of Respect/School Violence Awareness/Red Ribbon Week

Livingston Public Schools and LMAC Celebration

NJDOE Recommended Weeks

October 7 – 11: Week of Respect

October 21 - 25: School Violence Awareness Week

October 28 – November 1: Red Ribbon Week

Wear Red Day: October 30

Livingston Public Schools – October Activities

Throughout the year, Livingston Public Schools work to address and meet the academic, social and emotional needs of all students. As a district, we are continuing our work on supporting student wellness and the school community by continuing to promote mindfulness and social emotional learning in schools. During the month of October, there are many activities programmed across all schools that support the *Week of Respect, School Violence Awareness Week and Red Ribbon Week*. Please read this newsletter to learn more about our district's upcoming important initiatives.

Burnet Hill Elementary School

Throughout October and the school year, Burnet Hill Elementary (BHE) will be participating in many school-wide celebrations, events, and classroom lessons that foster kindness while celebrating each other's differences. BHE is spreading acts of kindness as part of its daily routine so that the learning environment continues to feel both physically and emotionally safe. BHE is kicking off the month of October with the unifying tradition of gathering for a community meeting. Here, BHE will launch its introduction into the NJDOE social emotional learning competencies. Each month a new competency will be introduced. This competency will be highlighted as part of a weekly news broadcast for that month, along with a coordinating bulletin board. BHE is also excited to continue its Peaceful Playgrounds Program! They will have another "painting party" to freshen up the blacktop and support Peaceful Playground games. The BHE community will also be sponsoring a walk-a-thon organized by the BHE Student Council. The proceeds of this walk-a-thon will go to Livingston Neighbors Helping Neighbors.

In celebration of the *Week of Respect* and *School Violence Awareness Week*, the students, faculty, and staff will participate in a writing activity by creating a school-wide "Pass It On" story. Each class will add a sentence to the theme of the story: "Using Our Words for Peaceful Purposes." During the second week of October, kindergarten students will have a special visit from *The Seeing Eye*, a philanthropic organization and guide dog school that teaches children the importance of accepting and respecting everyone's differences. The Cheshire House will be presenting a Disabilities and Sensitivity Awareness Program to fourth grade students, who will have the opportunity to take part in activities such as a wheelchair obstacle course and other interactive activities. Livingston Police Officers will be visiting BHE during *School Violence Awareness Week* to speak to students about cyber-bullying. At the end of October, students and the BHE staff will meet as a community to read the completed "Pass It On". All grades will participate in the book study, *Ian's Walk* by Laurie Lears. This book and its lessons, examine the essential understanding: "There are ways in which we are different-not less than others, not better than others, just different."

Collins Elementary School

Throughout October and the school year, Collins Elementary School will be participating in many school wide celebrations, events, and lessons promoting social emotional learning through mindfulness, kindness, and celebrating tolerance, diversity and each other's differences. To kick off the month of October celebrations, Collins students will participate in lessons, book discussions utilizing Lester Laminack's books *Bullying Hurts* and *Reading to Make a Difference* by Katie Kelly and Lester Laminack, activities, pledges and announcements to help celebrate the *Week of Respect, School Violence Awareness Week and Red Ribbon Week*.

This year, the theme of the celebrations for the Week of Respect and School Violence Awareness Week will be based on the book *All Are Welcome* by Alexandra Penfold and Suzanne Kaufman. To enhance the learning, each class will create a poster demonstrating their understanding and commitment to accepting each other's differences, and celebrating

tolerance, diversity and inclusion. Posters will decorate the school's main hallway creating a gallery of ideas and understanding which students will be invited to view in a gallery walk to reflect on what they see, experience and read.

School Violence Awareness Week's theme is: Don't Stand by Stand Up, Stand Strong, Stand together. Student's will pledge to stand up to bullying and end the hurt it creates by standing strong and together against it. Read-aloud activities will take place in all classrooms with book discussions afterward. Both the Week of Respect and School Violence Awareness Week will culminate in a chalk talk activity for the whole school that will help to strengthen students understanding of the week's themes. The activity will also serve as a reminder to students entering the building in the morning, during the school day, after school and for any community member who might visit the school our commitment to stop bullying now.

Red Ribbon Week is the final celebration of the month reminding us to lead a healthy lifestyle and say "no" to drugs and alcohol. The theme of this week's celebration is "Collins scares drugs away" and during the week students will come together as a community to decorate a poster that embodies that message. Red Ribbons will greet students at the front door and throughout the school to remind us of the importance of the Red Ribbon Week's message of living a healthy, drug and alcohol-free life.

To wrap up Collins October celebrations, the Livingston Police Department Community Officers will visit all fourth and fifth grade students and talk with them about cyberbullying, internet safety, safe cell phone use, respect, sensitivity to differences and healthy decision-making skills. In addition, students will participate in themed dress up days. Throughout the year, we will continue to enhance student's social emotional learning through mindfulness and teaching tolerance, kindness, diversity and celebrating each other's difference across all content areas allowing students to practice and deepen their skills and understanding of these important topics in the Collins School Community.

Harrison Elementary School

October brings many opportunities to foster our students' social and emotional learning (SEL). This year, Harrison will be focusing on the term *flexibility*! We introduced this flexibility theme at our annual pep rally which was held on September 27th. The teachers and student volunteers utilized short skits and songs to demonstrate that the ability to think flexibly can help students navigate social situations, participate effectively in groups, solve problems and cope with change. The children had a great time as they strengthened their understanding of this SEL concept. Flexible thinking will certainly support the children as they grow into kind, confident and resilient young adults!

Harrison has a variety of community building activities planned to support October's *Week of Respect, School Violence Awareness Week and Red Ribbon Week*. The children will listen to our 5th grade students read *Feathers for Peacock* by Jacqueline Jules during our first Hero Group session. This book tells the story of how the kindness of others resulted in the peacock's beautiful feathers. Students will create a beautiful peacock and reflect upon the SEL vocabulary/concepts included within the story. These include terms such as community, empathy and compassion.

Community building will continue during *Chalk Day*. Each class will work together to create their own beautiful peacock adorned with SEL vocabulary! The children will also *Color A Smile* to cheer up members of our Livingston community.

The Livingston Police Department's community officers will visit each grade level during *School Violence Awareness Week*. They will lead age appropriate discussions regarding digital citizenship, cyberbullying and internet/cellphone safety. They will also support our school's kindness initiative by providing examples of how we can work together to create a positive, respectful and sensitive community. *Be the I in KIND* will be the theme of the week!

We will wrap up the October theme weeks during *Red Ribbon Week*. We will reinforce that we need to be kind to our bodies by developing healthy habits. These include getting plenty of sleep, physical activity as well as fruits and vegetables. Since we often discuss how these positive habits keep our bodies and brain healthy, we will bring the message full circle by this week's theme - *Let's grow our brains, not hurt our brains. Don't do drugs!* Each child will create a "brain" identifying the positive steps or actions they will take to grow their brain.

Throughout the year, these important themes will be promoted through continued mindful moments, practices and activities. We will build upon these early lessons and continue to reinforce that we should treat each other and ourselves, with *kindness as well as respect*. We look forward to a fabulous month!

Hillside Elementary School

Hillside Elementary School is ready for an October full of character! On Friday, October 4th, Hillside will be hosting its sixth annual Back to School Pep Rally to show Hillside spirit and support its Character Education Program. Students in each grade level will wear different colored shirts, representing a different Pillar of Character as follows: Kindergarten – Trustworthiness, 1st Grade – Respect, 2nd grade – Responsibility, 3rd Grade – Fairness, 4th Grade – Caring, and 5th Grade – Citizenship. These same pillars will also be the focus of each grade level's song, skit, cheer, etc. at the Pep Rally. The Pep Rally will end with our yearly Hillside School picture. On Monday, October 7th, we will kick off the Week of Respect with a Respect Poster Contest. The theme for the contest is: "Respect in School" – What does it mean to you? How can we show respect for one another? During the remainder of the week, students will be discussing the importance of standing up for others and being an "upstander." On Friday, October 11th, Hillside is happy to welcome Scott Chesney, who will present his assembly called, "Dream, Believe, & Work to Achieve."

Throughout the following weeks, including *School Violence Awareness Week* and *Red Ribbon Week*, students will be involved in a variety of lessons and activities which will both reinforce and introduce them to many ideas, including: Using "I" messages, dealing with conflict, showing kindness, begin a reflective listener, handling anger, and taking responsibility for mean words. The kindergarten students will have a special visit from *The Seeing Eye*, a philanthropic organization and guide-dog school that teaches children the importance of accepting and respecting everyone's differences. Students will have the opportunity to interact and learn from these special pups that one day will become Seeing Eye dogs that help to enhance the independence, dignity, and self-confidence of people who are blind. We are fortunate to have our Livingston Police Department visit our fourth and fifth grade students again this year to discuss the topics of social media and cyberbullying. The LPD visit will be followed by individual classroom discussions on the same topics.

Finally, for the first time at Hillside, all of our students will be involved in a program called the Apex Fun Run. The Apex Fun Run will teach our children about the benefit of serving others. Members of the program will visit all of our classrooms to work with our Hillside students to ensure that they understand that they are each capable of changing their school, and the world, in a profound way. This work will culminate in a school-wide Fun Run event where students will demonstrate their perseverance in completing a fundraising marathon.

Mt. Pleasant Elementary School

During the 2019-2020 school year, the Mount Pleasant Elementary (MPE) community will continue to grow in the areas of social and emotional learning. To celebrate the *Week of Respect*, *School Violence Awareness Week*, and *Red Ribbon Week*, MPE will be participating in several different activities and lessons that promote a safe and supportive community. MPE will hold its first Community Meeting of the school year in October! Students will read, *I am Human: A Book of Empathy* by Susan Verde. This book will help students to feel more connected with one another by describing the similarities we all have with each other. Students will brainstorm what characteristics make them human. Throughout the year, MPE will continue to foster mindfulness in our students as a means to become more self-aware, focused, and present. MPE will also participate in "Start with Hello" Week, Stuff the Bus and our annual Walk-A-Thon for Respect to raise money for a charity of the Student Council's choice. In addition, *the Story Pirates* assembly will be coming to MPE. During October students will be writing stories with the theme of anti-bullying, diversity, and kindness. Play writers will turn their stories into a play to be performed at MPE! The Livingston Police Department's Community Officers will present a lesson to the fourth and fifth grade students where they will discuss cyberbullying, internet safety, code of conduct and sensitivity to differences for *School Violence Awareness Week*. MPE will close out the month of October with themed dress up days to celebrate *Red Ribbon Week*.

Riker Hill Elementary School

There are many great activities for the entire school community during the month of October! Our Kindness Initiative began at Back to School Night, where our parents/guardians will leave their children "Words of Kindness," in the form of

a post-it note for them to see the next day. This will serve as inspiration for the students to write their own “Words of Kindness.” These post-its will be used as a guide for students to write on the blacktop during our “Chalk Talk” on October 7th. Select students will be recorded and featured in a “Words of Kindness” video that will be premiered at our October Family Gathering & Pep Rally.

During the *Week of Respect* students will also participate in themed dress-up days including, “Put bullying to bed, I got your back, Put a lid on bullying, and Riker Hill stands up to bullying,” as a way to spread messages about kindness and respect. Messages about kindness, respect, and tolerance will be read by fifth grade students during morning announcements all throughout the month. These messages will serve as a daily reminder that at RHE, students are kind and respectful. On October 16th, students will participate in a unique interactive assembly by special guests, *Story Pirates*. Students will have the opportunity to collaborate with the Story Pirates team of professionals by writing original stories. These stories will highlight our themes of kindness, respect and tolerance, which the actors and musicians will then act out through solving problems in a peaceful way. Kindergarten students will have a special visit from *The Seeing Eye*, a philanthropic organization and guide-dog school that teaches children the importance of accepting and respecting everyone’s differences.

During *School Violence Awareness Week*, teachers will weave the theme of anti-bullying and conflict resolution into their subject areas and discuss with students peaceful and effective ways to manage their feelings, be problem solvers and resolve conflicts. Our students will receive a special visit by officers from the Livingston Police Department to discuss safety and digital citizenship. Red Ribbon Week will wrap up the month of respect, and our students will participate in themed dress-up days showing their support to lead a healthy lifestyle.

Mt. Pleasant Middle School

Here at Mount Pleasant Middle School, we will be quite busy with some fun & informative activities throughout the month of October! First, to kick off our themes of respect & kindness, we are celebrating “Start with Hello” week (Sept. 23-27). “Start with Hello” is a week of events and activities that promotes awareness of social isolation and encourages students to reach out and make connections with people they may not know. The goal of this initiative is kick off the school year by “creating a culture of inclusion and connectedness” within MPM. MPM students will pledge to be a socially inclusive school community.

Students will also participate in theme days such as “Hey Day”, “Make Their Day” & “Positivity Day”. Students will sign our “Positivity Wall” in the cafeteria to keep the kindness going! Our “Pumas” have already come together to create a beautiful & colorful “Start With Hello” tree, complete with each students’ painted handprint. Throughout October, MPM will continue this theme by encouraging students to introduce themselves to others in order to foster new friendships & promote a positive school climate. We will celebrate the *Week of Respect*, *School Violence Awareness Week* and *Red Ribbon Week* in several ways.

During the *Week of Respect*, students will participate in a “Name That Respect Tune” played throughout the school each morning. Also, on October 7th, students will attend an assembly titled, “GO VIRAL”. This program is designed to challenge students to make real connections. Cell phones and social media have altered how we communicate today in some amazing ways. These tools are incredibly useful for navigating through life today. However, too many students are abusing these tools as well. Social media is filled misleading information or students posting images seeking affirmation via hearts, “likes” and smiles. GO VIRAL will challenge our students to post more real and encouraging comments. They'll be inspired to seek out face to face encounters and will be encouraged to appreciate the diversity of race, language, and culture that make up the community in which they live.

During *School Violence Awareness Week*, The Livingston Police Department will present on the importance of appropriate use of social media, the need for digital citizenship and the harmful social and emotional results of dangerous online use. As a follow up, each homeroom teacher will facilitate a lesson to educate students about bullying and prevention.

During *Red Ribbon Week*, students will participate in theme dress-up days and hear daily announcements about substance abuse statistics and resources. An advisory lesson will also be taking place to promote making healthy choices. Throughout the entire week, each homeroom will participate in a door-decorating contest relating to the 2019 Red Ribbon theme of

“Send a Message: Stay Drug Free.” This theme is a reminder that it’s up to each of us to send a message to ourselves, our peers, and our communities about taking care of ourselves and making healthy choices. Happy October! Let the fun begin!

Heritage Middle School

For the month of October, Heritage Middle School will be celebrating *Week of Respect*, *School Violence Awareness Week* and *Red Ribbon Week*. Parents, school staff and other adults in the community can help kids prevent bullying by talking about it, building a safe school environment and creating a community where bullying is not accepted. On Monday October 7th, Camfel Productions will present “Go Viral” which is an interactive experience that is designed to challenge students to make real connections by motivating them to act responsibly within the social media world. Students will be inspired to communicate more effectively and go viral with kind words and a smile.

During *School Violence Awareness Week*, Heritage Middle School students, along with staff and members of the Livingston Police Department, will be invited to participate in a “Volley Against Violence” activity. The message of the week shared with the students focuses on school safety and violence prevention strategies. The school-wide volleyball games provide a unique experience to join the school community and local law enforcement together.

During *Red Ribbon Week*, the students will participate in theme dress-up days and hear daily announcements about substance abuse statistics and resources based on the theme of “Send a Message. Stay Drug Free”. On October 29th, HMS is honored to host Eric LeGrand in celebration of Red Ribbon Week. All students will attend Eric’s presentation on overcoming obstacles and giving back to the community. Eric will share his own story of perseverance in hopes the students feel motivated to live their lives to the fullest and set long-term goals, vowing to reach them. On Wednesday, October 30th, all students and staff are encouraged to wear red to demonstrate the community’s commitment to substance abuse awareness.

Heritage Middle School will once again host Challenge Day! Approximately 100 students (both 7th and 8th graders) and 25 staff members will participate in this full-day experiential workshop for students and staff. The goal is to promote youth leadership, social inclusion, self-expression and positive change. Through a series of activities, icebreakers and small/large group discussions, we are continuing to work on positive decision making, empathy towards others, and awareness of opportunities. Throughout the year, we will continue to work on effecting positive change, self-expression and positive peer relationships and peer leadership.

Livingston High School

Throughout the month of October, Livingston High School (LHS) will participate in many activities that promote the *Week of Respect*, *School Violence Awareness Week* and *Red Ribbon Week*. Throughout the Week of Respect, students, faculty and staff are encouraged to wear blue in solidarity against bullying, “RAK” a Lancer by committing “**R**andom **A**cts of **K**indness” within our building and our community, and recognize our heroes who stand up for the bullied by dressing up as a favorite superhero. Students will enjoy inspirational and uplifting songs that will be played during the passing time between bells. At the end of the week, students will celebrate school spirit by dressing in Lancer gear or wearing green to demonstrate Lancer pride! Students and staff are asked to tweet their pictures with #LivingstrongGreen.

On October 22nd, Livingston High School is honored to host Dr. Michael Fowlin in celebration of our 2019 *Red Ribbon Week*. *Red Ribbon Week* is the nation’s oldest and largest drug prevention awareness campaign. This year’s theme is, “Send a Message: Stay Drug Free.” All ninth-grade students will witness Dr. Fowlin’s original and powerful performance of “You Don’t Know Me Until You Know Me,” which will surely grab their attention and heart. As both a professional actor and clinical psychologist, Dr. Fowlin presents various characters who share their personal struggles with identity, acceptance and social pressures. He will challenge students to minimize the barriers that keep us separate and to empathize with the struggles felt by so many. Students will complete a follow-up activity in their classroom to process this powerful presentation.

On October 24th at 7p.m. in the LHS Auditorium, Steven Benvenisti will present an evening program for parents and their children in grades 7-12 called, “The Most Significant Case of His Entire Career.” Steven is an award-winning motivational

speaker and personal injury attorney who has been featured on television, radio and has appeared before thousands to share the story of the most significant case of his career. The lessons learned from this case have inspired individuals and audiences throughout the United States. As a result of this case, Steven Benvenisti has devoted his legal career to representing personal injury victims, drunk driving victims, and others including those suffering from traumatic brain injuries, spinal cord injuries and other catastrophic injuries. Funding for this program is supported by the Livingston Municipal Alliance Committee.

Challenge Day will be held on November 11th this year at LHS and will have approximately 100 students in ninth through 12th grades participating, as well as 25 staff members. Challenge Day is a full-day experiential workshop for students and staff. The goal is to promote youth leadership, social inclusion, self-expression and positive change. Through a series of activities, icebreakers and small/large group discussions, the school community is continuing to work on positive decision making, empathy towards others, and awareness of opportunities. Throughout the year, the LHS Challenge Team will continue to work on effecting positive change, self-expression and positive peer relationships and peer leadership. Students will be able to begin applying to take part in the Challenge Day program in October.

All staff are encouraged to help celebrate and acknowledge respect throughout the month by decorating classroom doors. By utilizing the theme of respect or making a statement supporting the Red Ribbon Week theme, teachers will have conversations with students in their classrooms focusing on these themes and encouraging all students to reflect on what they can do to maintain a climate where everyone is empowered to “learn, create, contribute, and grow.”

Red Ribbon Week

Livingston children can raise awareness of living a drug-free and healthy lifestyle by participating in our district-wide theme days.

Monday, October 28th

“Peace Out to Drugs” – Wear your neon, tie-dye and peace sign apparel (K-8)

Tuesday, October 29th

“Team Up Against Drugs” – Wear your favorite sports team or school spirit apparel – (K-8)

Wednesday, October 30th

National Red Ribbon Day

“Show You Are Red-dy To Take a Stand Against Drugs”- Wear red (K-12)

Thursday, October 31st

“Say Boo to Drugs” – dress up in your Halloween costume (K-8)

Questions? Contact Mrs. Sinead Crews, Director of School Counseling
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