



# TEN-BROECK Elementary

2580 Stanley Street, Abbotsford, B.C., V2T 2R4

Phone: (604) 850-6657  
Fax: (604) 850-3237

Principal: Mr. J.W. Gottschalk  
Vice-Principal: Mr. M. Smith

October 2, 2008

## Dates to Note

**Monday, October 13 Thanksgiving Monday - no school**



**Thursday, October 16 - Movie Night @ 6:00**

PHOTO RETAKE DAY:

THURSDAY, OCTOBER 23RD @ 9:00 am



**Friday, October 24 - Non-instructional Day (no school for students)**

**Friday, October 31 - PAC (PARENT ADVISORY COUNCIL) Meeting (8:30 am)**

All parents/guardians welcome.

Presentation by Mrs. Cox (Ten-Broeck Learning Assistant Teacher)  
& Mrs. Szabo (District Hearing Support Teacher)

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### Anti-Bullying, Part I: What is Bullying?

*This is the first part in a discussion of the problem of bullying and what children and adults can do about it. Much of the discussion is taken from the book, Take Action Against Bullying, by Gesele Lajoie, Alyson McLellan, and Cindy Seddon.*

Let's start with a definition of bullying so that we have a common ground. An agreement on what constitutes bullying is an important first step because we all need to recognize it in all of its forms so that we can stop it. **Bullying occurs when a person is the target of repeated negative actions over time.** It is **not** when two persons of the same age, strength, or physical abilities have a quarrel; it occurs when there is an **imbalance of power**, which means that the child being victimized has trouble defending him or herself. The child who is doing the bullying usually shows little or no outward emotion and communicates to others through words or actions that the victim deserved the mistreatment. The bully **feels justified** in his/her actions.

All of us have an idea of what bullying looks and sounds like, and for most of us, it is probably the traditional kind of physical bullying portrayed in movies and books. But do you know that it can take other, far less obvious forms that are nevertheless just as hurtful? Listed below are the types of bullying that can occur on a regular basis:

- **Physical bullying**, as mentioned above. This can take the form of pushing, hitting, tripping, bumping, "budging" ( in front of others in a line-up) or any other physical act designed to hurt or humiliate the victim and establish the power of the bully.
- **Verbal bullying**. Name-calling, teasing, and threatening would be included here, and are just as hurtful as physical bullying. The old school-yard retort of, "Sticks and stones can break my bones but names will never hurt me," is clearly untrue, as anyone who has ever been taunted, teased, or threatened can attest.
- **Relational bullying**. This usually occurs when the victim is excluded from others or is made to feel less valuable. Everyone knows the sound of rejection: "You can't play with us," "Don't sit by me," or "Stop following us." Put-downs and exclusions can be made because of one's clothing, body shape, personal characteristics, religion, race, or because the person represents a challenge to the bully's power or popularity. Put-downs and exclusion from the company of others, even in very subtle forms, can be tremendously damaging to the victim, and also hard for adults to notice. Some adolescent and pre-adolescent girls can be particularly skilled at this form of bullying.
- **Sexual Harassment**. This is clearly bullying and can be either physical or verbal.

*The AHD Parent Support Group will be meeting on Thursday October 16, 2008, from 7:00 – 9:00 p.m. at Fraser Valley Child Development Centre, 102-32885 Ventura Ave Abbotsford. This month Ian Gladman, an Elementary School Principal from Langley will be here to talk about helping your child to be successful in school and also available to answer any questions you may have.*

*All parents/caregivers are welcome to attend these free sessions. For more information contact Wendy Bruzzese at 604-852-2686 ext 230.*

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**FOOD AND BEVERAGE SALES GUIDELINES**

**Q. What do the Guidelines for Food and Beverage Sales in Schools affect?**

Starting in September 2008, the Guidelines apply to any food or beverages sold to students within the school grounds, and at school organized events off the school grounds (such as track meets).

The guidelines apply to food sales to students, including:

- o Vending machines at school or school sponsored events
- o School cafeterias
- o School canteens
- o Concession Stands at school or at school sponsored events
- o Special days meals
- o In school fundraising

The guidelines do not apply to:

- o Food or beverages given away free of cost, such as classroom celebrations / food brought from home
- o Fundraising to community / adult audience.
- o Policing lunch bags

Note: The Food and Beverage Sales guidelines can be used as a guiding principle when making decisions about food brought from home for lunches or school celebrations.

You can download a copy of the Food and Beverage Sales guidelines from:

[http://www.bced.gov.bc.ca/health/guidelines\\_sales07.pdf](http://www.bced.gov.bc.ca/health/guidelines_sales07.pdf)

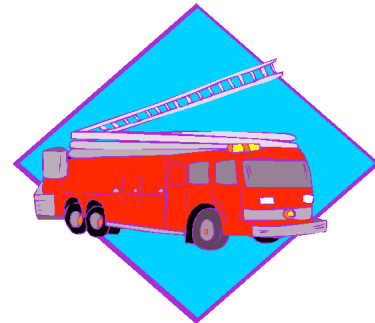
*For further information or questions, please contact Karen Hayley, RD, Healthy Living Specialist for SD #34, at karen\_rice@sd34.bc.ca*

**CITY OF ABBOTSFORD FIRE RESCUE SERVICE**

**invites you to  
FAMILY NIGHT**

**October 8, 2008 (6:00 - 8:00 pm)**

**VISIT YOUR LOCAL FIRE HALL**



**POWER TO PARENT**

**A VIDEO COURSE AND DISCUSSION GROUP FACILITATED BY PAULA LESAGE**

**EIGHT THURSDAY EVENINGS (7:30 - 9:30 pm) OCTOBER 2 - NOVEMBER 20**

**PLACE: Gladwin Heights United Church (3474 Gladwin Road)**

**COST: \$ 80 per person, \$ 140 per couple**

*(8 session video-course developed by internationally renowned developmental psychologist Dr. Gordon Neufeld, a best-selling and award-winning author.)*

*For further information, contact Paula LeSage at lesagepm@yahoo.ca or 604-850-7843*