



School Scuttle

Educational issues affecting military kids
Camp Lejeune - New River - Cherry Point

February 2010

This Month's Theme is:

Relationships

Bullies Are a Pain in the Brain!

PBS television personality and children's motivational speaker Trevor Romain has produced a DVD called *Bullies are Pain in the Brain*. What a perfect title to describe the idea that bullying is more than just a physical problem; it is primarily an emotional one. Many people forget it is not only the victims who are suffering, but children who bully are emotionally affected as well.

Bullying cause's children to be hurt, upset, miss school, do poorly on academic work, lowers self-esteem, causes children to withdraw from peers and lose interest in things they enjoy. All in all, bullying can really wreck a child's school experience.

Trevor's DVD, available for checkout at the Onslow County Library Military Resource Center, teaches kids that bullies bully for a reason. Understanding the that the physical and verbal abuse coming from a bully really has to do with what is inside the bully and not about the victim at all can help children become resilient in the face of attack. Children might find it easier to "tattle" on a bully if they think they are actually helping that child get the support he or she needs to take care of their inside problems.

There are three groups of students in a bullying triangle: the bully, the victim, and the bystanders. The last group is by far the largest. Why not sit down with your child and find out which group he or she belongs to and talk about their perspective. Bullies need help to express emotion in positive ways, victims need to understand the bullying is not their fault and that it is OK to tell, and bystanders need to learn to let the bully know they don't approve of the behavior and support the victim by letting adults know what is going on. Check out the website section in this month's newsletter for more information on bullying.



From the Bulletin Board...



ASK AN EXPERT

Q: My daughter says a boy is bullying her on the school bus. I told the bus driver about it and they moved the boy to a new seat, but she said he is still making comments to her. I don't know what to do about it. Any advice?

A: There are a couple of things that need to be addressed. One is the bullying and the other is your daughter's response to it. In "real life" we can only change ourselves, so I would start with talking to your daughter about what makes a bully a bully. Talk about the fact that this child is having problems in his own life that make him feel the need to control or have power over others. Help her to understand that bullying is a product of the bully not the fault of the person who is being bullied. That may help her to be able to ignore the comments and not be as affected by his behavior.

Next, bullying is not ok. If you have spoken with the bus driver, the next step is to talk with the principal. Riding a school bus is a privilege and not a right. Children who can not behave appropriately on a bus can be suspended from the bus for a period of time. Take careful notes of what dates the incidents occur and exactly what is said. This will help the principal in dealing with the other child's parent. Stay in close communication with the school regarding the problem. If you still feel like your child is getting targeted and feel you are not being heard at the school level, take your concerns to the superintendent's office if you live on base or to the student services department of the district office if you live off base. Again, documentation is key so keep good notes and send email when possible to keep a dated record of your communications.



WEB RESOURCES OF THE MONTH

STOP BULLYING NOW!

This government sponsored website provides resources for both kids and adults related to bullying. The website has signs to watch for to let you know if your child is being bullied, webisodes, games, and resources.

www.stopbullyingnow.hrsa.gov/kids/

KIDS AGAINST BULLYING

This website is very kid friendly. It features polls, contests, what if scenarios, and information on how to stop bullying. There is a downloadable coloring sheet that can be entered in their contest.

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

SPECIAL EDUCATION

What is the difference between an IEP and a 504 Plan (IAP)?

A 504 Plan helps a child with special health care needs to fully participate in school. Usually, a 504 Plan is used by a general education student who is **not** eligible for special education services. A 504 Plan lists accommodations related to the child's disability and required by the child so that he or she may participate in the general classroom setting and educational programs. For example, a 504 Plan may include:

- Plans to make a school wheelchair-accessible
- Your child's assistive technology needs during the school day
- Permission for your child to type assignments instead of writing them by hand
- Permission for your child to hand in assignments late due to illness or a hospital stay

Your child may be eligible for accommodations under a 504 Plan if he or she has a physical or mental health disability that limits one or more major life functions. A 504 Plan is supported by the federal civil rights law, Section 504 of the Rehabilitation Act of 1973. A 504 Plan is to be provided in programs that receive federal funds, such as public schools.

Each school is required to have a Section 504 Coordinator. Developing any plan requires working together as a team. Work with your child's school nurse, primary care provider (PCP), and the Section 504 Coordinator to create a 504 Plan.

In developing a 504 plan, the process should include:

A school evaluation; a letter from your child's doctor describing the disability, related problems, and needed medications and/or treatments; and identification of the accommodations to be provided - physical and instructional.

Source: Office of Health and Human Services, Massachusetts

*** If your child attends a DoDEA school this plan is called an I.A.P. Please ask your child's teacher and school administrator.

Check Out the NEW Military Family Resource Collection @ the Onslow County Library!

It is a one stop shop for anyone looking for resources related to military families. From toddler picture books to resources for educators who want to start a deployment group, to books for parents on coping with deployments, there is something for everyone. Items are available for inter-library loan if you live outside the local area. Please use this valuable resource so we can document the need and continue to grow the collection!

Mark Your Calendar!

UPCOMING EVENTS

Commissary Scholarship Deadline is February 17 @ <http://www.militaryscholar.org/>

DATE	EVENT	LOCATION
2-4	Positive Change of Schools Class 11:00-12:00 p.m.	Station HQ Bldg. Cherry Point
2-5	Special Needs Family Support Group 6:30-8:30 LINKS for Teens 6:00-7:30 p.m.	Russell Family Service Center Camp Lejeune Midway Park Family Services Annex Camp Lejeune
2-9	Onslow County School Board Meeting 7:00 p.m. - until	Board of Education, Georgetown Rd. Jacksonville, NC
2-11	Student Online Achievement Resource Training 11:00-12:00 p.m.	Station HQ Bldg. Cherry Point
2-12	Links For Kids 3:30- 5:00 p.m.	Midway Park Family Services Annex Camp Lejeune
2-13	FAFSA DAY – College Bound High School Seniors (see below)	State Employees Credit Union Jacksonville
2-17	Camp Lejeune School Board Meeting 10:00 am-11:30 am	Community Superintendent's Office, Camp Lejeune
2-19	LINKS for Teens (13 and up) 5-9 p.m. 449-5343	MCAS, New River Air Station



FAFSA Day 2010

Saturday, February 13, 2010 is FAFSA Day. On that day, financial aid professionals and other trained volunteers will help students and their families complete and submit their Free Application for Federal Student Aid (FAFSA) so that they can be considered for federal, state and other college funding opportunities. Students should visit CFNC.org/FAFSADay or call 866-866-CFNC for a list of locations and to determine the time for the most convenient location or to register for this free service. The FAFSA Day service is provided by College Foundation of North Carolina, the North Carolina Association of Student Financial Aid Administrators and the North Carolina State Employees' Credit Union.

Onslow County: 0900-1200
 SECU - Jacksonville Branch (Onslow County)
 1079 Western Blvd., PO Box 5408
 Jacksonville, NC 28546

COUNSELOR'S CORNER

What are the signs that my child is being bullied or is bullying others?

Parents cannot always assume their children will come to them if they are experiencing bullying. Watch your child for the following signs. Any one of them could indicate he or she is being bullied.

- Fear of riding the school bus
- Cuts or bruises
- Damaged clothing or belongings
- Frequently "lost" lunch money
- Frequent requests to stay home from school
- Sleeplessness or nightmares
- Lack of enthusiasm for hobbies or friends
- Declining school performance

Could My Child Be Bullying Others?

A child who bullies may exhibit some of the following behaviors:

- Frequent name-calling, for example, describing others as "wimps," "lame," or "losers"
- Regular bragging
- A constant need to get his or her own way
- Spending time with younger or less powerful kids
- A lack of empathy for others
- A defiant or hostile attitude; easily takes offense

If you believe your child is being bullied or bullying others please call the school counselor to make an appointment.

Source: <http://www.cfchildren.org/programs/hot-topics/bully/parents2/>

CONTACT US: We'd love to hear from you!

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