

The Parent Page



Life Education Centers
Pledge for Life Partnership



www.kan-i-help.org

Celebrating Wise Highs ... Choices for a Lifetime

January 2011

Illinois Adopts Antibullying Law

Last summer, Illinois governor Pat Quinn signed an anti-bullying law (Illinois ILCS § 105 5/10-20.14) to curb harassment in schools -- including bullying incidents based on sexual orientation.

A 15-member prevention task force on school bullying has been created and will submit a report to the governor by March 1. Illinois schools also are now offering programs designed to prevent gang activity.

The antibullying law also addresses any harassment that occurs through e-mail, text messaging and social networking Web sites in order to protect students outside the classroom.

"Bullying is not allowed in the state of Illinois," Gov. Quinn said at the signing ceremony in July. "We want every boy and girl to feel safe inside and outside of school." To see a detailed copy of the law, visit www.olweus.org.



Bullying Defined

Bullying among children is aggressive behavior that is intentional and that involves an imbalance of power or strength. A child who is being bullied has a hard time defending himself or herself and the behavior usually is repeated over time. Bullying takes many forms including:

Physical Bullying -- such as hitting or punching

Verbal Bullying -- Name calling and teasing

Nonverbal or Emotional Bullying -- Intimidation using gestures or social exclusion

Cyberbullying -- sending insulting messages or photographs by phone, e-mail or on computer social networks.

15th Annual Family Fun-a-thon

3-on-3 Basketball Tournament
Stuff & Fluff Clinic
Talent Showcase
And much more ...

February 13 at ONU

*Register Now!
See attached!*



Proceeds benefit
Life Education Programs



How to react if your child is being bullied

Here is some advice to keep in mind if your child ever tells you that he or she is being bullied:

Never tell your child to ignore the bullying. If the child were able to ignore it, he likely would not have told you about it.

Don't blame the child who is being bullied and assume that she did something to provoke it.

Listen carefully to what your child tells you and ask him to describe exactly what happened and who was involved.

Tell your child that bullying is wrong and that you are glad she had the courage to tell you about it. Assure her you will think about what needs to be done and will let her know what you are going to do.

If you disagree with how your child handled the bullying situation, don't criticize him.

Do not encourage physical retaliation as a solution. Hitting another student is not likely to end the problem and it could get your child suspended or expelled or escalate the situation.



Check your emotions. A parent's protective instincts stir strong reactions. Although it is difficult, a parent is wise to step back and consider the next steps carefully.

Help your child become more resilient to bullying.

Help to develop talents or positive attributes of your child. Suggest and facilitate music, athletics, and art activities. Doing so may help your child be more confident among his or her peers.

Encourage your child to make contact with friendly students in his or her class. Your child's teacher may be able to suggest students with whom your child can make friends, spend time, or collaborate on work.

Teach your child safety strategies. Teach him or her how to seek help from an adult when feeling threatened by a bully. Talk about whom he or she should go to for help and role-play what he or she should say. Assure your child that reporting bullying is not the same as tattling.

Ask yourself if your child is being bullied because of a learning difficulty or a lack of social skills? If your child is hyperactive, impulsive, or overly talkative, the child who bullies may be reacting out of



Help your child meet new friends outside of the school environment. A new environment can provide a "fresh start" for a child who has been bullied repeatedly.

annoyance. This doesn't make the bullying right, but it may help to explain why your child is being bullied. If your child easily irritates people, seek help from a counselor so that your child can better learn the informal social rules of his or her peer group.

Home is where the heart is. Make sure your child has a safe and loving home environment where he or she can take shelter, physically and emotionally. Always maintain open lines of communication with your child.

Keep your emotions in check and emphasize that you want to work with the staff at school to find a solution to stop the bullying.

Do not contact the parents of the student(s) who bullied your child. This is usually a parent's first response, but sometimes it makes matters worse.

Expect the bullying to stop. Talk regularly with your child and with school staff. If the bullying persists, contact school authorities again.

How to talk with educators when your child is being bullied

Every day thousands of kids wake up afraid to go to school because they are being bullied. Parents should never be afraid to call the school and ask for help to stop the bullying. Here are some suggestions how to react if your child is being bullied at school:



Parents are often reluctant to report that their child is being bullied, but children often need help to stop it.

Children frequently do not tell their parents that they are being bullied because they are embarrassed, ashamed, frightened of the children who are bullying them or afraid of being seen as a "tattler."

If your child tells you about being bullied, it has taken a lot of courage to do so. Your child needs your help to stop the bullying.

- Keep a written record of all incidents that your child reports to you. Include the names of the kids involved, where and when and what exactly happened.
- Ask to meet with your child's classroom teacher and explain your concerns in a friendly, nonconfrontational way.
- Ask the teacher about her observations: Has she suspected bullying? Is your child getting along with others in class? Has she noticed that your child is being excluded from playground or other activities.
- Ask what she can do to investigate and help stop the bullying.
- If you are concerned about how your child is coping, ask to speak with the guidance counselor or other school-based mental health professional.
- Set up a follow-up appointment to discuss progress.
- If there is no improvement after reporting the problem to your child's teacher, speak with the school principal.



The Parent Page is published by the I-KAN Regional Office of Education with funding from the Illinois Department of Human Services and support from the

Pledge for Life Partnership.

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website: www.i-kan.org

The information provided in this edition of the Parent Page newsletter was provided by the **Stop Bullying Now** website. For additional information, advice and other tips visit their website at

www.stopbullyingnow.hrsa.gov



Pledge for Life Partnership Family Fun-a-thon

TALENT SHOWCASE

**Sunday, February 13 at the
Family Fun-a-thon at ONU**

Talent Showcase begins at 2 p.m. in Chalfant Hall.
Check-in and sound checks begin at 12:30 p.m.

Individuals, groups and families ages 5 to adult welcomed!

Pre-paid entry fee is \$5 per participant and includes general admission to the Family Fun-a-thon which runs from 1:30 to 4:30 p.m. Admission to the showcase is included in the \$5 Family Fun-a-thon general admission fee. Audience members may pay the \$5 at the door.

Attire, music and content must be respectful to families and Olivet Nazarene University. No vulgarity permitted. Performances must be limited to three minutes. Dance entries are not allowed. Participants must bring their accompaniment tape or CD labeled. Participants will be notified of their performance times. **Registration deadline is January 21, 2011.**
For more information, call the Pledge for Life Partnership at 815 936-4606.

Sponsored by the I-KAN Regional Office of Education Life Education Centers & the Pledge for Life Partnership

Showcase Registration Form

To register, complete the form below for EACH participant and mail it with your payment (make checks payable to Pledge for Life, Inc.) to the Pledge for Life Partnership, 189 E. Court Street, Suite 403, Kankakee, IL 60901.

Performer's Name: _____ School: _____

Individual Duet Group

Address: _____ City/State/Zip: _____

E-Mail Address: _____ Name of group or family entry: _____ Number of performers: _____

Contact Person: _____ Phone: _____ Amount Enclosed:(\$5 each) _____

Brief description of performance and title of music: _____

Parental Consent: In consideration of the acceptance of this entry, I, on behalf of my child, his/her heirs, executors, administrators and assignees do hereby waive and release any and all rights and claims for damages he/she has or may have against the organizers of this event, its principals, its employees, all sponsors and their representatives, and any and all claims of damages, demands, actions whatsoever in any manner, as a result of his/her participation in this event. I attest and verify that my child is physically fit and has not been advised otherwise by a qualifying medical person. Further, I hereby grant full permission to any and all of the foregoing to use my child's likeness in any broadcast, telecast, web, video or print media of the event without compensation to him/her.

Parent or guardian signature(s): _____ Date: _____
(If participant is under 18)

15th Annual Family Fun-a-thon's

Build Your Own

Stuff & Fluff Clinic for Kids of All Ages

Children 5 and under must be accompanied by an adult.

2 to 3 p.m.

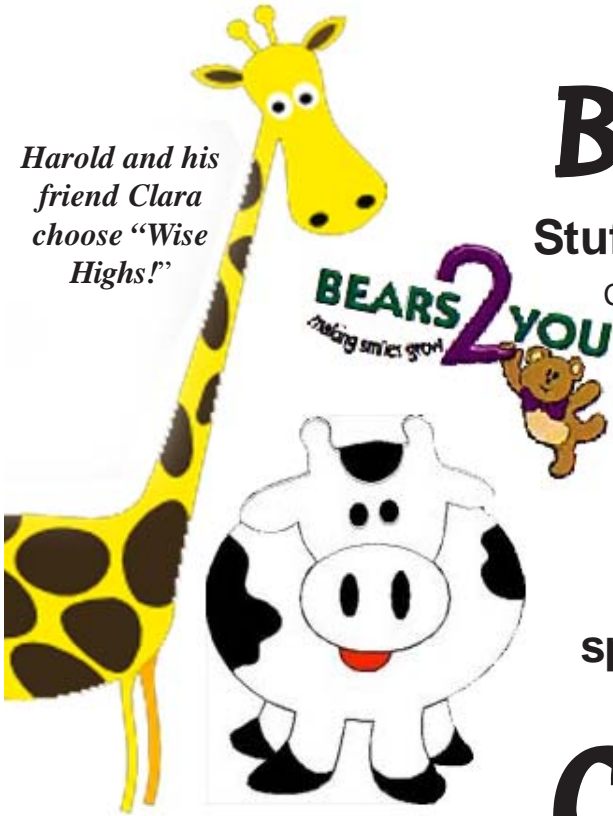
Sunday, February 13

McHie Arena at Olivet Nazarene University

Help the Life Education Center
spread the news about good nutrition
by building

Clara the Cow

Harold and his
friend Clara
choose "Wise
Highs!"



Cost is \$15, which includes the kit (provided by Bears 2 You) and admittance to the Family Fun-a-thon. Register early! Seating is limited. Registration deadline is January 21, 2011. Additional registration forms available at www.i-kan.org. For more information call the Pledge for Life Partnership at (815) 936-4606.

Registration Form



All proceeds benefit the Life Education programs. To register, complete the form below and mail to:
The Pledge for Life Partnership, 189 E. Court Street, Suite 403, Kankakee, IL 60901.

Name: _____ Age: _____ Grade: _____

Parent or Guardian's name: _____

Telephone: _____ e-mail if available: _____

Address: _____ City: _____ Zip: _____

_____ Enclosed is my check for \$15.

NOT A SCHOOL SPONSORED EVENT.

Make check payable to Pledge for Life, Inc.

Parental Consent: In consideration of the acceptance of this entry, I, on behalf of my child, his/her heirs, executors, administrators and assignees do hereby waive and release any and all rights and claims for damages he/she has or may have against the organizers of this event, its principals, its employees, all sponsors and their representatives, and any and all claims of damages, demands, actions whatsoever in any manner, as a result of his/her participation in this event. I attest and verify that my child is physically fit and has not been advised otherwise by a qualifying medical person. Further, I hereby grant full permission to any and all of the foregoing to use my child's likeness in any broadcast, telecast, web, video or print media of the event without compensation to him/her.

Parent or guardian signature(s): _____ Date: _____

(If participant is under 18)



3-011-3 Basketball Tournament



NOON TO 4:30 P.M.
Sunday, February 13th, 2011
In MChie Arena @ Olivet Nazarene University
For 5th – 6th Grade and 7th – 8th Grade Boys and Girls
Double Elimination – Every team will play at least two games!

The cost is \$40 for a team of 3-4 players. All players on the same team must qualify for the same bracket. Fee also includes admittance for each player to the Pledge for Life Partnership's 15th Annual Family Fun-a-thon. Spectator entrance fee is \$5, which also includes admittance to the Family Fun-a-thon. Gym shoes are required!
Registration is limited! Teams will be accepted on a first come basis! The registration deadline is Friday, January 28, 2011 (or until the 40 team slots have been filled.)

To register, complete this form and mail it with your payment to the Pledge for Life Partnership, 189 East Court Street, Suite 403, Kankakee, IL 60901 (checks payable to Pledge for Life) (815) 936-4606

Team Name: _____ Team Captain: _____ (Captains should be a team member.)
 School Name: _____ Team Bracket: _____ Boys 5th-6th Grade Girls 5th-6th Grade Boys 7th-8th Grade Girls 7th-8th Grade

Parental Consent: In consideration of the acceptance of this entry, I, on behalf of my child, his/her heirs, executors, administrators and assignees, do hereby waive and release any and all rights and claims for damages he/she has or may have against the organizers of this event, its principals, its employees, all sponsors and their representatives, and any and all claims of damages, demands, actions whatsoever in any manner, as a result of his/her participation in this event. I attest and verify that my child is physically fit and has not been advised otherwise by a qualified medical person. Further, I hereby grant full permission to any and all of the foregoing to use my child's likeness in any broadcast, telecast, video or print media of the event without compensation to him/her.

Player's Name (PRINT CLEARLY)	COMPLETE Mailing Address (Print Clearly – we mail out your game time and bracket information)			Phone Number(s)	Boy or Girl	Grade	Parent/Guardian Name/Signature <small>Parent or guardian signature is required for EVERY team member listed!</small>	
	Mailing Address: e-mail address:	City: Zip Code	City: Zip Code				Print name Signature	Print name Signature
1	Mailing Address: e-mail address:	City: Zip Code	City: Zip Code				Print name Signature	Print name Signature
2	Mailing Address: e-mail address:	City: Zip Code	City: Zip Code				Print name Signature	Print name Signature
3	Mailing Address: e-mail address:	City: Zip Code	City: Zip Code				Print name Signature	Print name Signature
4	Mailing Address: e-mail address:	City: Zip Code	City: Zip Code				Print name Signature	Print name Signature