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2018 - 2019

Penn Hills Charter School of Entrepreneurship

# Soar Above Bullying

## current topics >>>

### *Bullying: A Public Health Issue*

*The National Academies of Sciences, Engineering and Medicine have reported that one third of children in the United States have been impacted negatively by the different types of bullying: verbal, physical, social. Bullying has a major effect on academic performance, truancy rates, mental, and physical health.*



Middle School Move 2 Stand Students taking off their "masks" and identifying their true selves.

## *Team Up to Stop Bullying It's Alright to be Polite!*

*While education is an essential part of growing up, school can be an intimidating place. Not only are students focusing on getting good grades and meeting parents' performance requests, but they are added into a school system where there is pressure from both the classroom and students in it.*

In 2012, I was honored with the request to become an anti-bullying coordinator at Penn Hills Charter School of Entrepreneurship. In a majority of cases, schools are safe and nurturing places for students, and school leaders and staff members are dedicated to making sure schools remain safe learning environments for all students. However, I recognize that bullying is a serious issue that every school in the nation faces. Nationwide, research shows that more than half of all school-aged children will be involved in bullying every year as a victim or a perpetrator with many more witnessing bullying acts on a regular basis.

As an educator, I have witnessed inundating amounts of physical, mental, and social bullying throughout my career. After reflecting on each and every incident, I knew it was my time to make a difference and put forth my best effort to put an end to bullying. With the request of taking on the anti-bullying position at PHCSE, I received appropriate training and became a certified Olweus Anti-Bullying Trainer/Consultant. Over the past several years, bullying has become one of the most serious issues faced by children and teens today. With the many incidents witnessed, seen on the news, and read about daily, I have made it my goal to spread the word and gain community support to put an end to bullying.

## Team Up to Stop Bullying Continued...

At PHCSE, we believe in working together with parents and community members to combat bullying. Though a majority of bullying incidents occur during school hours, bullying does not cease at the school doors. It occurs at bus stops, parks, summer camps, and in neighborhoods. We need you, the community, to help spread anti-bullying messages outside of our school grounds.

If you would like to partner with PHCSE and make a donation as a way to provide support and resources needed to enhance the Olweus Bullying Prevention Program within our school, please go to the [PHCSE Olweus Bullying Prevention](http://phcharter.org/olweus-bullying-prevention/) webpage or insert the following web address into your browser: <http://phcharter.org/olweus-bullying-prevention/> to make an online donation. You can also donate on the enclosed "Soar Above Bullying Walk-A-Thon" flyer and partnership form.

Your contributions will assist with the continuation of the Olweus program for the upcoming school year so that each and every student continues to feel safe on our campus.

Mishelle Rayburg,  
Olweus Anti-Bullying Coordinator/Trainer



*Mr. Eric Johnson, STARS Nashville Move 2 Stand Program Director, talks to PHCSE Middle School students about peer and cultural relationships.*



PHCSE annual March Against Bullying Rally

# Olweus Bullying Prevention Program (OBPP):

The Olweus Bullying Prevention Program (OBPP) reduces bullying in elementary, middle, and high schools. The OBPP is not a curriculum, but a program that deals with bullying at the school-wide, classroom, individual, and community levels.

## What is Bullying?

Bullying is when someone repeatedly and on purpose says or does mean or hurtful things to another person who has a hard time defending himself or herself.

Bullying can take many forms: hitting, verbal harassment, spreading false rumors, social exclusion, sending nasty messages on the phone, or through the Internet.

The OBPP is the most researched and best-known bullying prevention program available. It is utilized in schools all across the world. This research-based program reduces bullying in schools. It also helps to make school a safe and more positive place where students can learn.



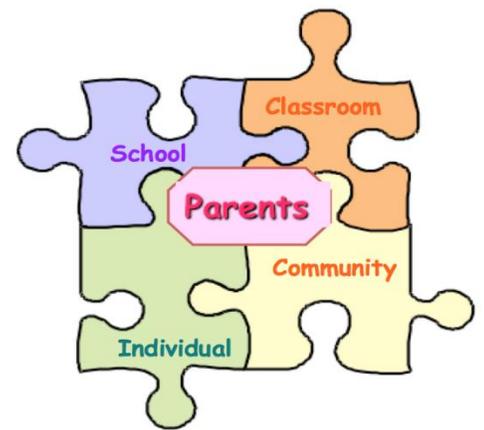
Mrs. Wood, 4<sup>th</sup> grade teacher and Olweus Co-Chair, talks to the PHCSE student body about bullying during the annual March Against Bullying Rally.

# Olweus Bullying Prevention Program Goals:

*Penn Hills Charter School of Entrepreneurship's ultimate goal is to provide a safer and more inclusive learning environment for ALL students. Our school has implemented the OBPP because we are striving to create an environment that promotes the best education for each and every student.*



1. To reduce existing bullying problems among students.
2. To prevent the development of new bullying problems.
3. To achieve better peer-peer and peer-staff relations at school.
4. To create a culturally responsive learning environment.
5. To provide students with tools and resources needed to successfully overcome a bullying situation as the bully, the victim, and the bystander.



## Community Involvement:

*There are several reasons why you have been sent information regarding Penn Hills Charter School of Entrepreneurship's Anti-Bullying Partnership/Donation form:*

1. Partnerships are essential to support PHCSE's Prevention Program.
2. Bullying does not just happen in schools. With your help, we can work together to put an end to bullying.
3. We need your help to spread anti-bullying messages and principles of best practice in the community.
4. We simply, as a school, cannot prevent/end bullying alone.

## Messages from the Co-Chairs >>>

There are several reasons why I took on the challenge of being one of the co-chairs of the Olweus Anti-Bullying Program. First and foremost, I believe in teaching our scholars character that will carry with them for the rest of their lives. One of the most important reasons why I took on this calling was because if I could help one student from feeling the way my sister did, I would be making a difference. In high school, my sister went through a very tough time with not only bullying at school, but also cyber bullying. As her sister, I felt helpless. I tried contacting her teachers and coaches, but nothing seemed to help. All I could do is reassure her that in time it would get better. As my sister went through this tough time in her schooling I decided that I would do my part in training our youth about the power of kindness.

I strongly believe that if we teach our youth from the ripe age of kindergarten, we can instill the character traits each child needs in order to create a bully free world! Through the use of the Olweus Anti Bullying Program, we instill lessons and spark conversations with our students around bullying and how it affects everyone differently. I find pride in knowing that the Olweus Committee is providing our scholars at PHCSE with the tools they need to create a world in which kindness is chosen over all else.

- Nina Tortorice  
Primary Academy Olweus Chair

*It has been a privilege to first serve as a member, and now as one of the co-chairmen, of the Olweus Anti-Bullying Committee since 2015. As a classroom teacher, I see first-hand how bullying affects the daily life of many of my students. Additionally, I was a victim of bullying, by one of my closest friends, throughout most of my life and it is my goal to do everything in my power to try and stop this unfortunate epidemic at PHCSE.*

*The Olweus Program provides the tools to resolve conflict and teaches the scholars to stand up for themselves, in an appropriate manner. The program also creates an open line of communication between the student and the teacher, which is a crucial step in helping the student feel safe and heard. For me, at the end of the day, knowing that the committee and its' work is drastically influencing our children in a positive manner is one of the best feelings in the world.*

- Dana Wood  
Intermediate Academy Olweus Chair



As a middle school teacher I frequently witness the adverse effects that bullying and peer pressure can have on students. Not only do students have lower self-esteem and struggle emotionally, but bullying can also negatively impact a student's academic ability. I also struggled with bullying while I was in middle school and I always try to convey to my students that their actions now will not be easily forgotten years later.

The Olweus program helps both teachers and students deal with bullying in an appropriate and positive manner. I have had the pleasure of integrating the Olweus program into my class community meetings for the past four years and it is astounding to see the progress that my students have made. This program has truly helped my students become more inclusive and create a true sense of a "classroom family".

It is because of the results that I have seen firsthand in my own classroom that I made the decision to join the Olweus team. I wanted the opportunity to be able to assist my colleagues in using the Olweus program so that we can experience an overall change in the climate of the school and not just individual classrooms.

- Kailey Tritt  
Prep Academy Olweus Chair

Mrs. Tamara Thomas - Principal/Chief Academic Officer

Mr. Wayne Jones - Chief Operating Officer



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Check us out on the Web!  
<http://phcharter.org/olweus-bullying-prevention/>

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