

Baileywick Bylines

October 12, 2009 volume 1 number 7



A Little Guidance

Dee Bostick, Guidance Counselor

Several years ago WCPSS strongly encouraged every school to adopt a school wide violence prevention program. Baileywick selected the Second Step program by Committee on Children because it was research based and focused on teaching students pro-social skills that can help all children get along with other people and do better in school. Second Step lessons are divided into three main areas:

Empathy: Children learn about feelings and ways to show understanding toward others.

In this area students learn the following:

- ❖ Body Language Awareness
- ❖ "I feel" Messages
- ❖ Active Listening

Impulse Control: Children learn new ways to solve problems and practice such skills as apologizing, dealing with peer pressure, and setting goals.

In this area they learn to practice the following problem solving steps:

1. What is the problem?
2. What are some solutions?
3. For each solution ask:
 - ❖ Is it safe?
 - ❖ Is it fair?
 - ❖ How will people feel?
 - ❖ Will it work?
4. Choose a solution and use it.
5. Is it working? If not, what can I do now?

Anger Management: Children learn to manage their anger in ways that do not hurt others or themselves.

In this area they learn to practice the following steps:

1. How does my body feel?
2. Calm down:
 - ❖ Take three deep breaths.
 - ❖ Count backwards slowly.
 - ❖ Think nice thoughts.
 - ❖ Talk to myself.
3. Think out loud to solve the problem.
4. Think about it later:
 - ❖ Why was I angry?
 - ❖ What did I do?
 - ❖ What worked and didn't work?
 - ❖ What would I do differently?
 - ❖ Did I do a good job?

All grade levels have Second Step kits that have developmentally appropriate lessons that teach these skills. The fourth grade uses a variation of Second Step called Steps to Respect that uses literature to teach children a variety of friendship skills as well coping skills for bullying, including recognizing bullying, using assertive behaviors to refuse bullying and reporting bullying to adults. These lessons emphasize that all members of the school community must take responsibility for decreasing bullying. There is a family video for most grade levels that parents may borrow from me that gives an overview of the skills taught in the lessons and how parents can reinforce these skills. You can contact me at 518-0078 or by email at abostick@wcpss.net.

Responsibility Respect Courage Kindness Self-Discipline
Integrity Perseverance Good Judgment



Important Dates

Oct. 12-15: Book Fair Continues
Oct. 12: School Store
Oct. 13: Data w/Ms. H, 7-8 pm
Oct. 15: Data w/Ms. H, 8-9 am
Oct. 19: School Store
Oct. 21: Early Early Release Wed.
Oct. 22: FNO, Chick fil A on Six Forks, 5-8 pm
Oct. 23: Spirit Day
Oct. 30: Teacher Work Day. No school. Happy Halloween!
Nov. 2-6: 5th grade Shakespeare Residency



Spirit Wear Recycling

Natalie Henderson

New Spirit Wear is due in soon. Has your child outgrown their old things? We are still accepting gently used spirit wear of all shapes and sizes to pass on to new owners. Donation bin is located next to the Boxtop collection box across from the office.

Boxtops Collection

Krista Wright

Boxtops is off to a great start. Our first submission date is fast approaching though! We need you to send in any Boxtops you have by Oct. 15 so they can be redeemed. Also, keep sending in Campbell Soup Labels and Tyson chicken labels. These are all FREE ways for us to earn money! Thank you!

How'd We Do??

Deborah Petersen, PTA Treasurer

Thanks for all those who turned out for our Zaxby's Family Night Out. We raised \$335! The Zaxby's gift certificates were won by Alex Bently and Ms. Sherwood. Thanks to Zaxby's for the fun bounce house and delicious snow cones! Next Family Night Out is Thur., Oct. 22 at Chick Fil A on Six Forks. See you there!

Data with the Principal:

Kathy Hartenstine, Principal

Sharing our school data with our Baileywick families is important. You are invited to attend one of two sessions in October to receive information about EOG testing and assessment results for grades K-2. This is your chance to dialogue with me about school data and the actions we are taking to improve the school's testing scores. Please plan to attend one of the sessions; Tues., Oct. 13 7-8 pm or Thurs. morning, 8-9am on Oct. 15th. Child care will be provided.

The 2009 Baileywick Book Fair is Here!!

Laurie Wood

The Book Fair is open for all to enjoy, Mon., Oct. 12-Thur., Oct. 15, 8:45-4:30 pm! Your children will be visiting the Book Fair this week with their classes. They will browse and select books of interest to them. They will bring home their Wish List for your review. If you decide to purchase books for them, please return the Wish List with the correct money on the date they return to the Fair to make their purchases.

We still need volunteers to help the kids with their purchases! If you are interested in volunteering, please contact Laurie Wood at lrfwood@bellsouth.net. Please come out and support our PTA and the Media Center through your purchases at Book Fair.

Counselor Tip:

Remember that most things parents worry about don't usually happen.

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NCPTA Night at the Carolina Hurricanes Game

Amy Wilson, PTA President

Get your tickets now for **North Carolina PTA Night to benefit the Parent Involvement Program, Sat. Nov. 21st.** The Hurricanes take on the Tampa Bay Lightning, at 7:00 pm at the RBC Center. The North Carolina PTA has teamed up with the Hurricanes to bring you a special opportunity! Purchase a deeply discounted ticket for the Nov. 21st game and support the NC PTA--a portion of every ticket purchased through this offer will benefit the NC PTA's Parent Involvement Program.

To purchase and print out your tickets at home, visit carolinahurricanes.com/ncpta. Pricing as follows:

Location	Game Price/Your Price:	Your Donation:
Upper Corners	\$40 /\$30	\$7.50
Balcony Premier	\$45 / \$35	\$7.50
Lower North/South	\$80 / \$50	\$10

2009-10 Reflections Art Program - "Beauty Is..."

Sandra Bettenhausen, Chair

Thanks to all who've expressed interest in participating in this year's Reflections Art Program. If you turned in your form, you should have received a copy of the participation guidelines, either via e-mail or in today's Monday folders. If you did not receive guidelines, please contact me at 847-6554, or sbettenhausen@nc.rr.com.

Didn't turn in a form, but are still interested? It's not too late; just contact me and I'll send the guidelines to you. Or, you can visit www.ncpta.org and look for the Reflections link on the home page. As a reminder, this program is sponsored by the National PTA and recognizes outstanding student works in six artistic areas: literature, musical composition, photography, film/video production, dance choreography, and visual arts. This year's theme is "Beauty is..." and all entries must be turned in by Mon., Nov. 2nd.



What's For Lunch?

Tues., 10/13: Chicken Tenders w/roll, Toasted Cheese sandwich, whole kernel corn, Seasoned green beans, chilled pears, fresh fruit.

Wed., 10/14: Mac and Cheese w/roll, Turkey Corn Dog, Baked Beans, Chilled Pineapple, Steamed Broccoli, fresh fruit.

Thur. 10/15: Tex Mex Tacos w/chips or soft shell and salsa, Veggie Hot Pocket w/Marinara, shredded lettuce and diced tomatoes, chilled peaches, seasoned veggie blend, fresh fruit.

Fri. 10/16: Hot dog in bun w/chili, Cheese Enchiladas, baked French fries, chilled applesauce, creamy sole slaw, fresh fruit..

Mon. 10/19: Cheese pizza, Oven baked chicken w/roll, seasoned peas, chilled pears, whole kernel corn, fresh fruit.

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Got IEP?

Wondering what Special Education Services has to offer?
Come find out when Wake SEPTA presents

SES 101 - A Guide to Wake County Special Education Services

Presented by WCPSS Special Education Services

Wednesday, October 14, 2009

Kresge Auditorium

Café Center, Meredith College, 7:00 pm.