



As you are most likely aware, we have a school-wide focus on anti-bullying. This is in response from feedback gleaned from students and parents during the 2015-2016 school year. Please note the following:

Been Bullied

28% of U.S. students in grades 6–12 experienced bullying.²20% of U.S. students in grades 9–12 experienced bullying.¹⁵

Bullied Others

Approximately 30% of young people admit to bullying others in surveys.

Seen Bullying

70.6% of young people say they have seen bullying in their schools.³70.4% of school staff have seen bullying. 62% witnessed bullying two or more times in the last month and 41% witness bullying once a week or more.³When bystanders intervene, bullying stops within 10 seconds 57% of the time.

Been Cyberbullied

9% of students in grades 6–12 experienced cyberbullying.²15% of high school students (grades 9–12) were electronically bullied in the past year. However, 55.2% of LGBT students experienced cyberbullying.

**See more tips on the back cover of this newsletter.

As a parent, you can help your kid to take a stand against a bully at school or online. Empower her with these tips:

- **Start early.** Research suggests that the more open, supportive and trustworthy relationships between parent and child are critical (9). In fact, children who defend their peers that are bullied are more likely to describe having an open, supportive relationship with their mothers (8). Establish a routine of talking about her school day in detail, avoiding yes or no questions. The more comfortable she is chatting with you, the more likely she'll share if she witnesses bullying.
- **Bullying 101.** Help your child recognize the difference between bullying, playful teasing and everyday conflicts. Bullying, by definition, is the repeated harassment of one child by a more "powerful" peer. Power can be anything from physical dominance to popularity.
- **Clear message.** Talk about bullying and relationships frequently with your kid, and include your expectations for how she treats other children. Give explicit advice—instead of simply saying, "be nice," encourage her to eat lunch with and organize recess games with everyone.
- **Avoid joining in.** Many witnesses opt to avoid becoming the group's next target by chiming in with the ridicule. Convey that while you expect your child to be brave enough not to cave to peer pressure, that doesn't mean she has to confront someone who's being physically aggressive or violent. Instead, focus on other things she can do (see suggestions under "Do something").
- **Do something.** Simply standing by doesn't help anyone, so tell your kid to step in if she witnesses bullying. Studies have revealed that when bystanders intervene, bullying behavior stops more than half of the time (2). Getting involved doesn't have to mean signing your child up for boxing lessons. Instead, teach her to tell a trusted adult, say something to the bully (if she feels safe doing so), band together with a group of others to say it is not OK, recruit other children to divert attention away from the incident, or reach out to the child who has been bullied.
- **Role-play.** Brainstorm different bullying situations with your child, and help her act them out.
- **Cyber awareness.** Your child doesn't have to be physically present to be effected by bullying. If she sees a classmate being targeted online, encourage her to save the message and report the cyberbullying to an adult. Many social media sites have mechanisms for reporting abuse, so if your kid's a Facebook fanatic, help her become familiar with how to report harassment on the world wide web.
- **Inspire empathy.** Bullying often has devastating consequences for victimized children later in life, so teach your child to ask the child targeted if he's okay, offer to spend time together, or to simply say sorry that it happened.

Taking a stand against a bully—especially one with social or physical clout—is never easy. Help by giving your child the knowledge, skills, and support she needs to appropriately intervene when she witnesses bullying behavior. Your kid will not only learn tolerance and respect in the process, she'll become part of a larger solution to the bullying epidemic today—and quite possibly inspire her peers to take action too.

Taken from: www.education.com

RVHS

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NEWSLETTER
9/28/16



Principal—Amy Rupp

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stopbullying.gov

WELCOME BACK TO A NEW SCHOOL YEAR

Dear Families,

I hope that the adjustment to the 2016-2017 school year has been a smooth one. Our student population is once again over 500 students, and the faculty and staff are working to make sure that all academic needs are being met.

Clubs are in full swing, and many students are utilizing activity period to work on homework. Many students are participating in remediation classes, with several students completing the Project Based Assessment.

Our anti-bullying campaign is in full swing. Students are learning about showing kindness and defending other students against bullying. I have seen a decline overall in bullying incidents, but we still have work to do. Please refer to the middle and back of this newsletter for ways to work with your children to open up lines of communication when it comes to bullying.

As always, please reach out should you have any questions or concerns.

Amy Puffp



Welcome Mr. Bauer! Mr. Bauer is the newest addition to the RVHS faculty. He is teaching Chemistry 1, 2 and Organic Chemistry. We are happy to have him on our team!



Upcoming Events

October 11th

Senior Financial Aid Night

October 27th

Halloween Parade at HS
Last day of 1st 9 weeks

November 11th

Veteran's Day Assembly

November 18th

First day of Winter Sports

November 24th —29th

No School

New Bus Procedures

In an ongoing effort to provide the safest transportation possible for your child/children, please note the following Redbank Valley School District bus regulations.

Bus Requests –Students will be assigned one morning bus and one afternoon bus to provide daily transportation to and from school. The District does not accept requests to allow students to switch busses on different days of the week, unless an emergency arises. An exception will be permitted for court defined guardianship requiring student alternate residence during the school week. It is your responsibility to make arrangements for pick-up or drop-off of your child when you do not want him/her to ride their assigned bus.

Bus Passes – Due to bus safety regulations, minimal changes will occur in daily bus transportation. **In extenuating circumstances**, a Bus Pass Request will be considered for Principal approval. The Bus Pass Request Form is obtained through the Principal's Office and must be submitted to the school office for approval. The form is also located on our website.

Extenuating circumstances DO NOT include travel to the home of a friend.

