



Clifton Elementary Stars

NEWSLETTER

Principal: Yogi Cherp
Assistant Principal: Stephanie Williams

Secretaries: Linda Steavens
Jan Passchier

Si usted desea una explicación en español de este artículo, por favor de llamar al 254-5484



February / March 2019 Newsletter

1st Grade Music Program: Thursday, February 7, 6:30 - 7:30
No School, Elementary Planning Day: Monday, February 11
No School, Holiday: Monday, February 18
No School, Conferences by Invite: Monday, February 25
Class / Spring Pictures: Friday, March 1
Preschool Open House: Tuesday, March 5, Miss Deb's Room, 4:30 - 6:30
3rd Grade Music Program: Tuesday, March 5, 6:30 - 7:30
North Star Assembly: Friday, March 8, 3:15

FROM THE PRINCIPAL

Bullying is....

A person is being bullied or victimized when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more persons. (OLWEUS, 1991)

Conflict is a normal part of growing up. Normal conflict may require some adult assistance in resolving issues, but typically teens learn how to work out their differences on their own.

Bullying is different because it involves danger of someone being physically or emotionally hurt.

Look over the chart. Identify examples of normal conflict vs. bullying.

NORMAL PEER CONFLICT	BULLYING
Equal power or friends	Imbalance of power, not friends
Happens occasionally	Repeated negative actions
Accidental	Purposeful
Not serious	Serious with threat of physical or emotional harm
Equal emotional reaction	Strong emotional reaction from victim and little or not emotional reaction from bully
Not seeking power or attention	Seeking power, control or material things
Not trying to get something	Attempt to gain material things or power
Remorse-will take responsibility	No remorse-blames victim
Efforts to solve the problem	No effort to solve problem

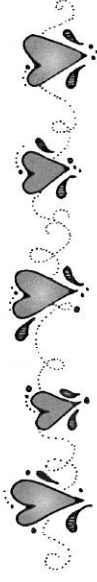
Friendly Teasing vs. Hurtful Teasing

We have talked about all the different kinds of bullying. In middle school, two forms of bullying in particular-verbal aggression in the form of teasing and sexual harassment- get trickier and more complicated.

Let's look at both....

<u>FRIENDLY TEASING</u>	<u>VERSUS</u>	<u>HURTFUL TEASING</u>
Equal power; friends	vs.	Imbalance of friends power; Not friends
Neutral topic	vs.	Sensitive topic
Playful purpose	vs.	Purpose to upset
Purpose is to include	vs.	Purpose is to exclude
Funny	vs.	Sarcastic

- Teasing, just like bullying, is a power issue. Bullies use hurtful teasing to establish or maintain power over someone.**
- It is never OK to tease people about a personal topic they are sensitive about.**
- Before you tease someone, ask yourself why you are doing it.**
- Your intention is what counts. If your teasing is intended to make someone feel left out, they you are involved in hurtful teasing.**
- Sarcasm is often meant to put someone down.**



FROM THE HEALTH OFFICE

As you may have heard on the news or read in the newspaper, there have been confirmed cases of the flu in Mesa County. Influenza or "the flu" is a respiratory illness that is contagious. It is a virus that is spread by droplets when a person coughs, sneezes, or talks.

Signs and symptoms of the flu **may include**: fever or feeling feverish, chills, cough, sore throat, muscle or body aches, headaches, runny or stuffy nose, feeling very tired, vomiting or diarrhea (more common in children).

A person may be contagious before they know they are sick. According to the Centers for Disease Control and Prevention (CDC), a person may spread the flu virus one day before they begin to have symptoms and up to five to seven days after they become sick. This is why washing hands is so important!

Ways to prevent the flu include a yearly flu vaccine, frequent handwashing, staying away from people that are sick and covering cough and sneezes.

If your child should develop flu-like symptoms, it is important they stay hydrated by drinking fluids and get plenty of rest. If you should have any questions or concerns, contact their healthcare provider. During this time, your child should stay home and rest. They should not return to school until they have been fever free for 24 hours without fever-reducing medication.

For more information about the flu contact your child's primary care provider or go online to: www.cdc.gov/flu



Thank you,
Lorena Perez, Health Assistant &
Sheila Polhamus, R.N.



Preschool Open House

There will be an Early Childhood Preschool Open House at Clifton, in Miss Deb's Preschool modular, on Tuesday, March 5 from 4:30 p.m. to 6:30 p.m.

Your child must be 3 or 4 by July 15, 2019. If you are interested, come see if your child meets the eligibility requirements to attend the program.



GIRLS ON THE RUN

If you have a 3rd, 4th or 5th grade girl, she can be a part of Girls On The Run.

The Girls on the Run season starts after school on Tuesday, February 19. The last day will be Saturday, May 4.

Girls On The Run will be on Tuesdays and Thursdays after school from 4:00 p.m. to 5:30 p.m.

If you have any questions, call Mrs. Drayton at 970-254-4760

