

# *West Babylon Junior High School*

Trustworthiness

Respect

Responsibility

Fairness

Caring

Citizenship



*Integrity*

*Compassion*

*Flexibility*

*Togetherness and Teamwork*

*Empathy*

*Kindness*

*Perseverance*

*Family*

*Community*

*Resiliency*

*Honesty/Truth*

*Character Education / Social Emotional  
Academic Learning*



*"Academics is the cornerstone of education, but character is the building block of life"*

## **What is social and emotional learning?**

Social and emotional learning is a process for helping students develop knowledge, understanding and skills that support learning, positive behavior, and constructive social relationships. Social and emotional learning is an approach that teaches students to recognize, regulate and express the social and emotional aspects of their lives so they can operate successfully in the world and manage life tasks.

## **Why promote social and emotional learning?**

Schools that create socially and emotionally sound learning and working environments, and that help students and staff develop greater social and emotional competence, in turn help ensure positive short and long term academic and personal outcomes for students.

Social emotional learning promotes students' academic success, health, and well-being. At the same time, it prevents a variety of problems such as alcohol and drug use, violence, truancy and bullying.

A large body of scientific research has determined that effective SEAL in schools significantly improves:

- Social-emotional skills
- Attitudes about self and others
- Social interactions

It also decreases levels of emotional distress and behavior problems.

*\*Teach values that build character\**



## West Babylon Junior High School promotes principles of good character:



Your character is defined by what you do, not what you say or believe .



Every choice you make helps define the person you are choosing to be.



Good character requires doing the right thing, even when it is costly or risky.



You don't have to take the worst behavior of others as a standard for yourself. You can choose to be better than that.



What you do matters, and one person can make a big difference.



The payoff for having good character is that it makes YOU a better person, and it makes the world a better place.

# What Can Parents Do?



Parents and schools must work together to support the efforts in recognizing that bullying in any form is intolerable. By working together, we can succeed in addressing the problem constructively.

## When your child is being bullied.....

- Find out, in detail, exactly what happened.
- Avoid blaming anyone, especially before the facts surrounding the incident are verified.
- Although you might be tempted to do so, do not encourage your child to be aggressive or to strike back, but rather discuss and role-play with your child assertive alternatives to responding to bullies. The school social worker can help with this.
- It is important for “victims” to learn effective ways to respond in order to help break the bullying cycle.
- If the bullying incident occurs outside of school, speak with parents of the bully directly. This will often help to solve the problem quickly, most importantly before it escalates.
- In the case of cyber bullying, notify the hosting website. Facebook and MySpace are among the social networks that will work with you to stop this anonymous form of harassment .
- Contact the Dean’s Office **immediately** so the school is aware.

## When your child is the bully.....

- Find out, in detail, why your child is being called a bully. This might be difficult, but it is important to make yourself listen and discuss the actions of your child.
- Do not blame others or your child, but point out emphatically that bullying is NOT acceptable in your family or in society in general.
- Be specific about the consequences you, as a parent, will impose if the bullying behavior continues, and then follow through on those consequences.

- If the bullying has occurred in school, be aware that the school policy will require disciplinary action.
- Discuss and role-play with your child to help him or her understand the impact of such bullying behavior.
- Be sure to model non-bullying behavior in your own interactions with people.
- Reward improvements, and teach your child to speak out on behalf of anyone they see being bullied.

## **CYBER BULLYING**

*Technology has opened up wondrous things to our students. Unfortunately, the misuse of technology has opened up anonymous and extremely hurtful methods for bullies to use. As a parent, you can safeguard your child by setting rules for the use of the computer, including placing the computer in a common room rather than in a place where it cannot be easily monitored by you as a parent. Just as the school has created an acceptable use policy for students at school, parents can have a contract with their children as to what sites they are permitted to visit, whether or not they can be part of a social networking site, what information is safe or not safe to give over the internet, and never using the internet to harass others. Consequences can be set for inappropriate use. Children should also be strongly encouraged to tell their parents if they become the target of online bullies.\*\*\*Parents are strongly advised to contact the Dean's Office **immediately** with any inappropriate use.*





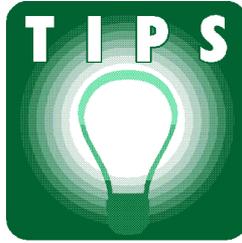
Early adolescents are in a particularly difficult state of development. Changes in height, weight and body chemistry are taking place, and they are starting to become more independent. Children develop at their own unique pace, so it's difficult to tell exactly when yours will learn a given skill, or if what's going on is "typical" to their development. They also are often intimidated and frightened by their first middle school level experience because of the large numbers of students, teachers, and the size of the building.

The characteristics below will give you a *general* idea of what to expect of your 6<sup>th</sup> grader both socially and emotionally.

### **Sixth Graders**

- Are sensitive, have a strong need for approval from others, are self-conscious, and lacking in self esteem
- May display immature behavior because their social skills frequently lag behind their mental and physical maturity
- Are particularly concerned about peer approval and acceptance, and may need close friends their own age that can provide comfort they find hard to get from adults
- Greatly need and are influenced by adult role models who will listen to them and affirm their moral consciousness and actions as being trustworthy role models
- Are inquisitive about adults and will challenge their authority
- Experience mood swings often with peaks of intensity and unpredictability; may also overreact to ridicule, embarrassment and rejection
- Seek to become more independent and find their own identity
- Exhibit intense concern about physical growth and maturity as profound physical changes occur
- Believe that personal problems, feelings, and experiences are unique to themselves
- Are psychologically and socially vulnerable, because at no other stage in development are they more likely to encounter so many differences between themselves and others, and are starting to develop their own attitudes, values, and beliefs

## TIPS FOR PARENTS...



There are many things you can do to promote your child's social and emotional success:

- Support your child's efforts and praise accomplishments
- Listen and openly talk with your child
- Recognize that your child's feelings are real and be careful not to minimize or dismiss them
- Understand your child's need to be like his peers
- Tolerate (within reason) your child's developing likes and dislikes in clothes, hairstyles, music
- Encourage your child's goals and plans for the future
- Spend time together as a family
- Educate your child about risks associated with alcohol and drug use
- Talk with your child about the physical changes in puberty that affect height, weight, and body shape
- Avoid critical statements or nagging about eating, weight or appearance
- Show an interest in your child's school life

# Important phone numbers

**Principal** - Mr. Scott Payne – 376-7201

**Assistant Principal** - Dr. Nicole Marcik-McCloskey – 376-7201

## Deans Office:

Mr. Ian Rodgers 376-7207

Mr. Malcolm Hirsch 376-7208

Mr. Tom Horstmann 376-7275

## School Social Worker:

Ms. Cassandra Mensch 376-7297

## School Psychologist:

Dr. Michele Read-Feryo 376-7230

## Guidance Counselors:

Kathleen Gibbs 376-7295

Lorraine Zemba 376-7294



*Once an eagle,  
always an eagle!*