



The Pink Panther

Henry J. Kaiser, Jr. Elementary School

25 South Hill Court, Oakland, California 94618 (510) 879-1710

SCHOOL & COMMUNITY NEWSLETTER

NOVEMBER 27, 2006

Dear Kaiser Families,

I'm coming to the end of our Thanksgiving break and reflecting on what to share with you. I could tell you that report cards are coming next week, but your child probably told you that. I could give you some tips about homework, but your child's teacher probably told you that. Instead I want to take a few minutes to focus on a continuing problem in our schools, which very few people want to talk about: **bullying**. Oh, I'm still very thankful for our children and our learning community. That's why it's important to talk about something that threatens the relationships that hold our community together.

Call me naïve, but I believe that if we teach our children how to deal with bullying and how to defuse the bullying dynamic, we can change the world. Our children will someday be in leadership positions where the values and social skills they acquire now will influence how they'll behave then. If we define bullying as using power to terrorize the victim(s) to get them to do what the bully wants, I'm sure you can see the connection to many adult social problems. In their classrooms our teachers have been talking about the bully dynamic: bully, victim, ally and bystander. They all participate and have a role in the dynamic and none really profits.

Bullies hurt their victim through name-calling, threats, extortion, or physical violence. Victims receive that pain and either internalize it, destroying their own self-esteem, or externalize it and become the bully to someone else. Allies join either the bully in hurting the victim, or the victim in getting hurt and planning revenge. (Is this the beginnings of gang behavior?) And bystanders watch and give their silent approval to the whole thing.

What can we do?

We can make a difference. We can be kind.

Bullies are people who are in pain for some reason, and mistakenly put others in pain to feel more powerful (and less hurt) themselves. By being kind to bullies (and indeed to all children) we give them respect and help them to feel good about themselves and help them to feel more equal.

I'm not advocating becoming a victim; rather, taking the initiative to be kind first defuses the bully dynamic. We can give praise and encouragement to help bullies feel more competent and powerful (bullies grab power and use force because they feel weak). And we can call them on it; often we are the bystanders, thinking our silence maintains our innocence. Bullies take our silence as either approval or cowardice, both of which feed the bully dynamic. We can take steps not to participate in the bully dynamic as an ally to the bully; rather be an ally to the victim.

And hardest of all, we can stop being victims. It may be hard to hear, but there is no bully without a victim. I'm not blaming the victim as the initiator, but often victims are paralyzed by their fear and we need to prepare ourselves and our children for the times when someone tries to bully us.

I've included several paragraphs from a website about violence prevention, www.safeyouth.org. Please take the time to review them, on the pages inside this issue of the Pink Panther. They have methods that can help us all.

Mel Stenger, Principal

Getting In The Know

Sally Foster Orders

You should have received your Sally Foster order by now and hopefully have had time to look it over.

If there was a problem with your Sally Foster order, please let Lisa Downes know by **Wednesday, Nov. 22nd**. 510-532-5913 or lisadownes@sbcglobal.net

Middle School Information Night Wednesday, December 6

There will be an information night for parents interested in learning about middle school options on Wednesday, December 6 at 6:00pm in the auditorium.

Representatives from Edna Brewer, Bret Harte, Montera, and Claremont will be present to give a summary of their school and answer any questions. Please join us.

Upcoming Student Assemblies:

Dec.6th-Wed.9:00

Stagebridge Storytellers,
"Multicultural Folktales and Lifestories"

How to be in the *Pink Panther*

To include your story or information
in your school newsletter:

forward your news, questions or article to
the editors by 5:00 p.m. on Sundays via:

mryder@ix.netcom.com and
kbradley@ix.netcom.com

KAISER CALENDAR

DATE / DAY	EVENT
Nov 30	PTA Board Meeting
Dec 1	Gardening Day
Dec 6	Middle School Information Night
Dec 11	Reflections Deadline for Submissions
Dec 20	SSC Meeting (Student Site Council)
Dec 21	Winter Performance
Dec 25 – Jan 5	Winter Recess: School Closed!

The Kaiser School Web Site

<http://www.kaiserelementary.org>

- Info about fundraising events
- After school programs
- **Teacher classrooms online**

How to Reach Kaiser School

Our phone number is **(510) 879-1710**
(includes a 24 hour message service).

To participate in the school community group,
go to (and join) this website:

[http://groups.yahoo.com/group/
kaiserelementaryschool_group/](http://groups.yahoo.com/group/kaiserelementaryschool_group/)

News You Can Use

School Bullying Prevention

While approaches that simply crack down on individual bullies are seldom effective, when there is a **school-wide commitment** to end bullying, it can be reduced by up to 50%. One approach that has been shown to be effective focuses on changing school and classroom climates by raising awareness about bullying, increasing teacher and parent involvement, forming clear rules and strong social norms against bullying, and providing support and protection for all students.

This approach involves teachers, principals, students, and everyone associated with the school, including janitors, cafeteria workers, and crossing guards. Adults become aware of bullying, and they involve themselves in changing the situation, rather than looking the other way. Students pledge not to bully other students, to help students who are bullied, and to make a point to include students who are left out.

Parent Response to Bullying

If Your Child Is Being Bullied

First, listen to your child. Just talking about the problem and knowing that you care can be helpful and comforting. Make sure that your child knows that you do not blame or feel disappointed in him or her.

Encourage your child not to retaliate against the bully or to let the bully see how much he or she has upset your child. Getting a response just reinforces the bullying behavior. Tell your child they should stay calm and respond, "I don't like your teasing and I want you to stop right now" or "Stop doing that now. If you keep on, I'm going to report you to the principal." Some children say nothing and walk away. At other times, it can be more effective to use humor to defuse the situation. Brainstorm with your child to develop some effective responses. Then role-play different approaches and responses with your child so that he or she will be better prepared .

Encourage your child to go immediately to a teacher, principal, or other nearby adult if he or she feels seriously threatened.

Encourage your child to form strong friendships. A child who has loyal friends is less likely to be singled out by a bully, and they can be valuable allies if your child is targeted. Encourage your child to participate in positive social groups that meet his or her interests, such as after-school groups, church groups, extra-curricular activities, or teams.

If Your Child Is Bullying Others

If you learn that your child is bullying others, sit down and talk with your child immediately. It is important to take the problem seriously, because children and youth who bully others are at a greater risk for serious problems later in life. Give your child an opportunity to explain his/her behavior, but do not accept any excuses or justifications. Make it clear that bullying will not be tolerated and outline the consequences for further unacceptable behavior. If the problem is occurring at school, tell your child you support the school's right to punish him/her if the behavior persists.

Encourage your child to try to understand how the bullying feels to his/her victim. Bullies often have trouble empathizing with their victims so it is important to discuss with your child how bullying feels.

Increase your supervision of your child's activities and whereabouts, and know whom your child is spending time with. Stop any show of aggression immediately and help your child find other, nonviolent ways of reacting to certain situations. Praise your child for appropriate behaviors.

If the bullying continues, you need to seek help for your child. Without intervention, bullying can lead to serious academic, social, emotional and legal difficulties. Talk to your child's pediatrician, teacher, principal, school counselor, or your family physician. If the bullying continues, a comprehensive evaluation by a child and adolescent psychiatrist or other mental health professional should be arranged. The evaluation can help you and your child understand what is causing the bullying and help you develop a plan to stop the destructive behavior.

Kaiser Kiosk

Thank you to everyone who made our 32nd Annual Silent and Live Auction A Successful FIESTA!

Your generous contributions will support and sustain programs that all our children enjoy.

Our final numbers are not in yet. If you have receipts for which you need to be reimbursed, please get them in so we can get our numbers finalized.

**The rough estimate is we raised \$25,000,
which was our goal!**

Special thank you's go out to:

- Alison May for personally soliciting so many of our auction items.
- Lisa Downes for guidance, energy and enthusiasm.
- Ramona Dixon, our fast and efficient runner.
- Ports' Seafood for their continuing support of our school.
- Bonnie Pearson who donated all the beautiful flowers and did an amazing job decorating.
- Cynthia Thompson, Kimberlee White, Gail Elliott for the delicious food.
- Dennis Whaley ran the bar as smoothly as always.
- Lesley Clark, Shawn Walker-Smith, Brad Paulus and all our volunteers who made check out fast and painless.
- Julie Mills for coordinating all of our hard working volunteers.
- Linda Pulido Esquivel for lining up the wonderful jewelry donations.
- Our Master of Ceremonies Mr. Tom Rust who always helps encourage parents to bid up and enjoy themselves with his wit and humor.
- All the volunteers who helped with set up and worked the night of the event.
- And most importantly.....a great big thank you to event chairs Liz and Bill Hall who spent countless hours before, during, and after the event. Not only did they orchestrate a wonderful and lucrative evening, but they did so in the midst of a move with unpacked boxes surrounding them. And they're still showing up with a smile. Sombreros off to them!

Don't Look Now, But...

The Spring Walkathon is coming!

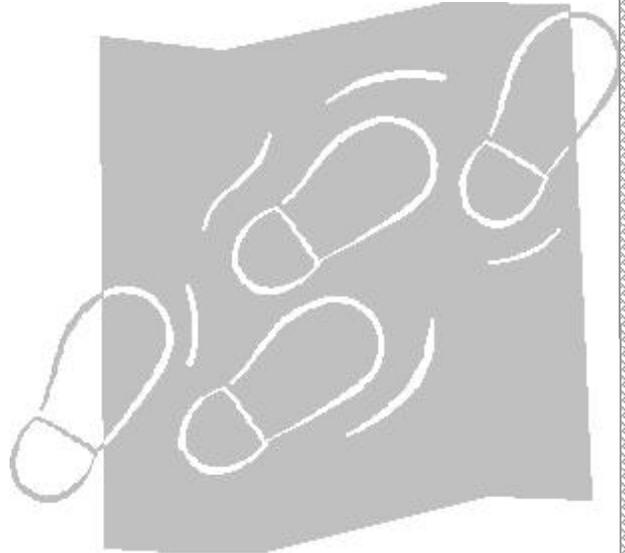
WE NEED VOLUNTEERS!

To help get the event organized,
please contact: Lisa Cartolano at

510.213.1139

or

lisa.cartolano@prurealty.com



Meanwhile, don't forget **ESCRIP!**
To sign up, go to www.escrip.com.

Contact Lisa Cartolano at 510.213.1139 if
you need assistance getting set up.

2006-2007 Pink Panther Staff:

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Kids Take The Page



If I were a part of nature
I would feed the poor
And everybody would be happy
- *Nikki Tauch*

If I were a rain cloud
I wouldn't rain
And make everyone sad
- *Tommy Gonda*

If I were a pumpkin
I would give you seeds
And scare you, BOO!
- *Nicholas Wai*

If I were an apple
I would be eaten
And nobody would see me again
- *Yasmine Wilson*

If I were a bubble
I would float up high
And not pop
- *Savannah Whaley*

If I were a pool
I would be comfortable
And have water to swim in
- *Noah Kendrix*

If I were a black hole
I would suck everything up and
Spit it out in another universe
- *Nolan Roger*



Thanks to the students in Jill Reese's 5th Grade Class