



### **Spotlight!**

**DeKalb Middle School received a WiiU for their P.E. classes...**



**...they also received the CATCH P.E. curriculum as part of their *Healthy School Team* initiatives to incorporate Wellness lessons into P.E. class. Way to go DMS!**

***STARS Nashville will be coming to perform their Kids On the Block program called "Be A Hero", which focuses on bullying prevention. They will be at SES and DWS on April 19, 2016.***

**Using puppets and other teaching tools, KOB promotes understanding and acceptance of all children and adults, regardless of their differences.**

### **Understanding Bullying**

#### **What is Bullying?**

The CDC defines bullying as any unwanted aggressive behavior by another person or group of people that involves an observed or perceived power imbalance and is repeated or is highly likely to be repeated. Bullying can include aggression that is physical (hitting, tripping), verbal (name calling, teasing), or relational/social (spreading rumors, leaving out of group). Bullying can also occur through technology and is called cyber-bullying.

#### **Effects of Bullying**

Bullying can result in physical injury, social and emotional distress, and even death. Victimized youth are at increased risk for depression, anxiety, sleep difficulties, and poor school adjustment. Youth who bully others are at increased risk for substance use, academic problems, and violence later in adolescence and adulthood.

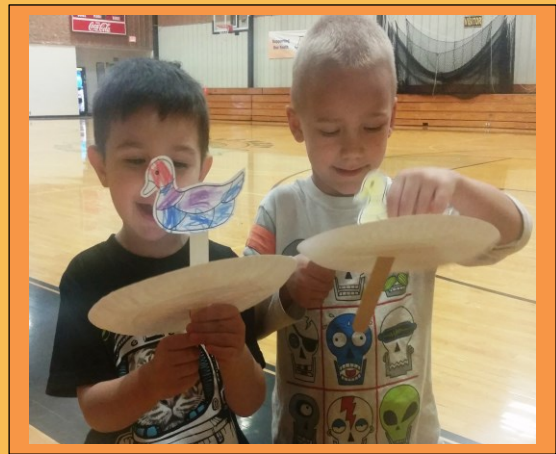
#### **Preventing Bullying**

Parents, school staff, and other caring adults have a role to play in preventing bullying. They can help kids understand bullying by talking about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable and make sure kids know how to get help. Keep the lines of communication open and check in **with kids often. Listen to them and understand their concerns. Model how to treat others with kindness and respect.**

[www.cdc.gov](http://www.cdc.gov) [www.stopbullying.gov](http://www.stopbullying.gov)

## Happenings!

We have partnered with the DeKalb County Health Department to teach Project TNT to our 6<sup>th</sup> grade students. Project TNT stands for Project Towards No Tobacco and is a curriculum that aims to prevent and reduce tobacco use.



The DCHD is also teaching a program called Animal Trackers to our Pre-K at DeKalb West School. This program is a motor skills and physical education curriculum. Nutrition will also be incorporated into the program. Coordinated School Health provides fresh veggies for each class!



# GIRL talk



Your daughter is changing daily from a girl to a young woman. There is nothing you can do to stop the progress of Mother Nature, but you can equip your daughter with the knowledge she needs for her journey into womanhood.

You and your daughter can learn and have fun together by attending a program called "Girl Talk"—which is designed for mothers and daughters ages 9-12. "Girl Talk" is an educational program designed to enhance communication between moms and their pre-teen daughters about changing bodies, behaviors, and beliefs.

Not just for moms!

Grandmothers, aunts, and guardians are welcome to attend with their pre-teen girls.

**Thursday, April 14, 21, and 28**

**6:00-8:00 p.m.**

**Dinner will be provided**

**DeKalb County Community Complex—UT Room**

**There is NO cost to attend**

**Space is limited... You must register by April 8**

For more information or to register,  
please call April Martin at UT Extension  
(615) 597-4945 or email [amartin3@utk.edu](mailto:amartin3@utk.edu)