

Newsletter

Keeping the lines of communication open between parents, teachers, administrators and the community strengthens our school and benefits our children.

A Monthly Newsletter

Issue 1 Volume 9 Jun 2008

Understanding Bullying

Every day, thousands of kids are the targets of bullies. Your role as a parent or teacher is to help children establish more mature and healthy ways of relating to others.

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You don't have to travel far to have a fully enjoyable summer vacation!

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Free Stuff for Teachers and Schools

Remember the old adage, "The squeaky wheel gets the grease?" Here's how to squeak and get what you need for your classroom.

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Call for Committee Members

If you have fresh ideas for the next school year, now is a great time to join a PTA Committee and share them!

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Around and About

With the moderate weather of the Central Coast, there are many activities planned for Lompoc and surrounding communities.

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President's Corner

Your PTA President is Laurie Carter, who can be reached at no.wonder@verizon.net

Dear Friends of the PTA,

My first term as your PTA President will come to a close at the end of June. What an exciting year you have given me! It has been such a pleasure to work with each of you and to watch the enthusiasm and beauty with which you've accomplished many great things!

A new year begins on July 1st, and it promises to be more thrilling than the last! The 2008-2009 school year is the start of having sixth graders at Buena Vista. Our estimated school population will be 520 students. New classrooms, more students, new teachers... no better time to reassess what the PTA does for the school!



PTA Vision: Making every child's potential a reality.

PTA Mission: To be a powerful voice for all children,

A relevant resource for families and communities, and

A strong advocate for the education and well-being of every child.

Never has there been a better time to be part of the PTA! The changes in our school, coupled with the changes in state funding district-wide, allow us to take a fresh look at what PTA can provide to the Buena Vista School community. New ideas or new spins on old ideas will be so so welcomed in this challenging environment!

With this said, I hope that each of you will join the PTA and become an active members in the new school year.

As the school year draws to a close, many thanks to all of you who have supported our children and families in a variety of wonderful ways! I look forward to seeing you again in the new school year.

Fondly,

Laurie Carter





Understanding Bullying

By Tara L. Kuther, Ph.D., associate professor of psychology at Western Connecticut State University, is the author of *Gimme Your Lunch Money: A Guide to Bullies and Bullying* (Parent's Guide Press, 2003).

Each day hundreds of thousands of children dread going to school and facing the taunts, jeers, and humiliation wrought by bullies. When we think of bullying, the easily identifiable physical and verbal harassment comes to mind, including teasing, taunting, threatening, and hitting. Relational bullying is more difficult for adults to observe and identify. Children who bully through relational means socially isolate their victims by intentionally excluding them or spreading rumors about them. Bullying, then, refers to physical or psychological intimidation that occurs repeatedly, is intended to inflict injury or discomfort on the victim, and creates an ongoing pattern of harassment and abuse.

The bullying relationship is characterized by an imbalance of power, such that the victim of bullying finds it hard to defend him- or herself and begins to feel powerless against the bully. The child who bullies typically is bigger, older, stronger, or more popular than the victim of bullying, and his or her intent is to exert power over the victim. For example, girls who bully through exclusion and other forms of relational aggression tend to have more social power than their victims. The bully is aware that his or her behavior causes distress, the bully enjoys the victim's reaction, and the bullying continues and escalates. Bullies hurt others in order to feel strong and powerful at a given moment.

It's very difficult for most parents to determine whether their children engage in bullying behaviors because most bullying occurs out of parents' sight. Some adults and children rationalize bullying because victims are overly sensitive, cry easily, or act in ways that set them apart from other children. Even if the victim does show these characteristics, adults and children must know bullying is not a healthy coping response—it signals that a child needs to learn how to manage his or her emotions, release anger and frustration in more healthy ways, and learn more constructive strategies for getting along with others. Your role, as parent or teacher, is to help children establish more mature and healthy ways of relating with others, thereby ensuring that they will grow into caring and adaptive adults.



Who is likely to be victimized?

There are at least two types of victims: passive victims and reactive victims. The stereotypical image of the bullied child is the passive victim: He or she avoids confrontation, is physically slight, quiet, does not tease others, and does not defend him- or herself from the bully. The passive victim turns inward when bullied—crying and withdrawing rather than fighting back.

Reactive victims are much less common than passive victims. The reactive victim provokes attacks by being aggressive, disruptive, argumentative, and antagonizing towards bullies and other children, and retaliates when he or she is bullied. Sometimes reactive victims are referred to as bully / victims because they straddle the fence of being a bully and / or victim. They are difficult to identify because they seem to be targets for bullies, but they often taunt bullies and other children. Not only do reactive victims fight back when bullied, but they sometimes channel their rage and anger into bullying others, especially those younger and weaker than themselves. In this way, some victims of bullies transform into bullies themselves, perpetuating the abuse and singling out new victims.

What are the effects of bullying?

Bullying is not a normal part of growing up. Victims of bullying suffer psychological and sometimes physical scars that last a lifetime. Victims report greater fear and anxiety, feel less accepted, suffer from more health problems, and score lower on measures of academic achievement and self-esteem than students who are not bullied. Victims often turn their anger inward, which may lead to depression, anxiety, and even suicide. The experience of bullying is also linked with violence, as the fatal school shootings in Littleton, Colorado, and Jonesborough, Arkansas, have illustrated.

However, it's not just victims who are hurt by bullying. Bullies fail to learn how to cope, manage their emotions, and communicate effectively—skills vital to success in the adult world. Without intervention, bullies suffer stunted emotional growth and fail to develop empathy. Since bullies are accustomed to achieving their immediate goals by pushing others around, they don't learn how to have genuine relationships with other people. Instead, they externalize and blame others for their problems, never taking responsibility, nor learning how to care for another's needs. Bullies who don't learn other ways of getting what they want develop into adult bullies who are more likely to experience criminal troubles, be abusive toward their spouses, and have



more aggressive children, perhaps continuing the cycle of bullying into the next generation.

Ending bullying: What works

The most effective way of addressing bullying is through comprehensive school-wide programs. School-wide programs, developed collaboratively between school administration and personnel, students, parents, and community members, seek to change the school's culture to emphasize respect and eliminate bullying. So what has been shown to work in preventing and ending bullying?

- Increased awareness, understanding, and knowledge about bullying on the part of school staff, parents, and students
- Involvement of the wider community, including parents and service providers
- Integration of bullying-related content into the curriculum in ways that are appropriate to each grade
- Increased supervision and monitoring of students to observe and intervene in bullying situations
- Involvement of students
- Encouragement of students to seek help when victimized or witnessing victimization
- A plan to deal with instances of bullying
- Class and school rules and policies regarding bullying and appropriate social behavior
- Promotion of personal and social competencies (e.g., assertiveness, anger management, self-confidence, and emotional management skills)
- A school-wide community of respect in which every student is valued
- Collaboration between parents, educators, service providers, and students to reinforce messages and skills across settings (e.g., home, school, community)
- Serious commitment to implementing the program on the part of administrators and school staff



Free Stuff for Schools and Teachers!

★iLoveSchools.com

iLoveSchools.com is a free donor-matching service for education! School teachers build WishLists of equipment, materials and supplies; anything they need for their classroom. Donors locate teachers through our WishList search and offer their donations of new or used items or the cost of the teacher's WishList.

Each year the average teacher spends over \$659 from their own pocket to buy classroom materials for America's kids. To help alleviate this burden iLoveSchools.com acts as a matchmaking service between donor and teacher.

Check out iLoveSchools.com to learn how teachers can sign up and parents can donate.

You don't have to be rich to help.

★Donorschoose.org

DonorsChoose.org is a simple way to provide students in need with resources that our public schools often lack. At this not-for-profit web site, teachers submit project proposals for materials or experiences their students need to learn. These ideas become classroom reality when concerned individuals, whom we call Citizen Philanthropists, choose projects to fund.

Proposals range from "Magical Math Centers" (\$200) to "Big Book Bonanza" (\$320), to "Cooking Across the Curriculum" (\$1,100). Any individual can search such proposals by areas of interest, learn about classroom needs, and choose to fund the project(s) they find most compelling. In completing a project, donors receive a feedback package of student photos and thank-you notes, and a teacher impact letter. To learn more, go to www.donorschoose.org.

★Adoptaclassroom.org

Adopt-A-Classroom invites the community into the classroom in support of teachers and their students. By adopting a classroom, donors form partnerships with specific classrooms providing financial and moral support. The result is a meaningful contribution to education in which donors experience the impact of their efforts and

celebrate in a classroom's success. Support teachers and students in the classroom. Register and become part of the Adopt-A-Classroom network.

Low Cost Vacations

★Lopez Lake Recreation Area

Located just ten miles east of Arroyo Grande, California, Lopez Lake Recreation Area is one of the top choices for camping and leisure trips. With 22 miles of shoreline and summer lake temperatures around 70°, there is something for everyone; camping, fishing, boating, skiing, sailing, windsurfing, picnicking, hiking and equestrian trails, mountain biking, canoeing, birdwatching and so much more. Many visitors to the Central Coast make Lopez Lake their staging area for visits to wineries, golf courses, historic sites, and Hearst Castle. The warm climate of the Central Coast makes Lopez Lake the ideal, year-round recreational destination. Once covered by the sea, the surrounding hills of Lopez Lake are rich with relics of ancient days and studded with oak trees. Over 175 species of flowering plants, and more than 150 species of birds have been identified within the park. The naturally beautiful canyons were once hunting and fishing grounds for the Chumash Indians. Later homesteaders and ranchers inhabited the area and harvested grain crops for Mission San Luis Obispo. Lopez Lake was then created in 1969 to provide domestic water for the Five Cities area of the Central Coast.

LOCATION

Lopez Lake Recreation Area
6800 Lopez Drive
Arroyo Grande, CA 93420

INFORMATION & LINKS

Lopez Lake Office & Reservation Line: (805) 788-2381
Lopez Lake Events Calendar
Mustang Water Slides (805) 489-8898
Lopez Lake Marina & Store (805) 489-1006

★El Capitan State Beach

Please Note: For the current status of this park, please call (805) 968-1033.

El Capitan State Beach offers visitors a sandy beach, rocky tidepools, and stands of sycamore and oaks along El Capitan Creek. It's a perfect setting for swimming, fishing, surfing, picnicking and camping. A stairway provides access from the bluffs to the beach area. A bike trail connects the park with Refugio State Beach, 2.5 miles away.

Location - Directions: The beach is located off Highway 101 seventeen miles west of Santa Barbara.

★Bodie, CA Old Mining and Ghost Town

The population Bodie California ghost town exceeded 10,000 in the late 1880s. Bodie State Park now consists of 495 acres to preserve the famous mining site & a very important part of American history. Many buildings have been renovated, although a couple of hundred buildings are not restored. Museum, Visitors Center & Ranger on site.

Elevation: 8375' Population: 10 Zip code: 93517

Desert; terrain: rugged high desert mountainous mining area, with very few trees. plenty dirt roads & ranch lands

Location: South of Lake Tahoe off Hwy. 395 to SR 270

Recreation: Back Road Exploration, Camping, Hiking, Mountain Biking, Old Mines, Travertine Hot Springs, parks, forests, rivers & lakes: Bodie State Park, Mono Lake, Virginia Lakes



Around and About

With weather as moderate as that of the Central Coast, you can enjoy year around outdoor fun! And for the few days that it rains, you'll find plenty of indoor distractions, too!

Vandenberg AFB Tours

Public base tours are offered through the Public Affairs office the 2nd Wednesday of each month. Reservations are required at least one week in advance and can be made by calling (805) 606-6139. No walk-ons are accepted the day of the tour.

Callers must provide their full name, hometown, telephone number and either drivers license number or their social security number. Children must be at least 10 years old to attend a base tour.

Tour attendees should arrive at the Main Gate Visitor Control Center by 9:45 a.m. for check-in. Tours conclude around 12:30 p.m. Upon arrival at the VCC, tour attendees on the reservations

list must present photo ID to be permitted on the Air Force tour bus.

Tours are cancelled when mission requirements dictate.

Point of Contact
30th SW Public Affairs
(805) 606-3595

SANTA BARBARA — Giants:

African Dinosaurs SANTA BARBARA, to Nov. 2: The Santa Barbara Museum of Natural History, 2559 Puesta del Sol Road, presents GIANTS: African Dinosaurs. Come face-to-face with these prehistoric skeletal giants in an interactive dinosaur experience. Hours are 10 a.m. to 5 p.m. daily. Cost: \$8, seniors and teens \$7, children \$5, ages 2 and younger, free. Info: 682-4711 or www.sbnature.org.

“Muskie Love” at the Great American Melodrama You'll find Muskie Love, a musical, laugh-a-minute fish tale, set on the shores of Green Bay, Wisconsin, and loosely based on Shakespeare's Much Ado About Nothing, playing at the Great American Melodrama, 1863 Pacific Blvd. (Highway 1), Oceano. This show has it all, from a Fish and Game Warden to the Green Bay Packers. And don't miss the scrumptious The Culinary Cabaret Vaudeville Review. Shows are at 7 p.m. Wednesdays and Thursdays, 8 p.m. Fridays, 4:30 and 8:30 p.m. Saturdays and 6 p.m. Sundays. Stay for the Holiday Vaudeville Revue, and try the grub and drink served by the in-house pub. Tickets: \$16 and \$19, seniors, students and military \$14 and \$17,

children 12 and younger \$12 and \$15. Info: 489-2499.

56th Annual Lompoc Valley Flower Festival Ryan Park, June 25-29. Opening ceremonies at 6 pm on Wednesday the 25th. Flower Festival Parade on Saturday the 28th at 10 am. Queen Drawing on Sunday the 29th at 3 pm.

Carnival presented by Butler Amusements. One Day Unlimited Ride Wristbands are \$20 each presale (June 1-24) or \$25 during the event. Tickets also available at the event for \$20 for 24 tickets, or for \$1 each.

Crafts, food and free entertainment. Bring a blanket and picnic in the park.

Santa Maria Elks Rodeo May 29 to June 1

The rodeo is a three/four day extravaganza held each year at the Elks-Unocal Event Center in Santa Maria. During each three hour performance, you'll enjoy six adrenaline-rushing PRCA events, including bull and bronc riding, tie-down roping, steer wrestling, bareback riding, WPRA barrel racing, local team roping, and mutton bustin'. You'll experience rodeo's top announcers, bull riders, barrelmen and stock contractors. For tickets, call 922-6006. <http://www.santamariaelks.com/rodeo/rodeo.html>



Buena Vista PTA Call for Committee Members!

Every job is more fun when you have friends to help you along the way!

The following committees need members to help throughout the year with planning activities:

Ways & Means (Fundraising)

Programs (Assemblies, Reflections, etc.)

Hospitality (New Member Welcome, Refreshments, etc.)

Membership (Recruit/Maintain Members)

Contact Laurie Carter via the contact info at right; your message will be forwarded to the appropriate chairperson. Thank you!

Officers of the Board

Laurie Carter — President
Teresa McIntyre — 1st Vice President/Programs Chair
LaDawn Davis — 2nd Vice President/Membership Chair
Alison Prochazka — 3rd Vice President/Ways & Means Chair
Lynette Martin — Treasurer
Beverly Wilson — Secretary
Deanna Liberotti — Parliamentarian
Stephanie Ledgerwood — Historian
Lynda Gordon — Auditor

Contact Info:

Laurie Carter at no.wonder@verizon.net or 733-1946.

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