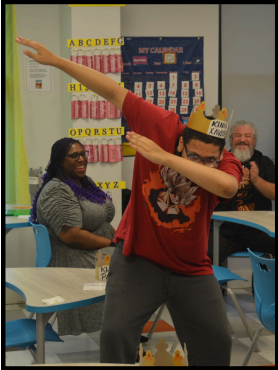


## BUILDING CONNECTIONS: A SUCCESSFUL BACK TO SCHOOL NIGHT!

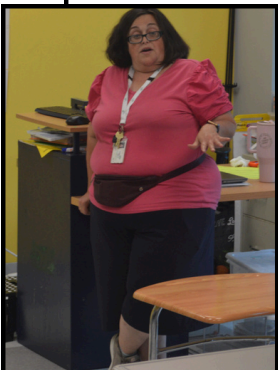


We want to extend our heartfelt gratitude to each of you for joining us at Back to School Night! Your presence made a significant impact, and we truly appreciate the time and effort you took to engage with our school community.

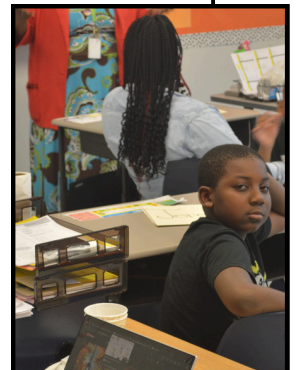
Back to School Night is more than just an opportunity to meet teachers; it's a chance to build a strong partnership between home and school. Your involvement is crucial in fostering a supportive environment for our students, and it helps us create a cohesive learning experience. When parents and guardians work together with educators, we can enhance student success and well-being.



During the event, we shared our goals for the year, highlighted exciting programs, and discussed ways you can support your child's education at home. We hope you left with valuable insights and a deeper understanding of our school's mission.



Thank you once again for being an integral part of our community. We look forward to continuing this journey together and appreciate your ongoing support!



# BACK TO SCHOOL NIGHT





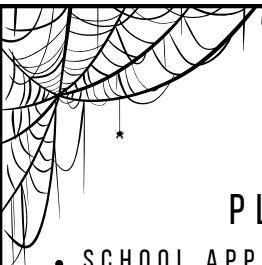
# SAM "Electives" A+

We're thrilled to introduce "SAM Electives," launching in October! This new program will allow students to choose from a variety of groups to participate in every Friday, using their SAM points to purchase "Activity Passes."

The goal of "SAM Electives" is to connect our activities with the Student Achievement Model (SAM) and encourage positive behavior. Participation in these groups is a privilege. We aim to motivate students through this opportunity and leverage SAM to achieve the desired behavioral outcomes.

## Elective Examples

- |  |   |
|--|---|
| <input type="checkbox"/> Legos         | <input type="checkbox"/> Color-holics   |
| <input type="checkbox"/> "Board"       | <input type="checkbox"/> Art Lab        |
| <input type="checkbox"/> RIP Masters   | <input type="checkbox"/> Sports Clinic  |
| <input type="checkbox"/> Crafters R Us | <input type="checkbox"/> STEM           |
| <input type="checkbox"/> Easy Eats     | <input type="checkbox"/> Movie Watchers |



## FRIGHT FEST

### THURSDAY, OCTOBER 31ST

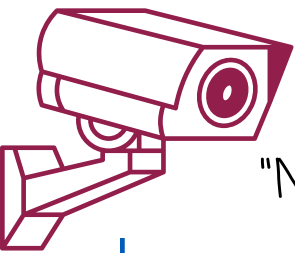
**STUDENTS ARE WELCOME TO WEAR COSTUMES!!**

### PLEASE COMPLY WITH THE FOLLOWING GUIDELINES:

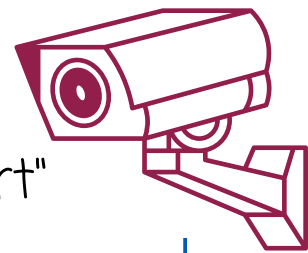
- SCHOOL APPROPRIATENESS AND MODESTY
- COSTUMES SHOULD AVOID DEPICTIONS OF VIOLENCE, WEAPONS, OR GORE
- CHOOSE COSTUMES THAT ARE RESPECTFUL AND AVOID CULTURAL APPROPRIATION OR STEREOTYPES.
- COSTUMES SHOULD ALLOW FOR EASY MOVEMENT AND COMFORT, PARTICULARLY DURING SCHOOL ACTIVITIES.
- MASKS OR MAKEUP SHOULD NOT OBSTRUCT VISIBILITY OR CREATE SAFETY HAZARDS.

**WE ENCOURAGE CREATIVITY WHILE PRIORITIZING SAFETY AND RESPECT FOR ALL MEMBERS OF OUR SCHOOL COMMUNITY. THANK YOU FOR YOUR COOPERATION IN MAKING THIS HALLOWEEN ENJOYABLE FOR EVERYONE!**





# BEHAVIOR BRIEFING



"Navigating behavior with safety and support"

We are pleased to report a noticeable decrease in behavior incidents compared to previous years at this point in the school year. This positive trend is a testament to the hard work of both our students and staff, who are effectively implementing and adhering to our SAM (Student Achievement Model). Our students are diligently carrying their points cards, modeling their SAM skills, and earning points, which they can redeem daily at the school store. We would like to extend our heartfelt thanks to the parents for their continued support; it plays a crucial role in our success. While we still have room to grow, we are off to a great start, creating a supportive and constructive environment that promotes success both in and out of the classroom.

"We believe that a safe and supportive environment is the foundation for learning and growth. Together, we prioritize the well-being of our community."



## OCTOBER IS



OCCUPATIONAL  
THERAPIST  
DAY  
PG. 4



BULLYING  
AWARENESS  
PG. 5



ADHD  
AWARENESS  
PG. 6



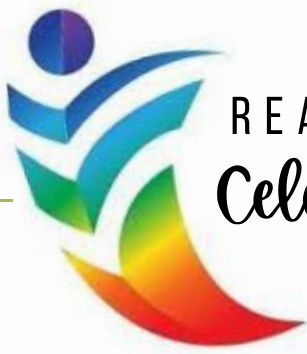
BREAST CANCER  
AWARENESS  
PG. 7



YOUTH  
SUBSTANCE  
ABUSE  
PREVENTION  
PG. 8







# REACH YOUR POTENTIAL: Celebrating Our Occupational Therapists

OCTOBER 27TH

October 27th World Occupational Therapy Day! Occupational Therapists (OTs) are not just specialists; they are advocates for each child's growth and development. They provide tailored interventions that enhance fine motor skills, sensory processing, and daily living skills, enabling students to thrive both in and out of the classroom. Through creative strategies and personalized support, they help students gain confidence and independence, ensuring they can participate fully in school activities.

Collaboration is at the heart of our approach, and our OT, Ms. Katie works closely with teachers, parents, and other staff members to create a supportive and inclusive environment. Her expertise and insights help shape individualized education plans that address each student's unique needs.

We extend our deepest gratitude to Ms. Katie and her unwavering dedication, compassion, and commitment to our students' success. Your hard work makes a significant difference in the lives of those you serve, and we are proud to have you as part of the Green Tree family. Thank you for everything you do!



BECAUSE OF YOU,  
WE CAN DO WHAT  
WE DO!



YOUR GREEN TREE  
STUDENTS







# BULLYING AWARENESS MATTERS: RECOGNIZING THE DIFFERENCE

The negative impact of bullying behavior has received increased attention in recent years. However, not all negative interactions between kids are bullying. While it's important to address all negative behaviors, it's also essential to help children develop healthy conflict resolution skills and learn to cope with negative interactions. The following key factors help differentiate bullying from other negative peer interactions:

## Characteristics of Bullying

**Intent:** Bullying often involves a deliberate intent to harm or intimidate.

**Power Imbalance:** There's often a power imbalance, with the bully being physically stronger, more popular, or having higher social status.

**Repeated Behavior:** Bullying is a repeated pattern of behavior, not a one-time incident.

**Negative Impact:** Bullying can have a significant negative impact on the victim's emotional, social, and academic well-being.

# VS

## Characteristics of Peer Conflict, Teasing, and/or Mean Behavior

**Temporary:** These behaviors may be temporary or occasional.

**Mutual:** They often involve mutual interactions, not a one-sided power imbalance.

**Limited Impact:** While these behaviors can be hurtful, their impact is usually less severe than bullying.

A child is repeatedly called names, teased, or excluded from group activities.

A child intentionally trips another child.

Two kids disagree over a toy and have a brief argument.

A child jokingly pokes fun at another child's appearance.

## CONNECTING SEL & SAM TO BULLYING PREVENTION

Empathy and perspective-taking skills are critical to the understanding and acceptance of others, which in turn helps prevent bullying. When students better understand how their words and actions might affect others, they are less likely to hurt others' feelings and more likely to treat others with respect.

Live HelpChat Crisis Line

Free and confidential online chat to support youths aged 12 to 24 with bullying and cyberbullying. Available Tuesdays, Wednesdays and Thursdays from 7 pm to 11 pm; Fridays 9 pm to 1 am <https://www.stompoutbullying.org/helpchat>

**ADDITIONAL RESOURCES ON PAGE 9**





# ADHD Awareness: Fostering Awareness and Support

ADHD (Attention Deficit Hyperactivity Disorder) may present differently in children versus adolescents and in boys versus girls. ADHD in girls may be more subtle and harder to diagnose.

## ADHD AMONG CHILDREN MAY MANIFEST AS

- Difficulty focusing on tasks
- Frequent fidgeting and restlessness
- Impulsive behavior (such as blurting out answers or interrupting others)
- Trouble following through on tasks
- Frequent accidents or injuries

CHILDREN

**ADDITIONAL RESOURCES  
ON PAGE 9**

## CONNECTING SEL & SAM TO ADHD

Teaching students to identify and manage their emotions is important for students with ADHD, as it helps them understand why they might feel frustrated, restless, distracted or overwhelmed. SEL also helps kids learn healthy ways to cope with big feelings, such as deep breathing, taking a break, or talking to someone. Finally, SEL helps students learn how to communicate effectively and be a good friend. This can make it easier for students with ADHD to connect with others and feel less lonely. Relevant SAM skills for ADHD include initiating a task, remaining on task, completing accurate work and showing self-control.

## ADHD AMONG ADOLESCENTS MAY PRESENT AS

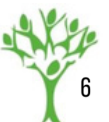
- Academic challenges
- Difficulty managing time and organization
- Problems with peer relationships
- Increased risk for substance abuse and mental health issues

ADOLESCENTS

## GIRLS WITH ADHD MAY EXHIBIT:

- Internalizing symptoms (such as anxiety, depression, and social withdrawal)
- Difficulty with organization and time management
- Perfectionism
- Daydreaming
- Relationship problems

GIRLS





# Breast Cancer Awareness

October is a crucial time to focus on educating ourselves about breast cancer, its impact, and the importance of early detection. Here's an in-depth look at the facts to help you stay informed and proactive:

## Symptoms & Early Detection

### Common Symptoms:

- A lump or mass in the breast or underarm area
- Changes in the size, shape, or contour of the breast
- Unusual discharge from the nipple, which may be blood-stained or clear fluid
- Changes in the skin of the breast, such as dimpling or redness
- Persistent pain in the breast or nipple area

### Early Detection:

- Perform monthly self-exams to check for any lumps, changes in shape, or unusual discharge.
- Schedule regular mammograms according to recommended guidelines, typically starting at age 40, or earlier if advised by your doctor.
- Consult your doctor promptly if you notice any unusual changes or have concerns for evaluation and guidance.

**MOST COMMON CANCER IN WOMEN**

**OVER 2.3 MILLION NEW CASES EACH YEAR**

**APPROXIMATELY 1 IN 8 WOMEN WILL BE DIAGNOSED WITH BREAST CANCER**

**ABOUT 1 IN 833 MEN WILL BE DIAGNOSED WITH BREAST CANCER**

**HAVING FAMILY HISTORY ROUGHLY DOUBLES A WOMAN'S RISK.**

**MORE 1/2 OF BREAST CANCER CASES OCCUR IN WOMEN AGED 65 OR OLDER.**

**MAMMOGRAMS CAN REDUCE BREAST CANCER DEATH RISK BY ABOUT 30%**

**OBESITY & ALCOHOL USE CAN INCREASE BREAST CANCER RISK.**

Did You Know?

**LOCAL RESOURCES ON PAGE 9**





# YOUTH SUBSTANCE ABUSE PREVENTION: BUILDING A BRIGHTER FUTURE



Youth substance use is a pressing issue that affects communities worldwide. As adolescents navigate the challenges of growing up, they may encounter various substances, including alcohol, tobacco, and illicit drugs. Effective prevention strategies are essential in helping young people make informed choices and avoid the pitfalls of substance abuse.

The adolescent brain is still developing, making it particularly vulnerable to the effects of substances. Early use can lead to long-term consequences, including addiction, mental health issues, and impaired academic performance. Therefore, it is crucial to educate youth about the risks associated with substance use and provide them with the tools to resist peer pressure.

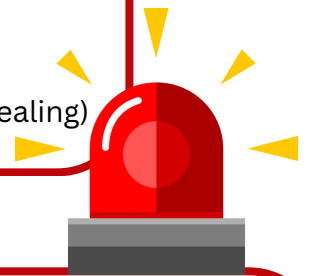


## TALK ABOUT IT

- openly communicate expectations, dangers and consequences
- develop strong & supportive relationships with children
- teach healthy coping skills
- limit students' exposure to substances and individuals who use them.

## POSSIBLE WARNING SIGNS

- changes in behavior (e.g., unexplained mood swings, irritability, or aggression)
- decreased academic performance
- social withdrawal
- changes in appearance and/or speech
- financial problems (e.g., borrowing money or stealing)



## CONNECTING SEL AND SAM TO PREVENTION OF SUBSTANCE USE

Responsible decision-making is crucial for avoiding substance abuse. Understanding the consequences of drug and alcohol use is an important SEL skill, whereas resisting peer pressure is a key SAM skill.

**ADDITIONAL RESOURCES  
ON PAGE 9**

**Talk.They Hear You Toolkit** from the Substance Abuse and Mental Health Services Administration (SAMHSA) that shows parents how to turn everyday situations into opportunities to talk with their kids about alcohol and other drugs. <https://www.samhsa.gov/talk-they-hear-you> Also available as a free mobile ap





**PACER Center's Kids Against Bullying:**

Offers a wealth of resources to prevent and address bullying; designed specifically for children, parents, and educators  
<https://pacerkidsagainstbullying.org>

**Stomp Out Bullying:** National anti-bullying program aimed at raising awareness about bullying, providing education and resources  
<https://www.stompoutbullying.org/>



**PA Breast Cancer Coalition:**

Are you uninsured or underinsured? The PBCC can help you find a free mammogram through the Pennsylvania Department of Health's PA Breast and

Cervical Cancer Early Detection Program or free breast cancer treatment through the Commonwealth of Pennsylvania's Breast and Cervical Cancer Prevention and Treatment program (BCCPT).

<https://www.pabreastcancer.org/find-help/patient-resources/>



**My Life, My Quit:** Free and confidential means for teens to quit smoking or vaping. Text "Start My Quit" to 36072 or go online to chat with a Coach  
<https://pa.mylifemyquit.org/en-us/>

**Never Use Alone:** 877-696-1996 Overdose Prevention Lifeline that offers overdose prevention, detection, life-saving crisis response and medical intervention services for people who use drugs while alone. Peer operators are available 24-hours a day, 7 days a week, 365 days a year.  
<https://neverusealone.com/>

**NIDA for Teens:** Provides accurate and age-appropriate information about drugs and their effects. Helps teens make informed decisions about substance use. Equips parents to have open and honest conversations with their children.  
<https://nida.nih.gov/research-topics/parents-educators>

**Upside of ADHD:** Challenges negative stereotypes about ADHD by focusing on the unique strengths and talents often associated with the condition.  
<https://www.upsideofadhd.org/>

**How to ADHD:** Provides information about the diagnosis, symptoms, and treatment options for ADHD along with suggestions for how parents can support their child with ADHD at home and school  
<https://howtoadhd.com/>

**Explaining Brains:** Offers clear and engaging explanations of brain functions and how different conditions, including ADHD, can affect them  
<https://explainingbrains.com/parents/>

## ADDITIONAL RESOURCES





# ANNOUNCEMENTS & REMINDERS

| OCTOBER |     |     |     |              |     |     | 2024 |
|---------|-----|-----|-----|--------------|-----|-----|------|
| SUN     | MON | TUE | WED | THU          | FRI | SAT |      |
|         |     | 1   | 2   | <del>3</del> | 4   | 5   |      |
| 6       | 7   | 8   | 9   | 10           | 11  | 12  |      |
| 13      | 14  | 15  | 16  | 17           | 18  | 19  |      |
| 20      | 21  | 22  | 23  | 24           | 25  | 26  |      |
| 27      | 28  | 29  | 30  | 31           |     |     |      |

AFTER 9:00AM YOUR  
STUDENT MUST  
BE ACCOMPANIED BY  
AN ADULT AND  
SIGNED IN



NO  
SCHOOL  
OCTOBER 3RD

NOON DISMISSAL  
OCTOBER 9TH  
AND  
OCTOBER 23RD

OCTOBER 31ST  
FRIGHT FEST  
WEAR YOUR  
COSTUME!!