

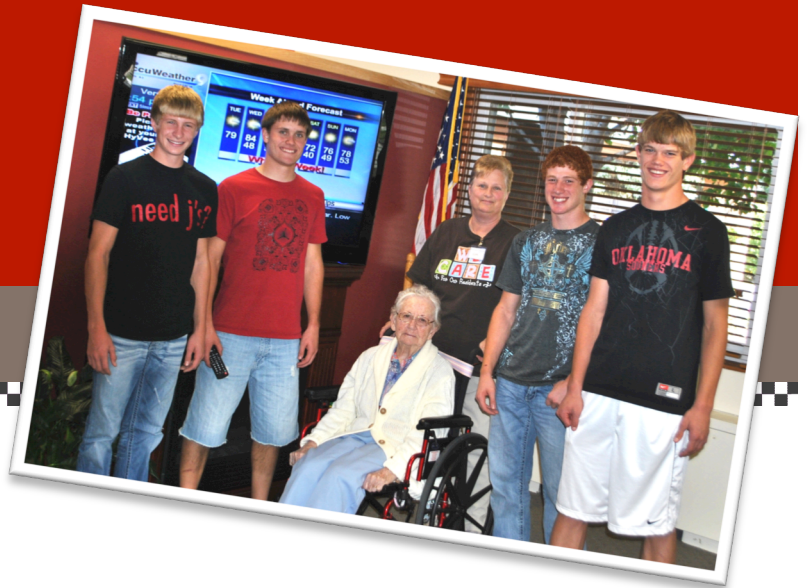
Plainview Jr/Sr. High School

Educate
Encourage
Empower

October 2011

Up-Coming Events

- October 3
 - Education Planning Day (Junior/Seniors) @ Neligh
- October 12
 - PSAT Test (Juniors)
- October 18
 - Career Day (Sophomores) @ Wayne St. College
- October 20
 - Early Dismissal @ 12:00pm
- October 21
 - Parent/Teacher Conference (2pm-7pm) No School
- October 22
 - PLAN Test (Sophomores)
- October 28
 - No School (Fall Break)
- October 31
 - HAPPY HALLOWEEN!!!



School/Community Connection

The Advanced Web Design class is reaching out to the community. These four young men, including Cody Elwood, Riley Meuret, Chandler Moen, and Haydn Daudt, are going to be volunteering their time to help residents of the Plainview Manor learn more about technology. Learning how to use the Internet and communicate with family and friends through email are going to be the focus as the students begin to work with the residents. The students will be sharing internet safety and etiquette, as well as showing residents how to use YouTube and other sites to see the world. As residents have further questions, the students will work to address individual needs. These students are also using their skills to help revise our school website to make it more user-friendly for parents and patrons.



Parent – Teacher Conferences

Plainview Public School wants to remind you that there will be no school October 21st due to Parent/Teacher Conferences. Conferences will begin at 2:00pm and conclude at 7:00pm in the Pirate Gym for grades 7-12 and in the individual classrooms for the elementary. Please contact the school with any questions regarding your time for conferences.



Manifest Destiny

(Mr. Johnson) by Katie Goetzinger & Morgan Brozek

In Mr. Johnson's History II class students are studying the creation of the West. The students used the Internet to gain information and share what they learned. Manifest Destiny is the movement west of the Mississippi River. The mountain men started to move west after Lewis and Clark's expedition. There, they found they were not the only people; the west was inhabited by Indians. As cattle ranchers and gold miners expanded westward, Indians were pushed off their homelands and onto reservations. Many battles were

fought between the whites and the Indians during 1865-1895, but eventually the Indians were defeated. The whites moving west caused bitter feelings between them and the Indians even in today's society. The railroad was very important in the creation of the west. It brought many immigrants west and made transportation quicker and easier. Many of these immigrants lived in the Kansas/ Nebraska territories and were prairie farmers. The most famous trails used during the movement west were the California

Trail and Oregon Trail. Some immigrants that used these two trails stopped in Nebraska and eventually started to populate our state. Many cattle ranchers in Texas drove their cattle north to the railheads in Kansas to be sold and shipped east. Before the settling of the west, our United States was between the Atlantic Ocean and the Mississippi River. But, after the creation of the West, the United States stretched between the Atlantic and Pacific Oceans, making it one united nation.

Pirate Rumor Watch!

We, at Plainview Schools, want to make sure the public has access to reliable information. Wrong information can cause unneeded tensions or animosity within our Pirate family.

This site located on our webpage was created to give you the ability to ask any question and get the facts about a 'rumor' you may have heard. The administration will send a response

by e-mail to all questions. This site is NOT meant to be a complaint center or to address issues with specific personnel or students. Those issues require a conference with an administrator.

You can find this site by visiting our website at www.plainviewschools.org and look for "Pirate Rumor Watch" which is located under the Parents & Students bucket.



Dealing with Bullying!

Here at Plainview Schools we recognize the negative impact that bullying has on student health, welfare, safety, and the school's learning environment and we prohibit such behavior. Bullying is defined as any ongoing pattern of physical, verbal, or electronic abuse on school grounds, in a vehicle owned, leased, or contracted by a school being used for a school purpose by a school employee or his/her designee, or at school-sponsored activities or school-sponsored athletic events.

Bullying may constitute grounds for long-term suspension, expulsion, or mandatory reassignment, subject to state and federal statutes and our district's student discipline and due process procedures.



Taken from Kids Health-October 2010

Bullying Is a Big Problem

Every day thousands of teens wake up afraid to go to school. Bullying is a problem that affects millions of students, and it has everyone worried, not just the kids on its receiving end. Yet because parents, teachers, and other adults don't always see it, they may not understand how extreme bullying can get.

Bullying is when a person is picked on over and over again by an individual or group with more power, either in terms of *physical strength* or social standing.

Two of the main reasons people are bullied are because of appearance and social status. Bullies pick on the people they think don't fit in, maybe because of how they look, how they act (for example, kids who are shy and withdrawn), their race or religion, or because the bullies think their target may be gay or lesbian.

Some bullies attack their targets physically, which can mean anything from shoving or tripping to punching or hitting, or even sexual assault. Others use psychological control or verbal insults to put themselves in charge. For example, people in popular groups or cliques often bully

people they categorize as different by excluding them or gossiping about them (psychological bullying). They may also taunt or tease their targets (verbal bullying).

Verbal bullying can also involve sending cruel instant or email messages or even posting insults about a person on a website — practices that are known as cyberbullying.

How Does Bullying Make People Feel?

One of the most painful aspects of bullying is that it is relentless. Most people can take one episode of teasing or name calling or being shunned at the mall. However, when it goes on and on, bullying can put a person in a state of constant fear.

Guys and girls who are bullied may find their schoolwork and health suffering. Studies show that people who are abused by their peers are at risk for mental health problems, such as low self-esteem, stress, depression, or anxiety.

Bullies are at risk for problems, too. Bullying is violence, and it often leads to more violent behavior as the bully grows up. It's estimated that 1

out of 4 elementary-school bullies will have a criminal record by the time they are 30. Some teen bullies end up being rejected by their peers and lose friendships as they grow older. Bullies may also fail in school and not have the career or relationship success that other people enjoy.

Who Bullies?

Both guys and girls can be bullies. Bullies may be outgoing and aggressive. Or a bully can appear reserved on the surface, but may try to manipulate people in subtle, deceptive ways, like anonymously starting a damaging rumor just to see what happens.

Many bullies share some common characteristics. They like to dominate others and are generally focused on themselves. They often have poor social skills and poor social judgment. Sometimes they have no feelings of empathy or caring toward other people.

Although most bullies think they're hot stuff and have the right to push people around, others are actually insecure. They put other people down to make themselves feel more interesting or powerful. And some bullies act the way they do because

Dealing with Bullying (Continued)

they've been hurt by bullies in the past — maybe even a bullying figure in their own family, like a parent or other adult.

Some bullies actually have personality disorders that don't allow them to understand normal social emotions like guilt, empathy, compassion, or remorse. These people need help from a mental health professional like a psychiatrist or psychologist.

What Can You Do?

For younger kids, the best way to solve a bullying problem is to tell a trusted adult. For teens, though, the tell-an-adult approach depends on the bullying situation.

One situation in which it is vital to report bullying is if it threatens to lead to physical danger and harm. Numerous high-school students have died when stalking, threats, and attacks went unreported and the silence gave the bully license to become more and more violent.

Sometimes the victim of repeated bullying cannot control the need for revenge and the situation becomes dangerous for everyone.

Adults in positions of authority — parents, teachers, or coaches — can often find ways to resolve dangerous bullying problems without the bully ever learning how they found out about it.

If you're in a bullying situation that you think may escalate into physical violence, try to avoid being alone (and if you have a friend in this situation, spend as much time together as you can). Try to remain part of a group by walking home at the same time as other people or by sticking close to friends or classmates during the times that the bullying takes place.

Bullying Survival Tips

Here are some things you can do to combat psychological and verbal bullying. They're also good tips to share with a friend as a way to show your support:

- **Ignore the bully and walk away.** It's definitely not a coward's response — sometimes it can be harder than losing your temper. Bullies thrive on the reaction they get, and if you walk away or ignore hurtful emails or instant messages, you're telling the bully that you just don't care. Sooner or later the bully will probably get bored with trying to bother you. Walk tall and hold your head high. Using this type of body language sends a message that you're not vulnerable.
- **Hold the anger.** Who doesn't want to get really upset with a bully? But that's exactly the response he or she is trying to get. Bullies want to know they have control over your emotions. If you're in a situation where you have to deal with a bully and you can't walk away with poise, use humor — it can throw the bully off guard. Work out your anger in another way, such as through exercise or writing it down (make sure you tear up any letters or notes you write in anger).
- **Don't get physical.** However you choose to deal with a bully, don't use physical force (like kicking, hitting, or pushing). Not only are you showing your anger, you can never be sure what the bully will do in response. You are more likely to be hurt and get in to trouble if you use violence against a bully. You can stand up for yourself in other ways, such as gaining control of the situation by walking away or by being assertive in your actions. Some adults believe that bullying is a part of growing up (even that it is character building) and that hitting back is the only way to tackle the problem. But that's not the case. Aggressive responses tend to lead

to more violence and more bullying for the victims.

- **Practice confidence.** Practice ways to respond to the bully verbally or through your behavior. Practice feeling good about yourself (even if you have to fake it at first).
- **Take charge of your life.** You can't control other people's actions, but you can stay true to yourself. Think about ways to feel your best — and your strongest — so that other kids may give up the teasing. Exercise is one way to feel strong and powerful. (It's a great mood lifter, too!) Learn a martial art or take a class like yoga. Another way to gain confidence is to hone your skills in something like chess, art, music, computers, or writing. Joining a class, club, or gym is a great way to make new friends and feel great about yourself. The confidence you gain will help you ignore the mean kids.
- **Talk about it.** It may help to talk to a guidance counselor, teacher, or friend — anyone who can give you the support you need. Talking can be a good outlet for the fears and frustrations that can build when you're being bullied.
- **Find your (true) friends.** If you've been bullied with rumors or gossip, all of the above tips (especially ignoring and not reacting) can apply. But take it one step further to help ease feelings of hurt and isolation. Find one or two true friends and confide how the gossip has hurt your feelings. Set the record straight by telling your friends quietly and confidently what's true and not true about you. Hearing a friend say, "I know the rumor's not true. I didn't pay attention to it," can help you realize that most of the time people see gossip for what it is — petty, rude, and immature.

***Continued on page 6.

INSTRUCTIONAL TECHNOLOGY

Plainview's Vision

Today we prepare students for their future, one that can hardly be imagined. What we know is that critical thinking skills will be crucial to their success. The seamless integration of technology aims not to replace our current learning and teaching strategies but to enhance these by providing students with constant and consistent access to technology both in the classroom and at home. Students will have the opportunity to solve meaningful problems through critical thinking and analysis in a globally connected environment while understanding that the use of such technologies needs to be approached in socially responsible ways that reflect our community values. Excellence in education as we enter the 21st Century presupposes that technology is seamlessly integrated throughout the program. Successful integration of technology into the curriculum depends on student access to technology, ongoing faculty-staff training, and a strong infrastructure. Our faculty ensures that curriculum drives our decisions regarding technology. We believe that consistent and constant access by the individual learner to the learning tool strengthens their evolution as a critical thinker, thereby ensuring their success in the future.

In English 9 students are learning how to . . .

- use Google docs to collaborate on their writing
- interact with classmates in an online setting through discussion forums in ANGEL
- organize and communicate their thoughts in a blog about their AR books
- employ PowerPoint and the Mac laptops to create digital flip cards for studying vocabulary words
- express themselves using Glogster
- synthesize what they have learned through an iMovie project
- utilize online study tools such as practice quizzes and tutorial videos
- take online tests and quizzes that give them immediate feedback
- use iMovie and GarageBand creatively demonstrate their learning.

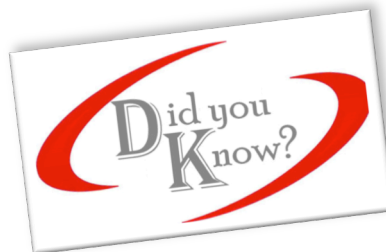
Throughout the semester, the English 9 students will utilize a variety of technologies designed to enhance and extend their learning in literature, grammar, writing, and vocabulary.



Integration of Technology into our English 9 Classroom!



Students learning how to use GoogleDocs to help them edit each other's writing assignments!



Change in School Calendar

The schedule change will involve not having classes for the elementary (PreK-6) on **Thursday, October 20th**. Students in grades 7-12 would have classes in the morning on that date, but will be **dismissed at 12:00pm**. We will not be serving breakfast or lunch. This professional development time will be spent helping our teachers implement our LtoJ program. Mr. Jenkins (founder of LtoJ) will be working with our elementary teachers in the morning and our secondary teachers in the afternoon.





Actions we have taken here at Plainview Schools to address this issue.

We have developed a documenting process for the 2011-2012 school year to help us better monitor student behavior, visited with our staff about our expectations on reporting such incidences, worked with student groups to help us prevent these issues, implemented curriculum into some of our classes, and are scheduling assemblies that will focus on appropriate student behavior.

Educate, Encourage, & Empower students for SUCCESS!!!



What If You're the Bully?

All of us have to deal with a lot of difficult situations and emotions. For some people, when they're feeling stressed, angry, or frustrated, picking on someone else can be a quick escape — it takes the attention away from them and their problems. Some bullies learn from firsthand experience. Perhaps name-calling, putdowns, or physical force are the norms in their families. Whatever the reason, though, it's no excuse for being the bully.

If you find it hard to resist the temptation to bully, you might want to talk with someone you look up to. Try to think about how others feel when you tease or hurt them. If you have trouble figuring this out (many people who bully do), you might ask someone else to help you think of the other person's side.

Bullying behavior backfires and makes everyone feel miserable — even the bullies. People might feel intimidated by bullies, but they don't respect them. If you would rather that people see your strength and character — even look up to you as a leader — find a way to use your power for something positive rather than to put others down.

Do you really want people to think of you as unkind, abusive, and mean? It's never too late to change, although changing a pattern of bullying might seem difficult at first. Ask an adult you respect for some mentoring or coaching on how you could change.

Taken from Kids Health-October 2010