

BRAVE Newsletter: Our Year in Review

Created by

Casey Gallagher and Janice Garfinkel

10 Things You Should Know About BRAVE

1. BRAVE stands for Bully Reduction Anti-Violence Education.
2. Our focus is to make our school better—a place with no bullying.
3. It is fun learning about BRAVE.
4. Brave sponsors school-wide events.
5. Leaders strategies are used to put an end to bullying.
6. Quality circles help us address personal and school issues.
7. The focus is on the bystander's responsibility.
8. BRAVE teaches students how to respect others.
9. BRAVE Ambassadors help inform others how to follow the BRAVE Strategies
10. The Ambassadors lead by example.



Annual Book Conference At Oceanside Middle School

On February 8, 2007, nine randomly selected sixth grade and eighth grade Brave Ambassadors from Jericho Middle School went to Oceanside Middle School.

The purpose of this trip was to meet new friends and talk about a book that addressed social and emotional issues, Crazy Lady. Crazy Lady is about a boy named Vernon. Vernon is a boy who lives with his dad and three siblings because his mother

passed away. Unfortunately, Vernon is not that successful in school. He got left behind more than once, but there are people in his life that make him feel better. As this boy, Vernon, grows up, he becomes friends with a “weird family”. In the beginning, Vernon makes fun of this family, but eventually he gets to know the mentally challenged kid named Ronald and his outlandish mother. (continued on page 2)



Mix-It Up At Lunch

Jericho Middle School's BRAVE program hosted Mix-It Up Day. The purpose of this day was to get each and every student to get to know new people. Each student was assigned a certain table to sit at in either Cafeteria A or B during the lunch period. This gave each student an opportunity to get to talk to the different people in his/her grade. After everyone ate their lunch, each lunch table started the assigned activity. One student at each table volunteered to be traced onto a big piece of yellow paper. Inside the

traced body, all the students worked together to write positive characteristics that students should have. Then, on the outside of the body, the students wrote some negative characteristics that can harm others and /or themselves. Throughout the whole day the students learned a tremendous amount and that is all thanks to the BRAVE program. The bodies were hung up in both cafeterias.



Sixth Grade Read-Aloud

The sixth grade student BRAVE Ambassadors held read-aloud sessions during the sixth grade lunch period. The purpose of reading the book was to show character values and morals. The Ambassadors read their selected

stories to their peers and then lead a discussion of the book. Exit cards were given out and then collect to find out what was learned by the audience.



Annual Book conference (cont.)

Vernon helps them through tough times and through this he also learns a lot about himself.

At the Book Talk, students from all over Long Island got together to discuss a number of books. First there was a bagel breakfast; and then we went to the gym. At the gym, all the

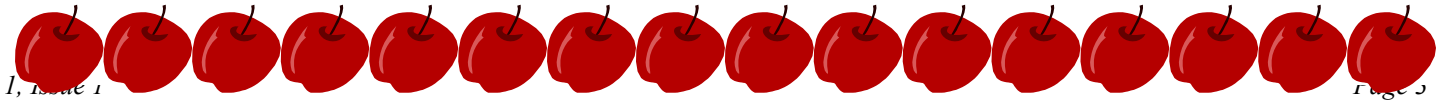
students from different schools got to meet each other and play the "Getting to Know You" Bingo game. A prize was given to those who finished the game first.

After, students were separated into groups to talk about the book they read. Bullying themes

were addressed. Following the book discussion, groups of students created book jackets for a proposed sequel to their book. We then met back with all the other groups to share.

After, we treated ourselves to McDonald's for a great lunch. It was a fun learning experience.

Written by: Richard Shi, David Zhou,
Colleen McCormack



Words of Wisdom for Parents

1. Be careful with what you say because words are very powerful.
2. Remember– anyone can be a bully.
3. Be a good role model.

Words of Wisdom for Peers

1. Look for the good things in others.
2. Treat others with respect.
3. Think before you act.

Words of Wisdom for Coaches

1. Give everyone a chance!
2. Be patient.
3. Try to focus on the positives.

BRAVE CREED

Teasing others is unkind
Those who are bullied, we shall find
To support in their time of need
As BRAVE leaders, this is our creed

Written by
The BRAVE Club

B.R.A.V.E. Program

The BRAVE Program hosts lunch-time quality circles to offer all students the opportunity to discuss bullying in the school. Student BRAVE Ambassadors are trying their hardest to stop bullying permanently and make Jericho Middle School a better place. Students need to attend an Ambassador Training Program, and must be committed to ending bullying if they want to participate in this program.

The BRAVE Program would not be possible without the BRAVE leaders. Ms. Gallagher and Ms. Garfinkel are the 6th grade BRAVE leaders. Mr. Pagliari and Ms. Kamvakis work with the 7th graders and Ms. Brill and Mr. Herbert lead discussions with the 8th graders. All the leaders work very hard to train the BRAVE ambassadors. The program hosts many special events such as Mix-It– Up Day and No Name Calling Week. We believe that the BRAVE program will end bullying in Jericho Middle School.

Colleen McCormack



Matt Pagliari, Heidi Kamvakis, Casey Gallagher, Janice Garfinkel, Beth Brill, Dave Herbert.

No Name-Calling Week

No Name– Calling Week is a nationally recognized week where students and teachers are asked to reflect on the “power of words”.

The BRAVE team provided students in the middle school an opportunity to learn how “Words have power” by having each grade read a different book on this theme. After reading the book, team leaders led a discussion and a fun activity to demonstrate how words can either lift someone up or put someone down.

Students were encouraged to take this opportunity to reflect on their own actions. We all agreed that speaking positively makes others feel good and, in turn, makes us feel good too!

No Name-Calling Awareness Week is a national week. But remember, you should be kind during the whole entire year! A friendly bet with your pals is a great way to teach each other a lesson and have fun at the same time.

Along with our friends, we agreed to avoid calling each other names. If one or more people lost the bet, everyone else would get a free Twix bar, compliments of the person who could not keep the bet. What a delicious bet to think about!

Sonia Joshi, Cindy Park
and Anchal Mehra

If you hear someone calling someone else a mean or hurtful name, you can stop the name- calling as well as any other bullying by using these LEADERS Strategies :

Leave no one out

Empower yourself– stand up to bullies

Amuse with humor—bring light to dark situations.

Distract the bully

Enlist help—tell a teacher

Rumors stop with you—don’t spread them

Support the victim– show him/her that you care

Kailyn Shupnick

