



November, 2021

Prevention Intervention News

WHAT YOU SHOULD KNOW COVID-19 and CYBERBULLYING Elementary school students

Cyberbullying is using a form of technology—such as the internet, cell phones, or virtual classrooms—to hurt or harm someone else on purpose.



DISTANCE LEARNING – A HISTORIC TIME

- People stay apart to stay healthy
- Kids no longer go inside their school
- Technology is used a lot more for learning and connecting with others



WHEN USING TECHNOLOGY, IT'S IMPORTANT TO:

- Feel safe
- Be respectful
- Remember that bullying can happen even when kids are apart
- Know what to do if you see or are cyberbullied



IF YOU ARE BULLED ONLINE, WHAT SHOULD YOU DO?

- Tell your mom, dad, or an adult you trust, even if you're not sure it is cyberbullying
- Reach out to your teachers or another adult who is in charge—they are there to help you
- Talk to an older sibling or friend who you trust
- Take a screenshot or picture of the bullying and show an adult
- Report the bullying: if you do not know how, ask an adult



WHAT SHOULD YOU DO IF YOU SEE CYBERBULLYING HAPPEN?

- Tell your mom, dad, or an adult you trust and ask what you can do
- Report cyberbullying on the app or website
- If your classmates are being bullied, let your teacher know

Bullying Prevention

What Parents Can Do To Help

Bullying is hurtful and it's dangerous. When it occurs, it is scary for the targeted student and for those who observe it. The Paulding County School District does not tolerate bullying behavior!

How parents can help:

- Talk to students about the school's anti-bullying rules.
- Encourage students to be involved in school activities and to maintain positive friendships.
- Report bullying to an administrator at school.
- Work with the school team to resolve bullying situations
- Remind students that bullying is wrong and it is never their fault.

4 Bullying Prevention Rules for Paulding County Schools

1. **We will not bully others.**
2. **We will try to help students who are bullied.**
3. **We will try to include students who are left out.**
4. **If we know that someone is being bullied, we will tell an adult at school and an adult at home.**

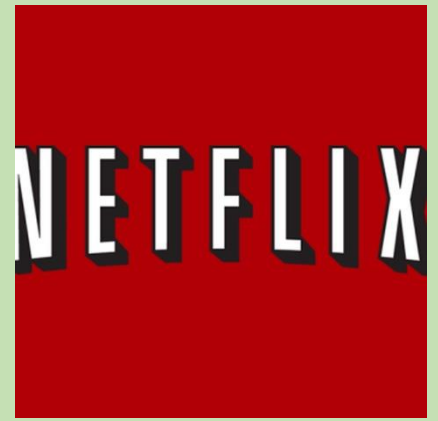
What Parents Need to Know About **Squid Game**

Squid Game is a popular show on Netflix and parents need to be aware of the violence and sex in the series.

According to [Common Sense Media](#), the level of violence is intense with characters being sadistically killed and tortured. Adults have sex and sexual violence takes place in the series too. Emotional highs come from gambling, winning and conning.

Experts at the [Child Mind Institute](#) recommend that younger kids do not watch the show and older teenagers do so with an adult to help them process the violence.

Parents are encouraged to set parental controls on their Netflix account to discourage their children and teens from watching shows that may not be appropriate for them. Directions for setting parental controls are in the box to the right.



*TO SET
PARENTAL
CONTROLS
IN NETFLIX,
[CLICK HERE](#)*



*“Use the talents you possess, for the woods would be very silent if no birds sang except the best.”
~Henry Van Dyke*



The Connection Between Art and Self-Esteem

A recent study published by the New York Academy of Sciences finds a strong link between the arts and positive self-esteem. Youth who engaged in painting, drawing or making things had higher self-esteem than their peers who didn't engage in the arts. Listening to or playing music and reading also increased self-esteem although parental involvement in these activities helped to increase it the most. Since youth start to struggle with self-esteem in middle school, encouraging your student to draw, paint, play music, read or be creative in some other way might help to increase their self-confidence as they navigate the waters of adolescence.

<https://nyaspubs.onlinelibrary.wiley.com/doi/full/10.1111/nyas.14056>

AUTUMN LEAF SUNCATCHERS

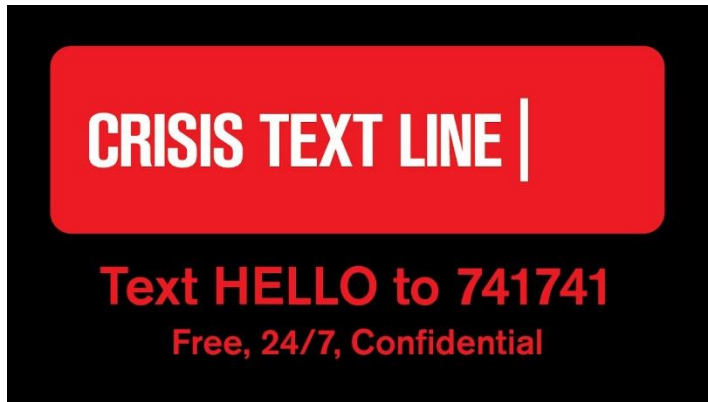
Easy and fun idea:

1. Cut off a rectangular piece of contact paper. Fold it in $\frac{1}{2}$, then **pull the paper** covering off to the fold, exposing $\frac{1}{2}$ of the sticky plastic.
2. Arrange autumn leaves on the sticky contact paper & press to adhere.
3. Remove the rest of the paper backing from the contact paper. Carefully fold it over the leaves, sandwiching them in between the two layers of plastic, and press down with your hands, avoiding air bubbles if possible.
4. Hang in a sunny window and admire!

For more ideas:

<https://artfulparent.com/simple-gorgeous-autumn-leaf-suncatchers/>

EVERYONE HAS MENTAL HEALTH. MENTAL HEALTH RANGES FROM MENTAL WELLNESS TO MENTAL ILLNESS. IT'S IMPORTANT FOR PARENTS TO TALK TO THEIR CHILDREN AND TEENS ABOUT THEIR MENTAL WELLNESS. PCSD SCHOOL COUNSELORS CAN HELP PARENTS LOCATE RESOURCES IF THEIR STUDENT NEEDS SOME MENTAL HEALTH SUPPORT.



CRISIS TEXT LINE |
Text HELLO to 741741
Free, 24/7, Confidential



Promoting Resiliency in Youth

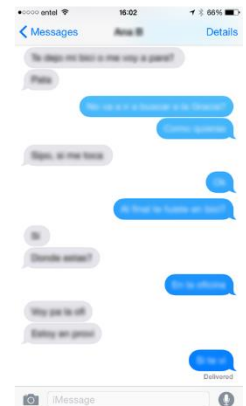
There are many ways to promote mental wellness and resiliency in youth. Engaging in healthy activities, spending time in nature, listening to uplifting music, baking, drawing, painting, reading, telling stories, playing games, or any activity that a family enjoys together can help to foster resiliency and mental wellness. The key to resiliency for youth is having trusted adult relationships. Research has shown that young people who have at least one trusted adult relationship in their lives are more likely to be able to turn *toxic stress* into *tolerable stress*. For youth who do not have supportive adult relationships at home, adults at school can build trusting relationships to promote mental wellness in the same way.

<https://www.gse.harvard.edu/news/uk/15/03/science-resilience>

When You're Worried About Your Child's Friend How To Report Self-Harm or Suicidal Ideation

You've checked your child's text messages or social media account and you've seen something that concerns you: their friend is threatening self-harm or suicide. Now what? Here are some suggestions:

- Take a screenshot of the message.
- Contact the **friend's parent** as soon as possible.
- Be honest about how you came upon their child's communication and be ready to share it with them.
- Give the parent the **Georgia Crisis Line 1-800-715-4225**.
- If you don't have the parent's contact information, reach out to the non-emergency number for the **Paulding County Sheriff's Office at (770) 445-2117**.
- If it is a social media post, **report the post to the social media site**. Directions for reporting suicidal posts to the various social media sites can be found in this [LINK](#).
- Suicidal concerns can also be anonymously reported via the **Safe Schools app**.





Watch this short (less than 3 minutes) video to see what happens when teenagers share their feelings of gratitude:

[WHAT TEENS ARE THANKFUL FOR](#)

“THIS IS A WONDERFUL DAY. I HAVE NEVER SEEN THIS ONE BEFORE.”
~MAYA ANGELOU



Shopping Event
Saturday, December 11th
7:00AM
Wal-Mart
3615 Marietta Hwy, Dallas

Cops for Kids Registration Information

Registration will be held every Tuesday evening in November inside the lobby of the Paulding County Sheriff's Office from 6:00PM to 8:00PM.

Registration will be on a first come, first served basis.

You can sign up for the 2021 Cops for Kids program on the following dates and times:

- Tues. Nov. 2nd 6:00 – 8:00 PM
- Tues. Nov. 9th 6:00 – 8:00 PM
- Tues. Nov. 16th 6:00 – 8:00 PM
- Tues. Nov. 23rd 6:00 – 8:00 PM
- Tues. Nov. 30th 6:00 – 8:00 PM

Paulding County Sheriff's Office
180 Constitution Boulevard
Dallas, GA 30132

Requirements:

- Proof of Residence in Paulding County
- Photo ID
- Proof of Income
- Birth Certificate for Each Child
- Must be ages 6 – 13 to participate

If you have any questions or would like to make a donation, please contact Lieutenant Tracy Parker at (770) 443-3010.

SCAN ME



NOT JUST VAPOR: GEORGIA

TUESDAY, NOVEMBER 9TH, 4PM EASTERN

Presented by Parents Against Vaping e-cigs (PAVe), with the support of the Georgia Department of Education, Georgia Chapter of the American Academy of Pediatrics, and Georgia Chapter of the National Association of Pediatric Nurse Practitioners

By 10th grade, about 40% of youth have tried vaping. Behind the bright colors and sweet flavors of vapes are harmful chemicals and nicotine addiction. Join us for everything parents and adults need to know to help kids avoid or quit using dangerous flavored e-cigarettes, including new devices and signs, health risks, and how to speak with your child.



Scan code or click to register:
<https://bit.ly/3jMkYlC>



Featuring PAVe GA speakers:



Dr. Alice Little
Caldwell,
Pediatrician



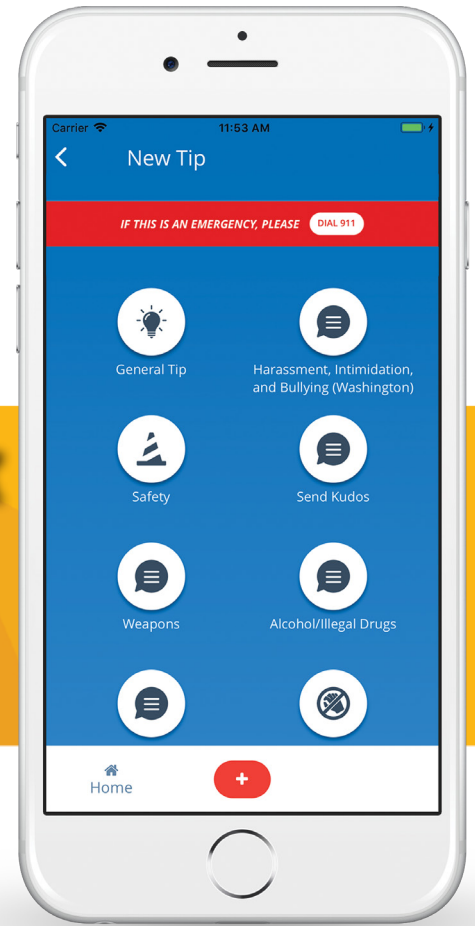
Laura Searcy,
Pediatric Nurse
Practitioner

Paulding County School District

Report It



SafeSchools Alert is our district's tip reporting service. If you have information about a threat to our safety, do your part and report it! And remember, you can remain anonymous.



SUBMIT USING OUR APP



FOR EMERGENCIES, PLEASE CALL 911

EASY WAYS TO REPORT



Visit the website
<http://1895.alert1.us>



Email your Tip to
1895@alert1.us



Call to report your tip
470.264.6152



Text your Tip to
470.264.6152

REPORT ON:

- BULLYING
- INTIMIDATION
- HARASSMENT
- WEAPONS
- DRUGS
- OTHER



Our District Code is: 1895

All tips submitted are taken seriously and will be acted upon. Please be responsible with your submissions.

November 2021 Happiness Calendar

This month, slow down and appreciate the good in your life.

Keep up with the latest on the science of connection, compassion, and happiness by **subscribing to our newsletters**.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Pause throughout the day to breathe and ground yourself in your body.	2 To communicate better with a mask on , pay attention to your body language and voice.	3 Visualize yourself in someone else's shoes to understand their thoughts and feelings.	4 Practice saying no to avoid burning out .	5 Journal about a time you felt awe and wonder .	6 Try not to avoid the suffering of others —it may hurt your mental health.
7 Be compassionate with yourself and recognize that parenting is hard for everyone .	8 Acknowledge feelings of resentment so you can move past them.	9 Do you love compassionately? Take our Compassionate Love quiz to find out.	10 Cultivate fulfilling hobbies .	11 Nature can help veterans (and everyone else) heal. Get outside for Veterans Day .	12 Reflect on all the gifts in your life .	13 When facing a challenge , take the perspective of an observer—or your future self.
14 Listen deeply and be curious about other people's opinions.	15 In addition to a to-do list, make a list of things you've accomplished .	16 Stop and tune in to the information from your five senses.	17 Look for a small habit you can change to be more environmentally friendly.	18 Practice hard conversations before you have them.	19 Go for a walk with a friend —it's good for your health!	20 Talk to your kids about what they're learning and how they're feeling.
21 Recognize your habits around conflict : Does it make you want to fight or flee?	22 Share your gratitude for the people you work with.	23 Learn more about your ancestors and their role in history.	24 Slow down and eat mindfully to really enjoy your food.	25 Avoid political arguments on Thanksgiving and aim to understand each other instead.	26 Balance out your screen time with regular exercise .	27 Create a time capsule of your everyday life.
28 To raise grateful kids , be mindful of how you respond when they aren't grateful.	29 Be sensitive to the trauma your coworkers may be experiencing.	30 In hard times, remember what matters to you .				

Paulding County Libraries - Virtual Programs and Craft Kits November 2021

To request more information about any of the virtual programs happening or craft kits available this month, please contact the library that is hosting the program! For up to date information on events and crafts at your library, be sure to follow your local branch on Facebook and Instagram!

New Georgia Public Library

94 Ridge Rd, Dallas, GA 30157

(770) 459-8163, [facebook.com/NewGeorgiaLibrary](https://www.facebook.com/NewGeorgiaLibrary)

Programs

November 1st: Outdoor Storytime: Trains at 10:30 AM **Children**

November 2nd: CAREing Paws at 3:30 Pm *Sign up Required* **Children**

November 3rd: Homeschool Wednesday: Pinecone and Bird Feeder craft at 11:00 AM **Family**

November 8th: Outdoor Storytime: Dinosaurs at 10:30 AM **Children**

November 10th: Homeschool Wednesday: Steam Engine - Photography at 11:00 AM **Family**

November 15th: Outdoor Storytime: Thanksgiving at 10:30 AM **Children**

November 17th: Homeschool Wednesday: Mayflower Building Challenge at 11:00 AM **Family**

November 29th: Outdoor Storytime (And pajama party!): Bedtime at 10:30 AM **Children**

Craft Kits

November 1:

- My Little Library: "Layla and the Bots: Cupcake Fix" **Children**

November 5:

- Paper Turkey's **Children**
- Macrame Bracelets **Teen**

November 12:

- Pinecone Bird Feeders **Children**
- Macrame Keychains **Teen**
- Clothespin Wreaths **Adult**

November 18:

- Thankful Books **Children**
- Macrame Wall Decor **Teen**

All Month:

Adult Mystery Read: *Elevator Pitch* by Linwood Barclay **Adult**

Adult | **Teen** | **Children** | **Family**

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Hiram Public Library

1815 Hiram Douglasville Hwy, Hiram, GA 30141
(770) 439-3964, facebook.com/thehiramlibrary

Programs

November 2nd: Adult Book Club: *Mexican Gothic* by Silvia Moreno-Garcia **Adult**

All Month Long: Baby time will be every Thursday at 10:30 AM (Ages 0 - 3) **Children**

Craft Kits

All craft kits will be first come first served

November 1:

- My Little Library: "Layla and the Bots: Cupcake Fix" **Children**
- NaNoWriMo Essential's Kit **Teen**
- NaNoWriMo Kit **Adult**

November 8:

- DIY Cork Stamps **Teen**
- Kitchen Travels: Moroccan Tajine **Family**

November 15:

- Autumn Acorn Charms **Teen**
- Thankful Banners **Adult**

November 22:

- Seasonal Shadow Boxes **Teen**
- Paint a holiday post card **Adult**

November 29:

- Mini Candle Creations **Teen**
- Family Movie Night - Holiday Edition **Family**

Adult | **Teen** | **Children** | **Family**

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Dallas Public Library

1010 E Memorial Dr, Dallas, GA 30132
(770) 445-5680, [facebook.com/dallaspubliclibraryga](https://www.facebook.com/dallaspubliclibraryga)

Programs

November 2nd: Book Worms Book Club: *Nine Perfect Strangers* At 1:00 Pm and 5:30 PM **Adult**

November 18th: Nature Journaling: Trees for Homeschool Families at 1:00 PM in Sara Babb Park **Family**

All Month Long:

- Storytime: Every Monday and Tuesday at 10:30 AM **Children**
- Babytime: Every Thursday at 10:30 AM **Children**

Craft Kits

Crafts are first come first served.

November 1:

- My Little Library: "Layla and the Bots: Cupcake Fix" **Children**
- Leaf Jar Lanterns **Adult**

November 8:

- Corn Cobb Ornaments **Children**
- Fall wooden Craft **Adult**

November 15:

- Sunflower Kits **Children**
- Mandala Paintings **Teen**
- Turkey Tag Kit **Family**
- Pumpkin Truck Hanger **Adult**

November 22:

- Addition Apples and Subtracting Sunflowers **Children**
- Harry Potter Experience: The Chamber of Secrets **Teen**
- Thank you gift in a jar: the Sunflower **Adult**

November 29:

- Sun Flower Mat **Children**
- Relax and paint: Sunflower **Adult**

Adult | **Teen** | **Children** | **Family**

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Crossroads Public Library

909 Harmony Grove Church Rd, Acworth, GA 30101
(770) 975-0197, facebook.com/crossroadslibrary

Programs

November 1st-12th: Fall Leaves Fun! **Children**

November 4th: Storytime - Hibernation **Children**

November 11th: STEAM Challenge - Turkey Balloon Race **Family**

November 12th-18th: Puzzling Puzzles **Children**

November 18th: Storytime - Thankfulness **Children**

November 22nd-30th: Turkey Time **Children**

Craft Kits

November 1:

- My Little Library: "Layla and the Bots: Cupcake Fix" **Children**
- Maple Leaf Bowls **Adult**

November 4:

- Tassel Key Ring **Children**
- Autumn Leaves Sowing Project **Children**

November 6:

- Book Friends: Hedgehog **Teen**

November 11:

- Zippy Zoomers **Children**

November 12:

- Popsicle Stick Pumpkins **Teen**

November 15:

- Clay Leaf Magnets **Teen**

November 18:

- Turkey Bag **Children**
- Acorn Necklace **Children**

All Month

- Thankful Tree **Adult**

Adult | Teen | Children | Family