



Zellerbach Zebras

# JDZ Zephyr

## Counselor's Corner ~ April Marvin

### **"Bully Behavior and What Parents Can Do."**

Camas elementary schools define bullying as: "Unfair and one-sided. It happens when someone keeps hurting, frightening, threatening, or leaving someone out on purpose."

What can we do? There are many tools that your school counselor has available to help. Alone, a child, teacher, parent, counselor, or principal cannot solve the problem. We have to know how to work together. Your school counselor actively teaches the staff and students the process of *Recognizing* bully behavior, *Refusing* to be bullied or allow others to be bullied, and *Reporting* bullying when it happens.

#### The Role of the Parent

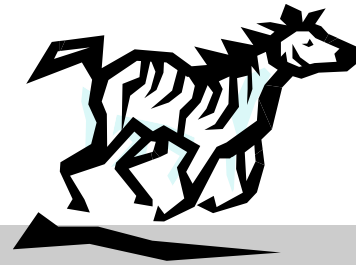
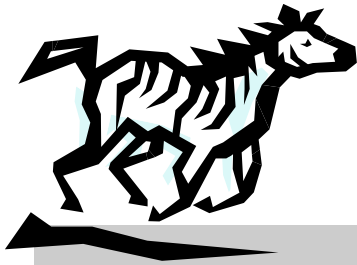
- 1. Encourage your child to report bullying incidents to you.**
  - Validate your child's feelings by letting him/her know that it is normal to feel hurt, sad, scared, angry, etc.
  - Let your child know that s/he has made the right choice by reporting the incident(s) to you and assure your child that s/he is not to blame.
  - Help your child be specific in describing bullying incidents: who, what, where, when. (Look for patterns or evidence of repeated bullying behaviors that are unfair and one-sided.)
- 2. Ask your child how s/he has tried to stop the bullying.**
- 3. Coach your child in possible alternatives:**
  - Avoidance is often the best strategy.
    - Play in a different place.
    - Play a different game.
    - Stay near a supervising adult when bullying is likely to occur.
    - Look for ways to find new friends.
    - Support your child by encouraging him/her to extend invitations for friends to play at your home or to attend activities.
    - Involve your child in social activities outside of school.
- 4. Treat the school as your ally.**
  - Share your child's concerns and specific information around bullying incidents with appropriate school personnel.
- 5. Encourage your child to seek help and to report bullying incidents to someone s/he feels safe with at the school.**
- 6. Encourage your child to continue to talk with you about all bullying incidents.**
  - Do not ignore your child's report.
  - Do not advise your child to physically fight back. (Bullying lasts longer and becomes more severe when children fight back. Physical injuries often result.)
  - Do not confront the child who bullies.
  - Do not confront the family of the child who bullies.

# Calendar of Events

Fri., Oct. 10	<b>NO SCHOOL</b> State Inservice Day
Wed., Oct. 13	Reflections Art Contest (projects due) Jog-A-Thon pledge forms due
Tues., Oct. 14	PTA General Meeting 7:00.PM Library PTA Phone Directory information is due Community (walking) Field Trip 2nd Grade 9:15-2:00 Science Olympiad 3:30-4:30 Cafeteria
Wed., Oct. 15	Papa Murphy's Pizza Night Camas Roots Meeting 5:00 PM Library Mad Science (rooms 102 & 304) 1:15-2:15 PM
Thurs., Oct. 16	Jog-A-Thon Event Spirit Day – Black and White Day
Mon., Oct. 20	Kindergarten Family Reading Night 6:00-7:30 PM
Tues., Oct. 21	Science Olympiad 3:30-4:30 Cafeteria Title I Open House 6:30-7:30 (1st Grade) 7:00-7:30 (2nd –5th Grade)
Wed., Oct. 22	Jog-A-Thon & Reflections Awards Assembly 9:15 AM Mad Science (rooms 102 & 304) 1:15-2:15 PM
Thurs., Oct 23	"Parenting Your Zebra" for parents of students in Mrs. Honeycutt, Mrs. Schroeder, Mrs. Thielbar and Grabenkort's classes Room 206 5:30-6:30 PM
Tues., Oct. 28	Living Voices Presentation – 3rd Grade
Thurs., Oct. 30	Salmon Field Trip – Oxbow Park – Mrs. Grabenkort's class
Mon., Nov. 3	Coffee & Conversation with Principal 9:00 in Library
Tues., Nov. 4	Election Day
Thurs., Nov. 6	School Picture Retakes Salmon Field Trip – Oxbow Park – Mrs. Honeycutt, Mrs. Schroeder and Mrs. Thielbar's classes



For more details on events at JDZ go to  
[www.camas.wednet.edu](http://www.camas.wednet.edu)



## JDZ Jog A Thon

Running for the Arts in 2008

**Pledge Forms Due Monday, October 13**

At JDZ Elementary School we have the opportunity to raise money for an Artist in Residency program to be brought into our school.

Creating lasting artwork that will become permanent fixtures at our new Grass Valley School will be our focus this year. Funds raised through this event will pay for two artists, Sarah Ferguson and Kaaren Pixton, to come to our school to do an Artist in Residency program with our children. Each student will have several hands-on arts experiences throughout the process. We are currently looking at creating artwork out of clay tiles. Our dreams are big...so the more we raise, the more we can do!

We hope that all of our children will become involved in this fun event. No contribution is too small!!!

“Every artist was first an amateur.”

**Ralph Waldo Emerson**

Please contact Zoe Clow with any questions 834-2569.

**Tuesday, Oct. 14**

# PTA Meeting

**JDZ LIBRARY - CHILDCARE PROVIDED**

7:00 PM JDZ Library



### NEED ANOTHER PAYBACK BOOK?

Payback Books can now be purchased at  
Dots Donuts!

Dots Donuts is located between Fred Meyer and Big Al's.  
\$10 of each sale goes directly to JDZ PTA!

If you still have a payback book at home that you have not purchased, please return ASAP.

# PIZZA NIGHT



Wednesday

October 15

**We've got dinner planned!**

**Purchase a pizza from Papa Murphy's and  
JDZ will receive a percentage of all  
JDZ orders.**

Just give them the coupon below

2406 SE 8th  
Camas WA

3415 SE 192nd  
River Stone Market Place  
by QFC. 896-0833

**Tear off and give to Papa Murphy's**  
**Raise Dough for JDZ**

**EVERY PURCHASE PUTS MONEY IN JDZ'S POCKET**

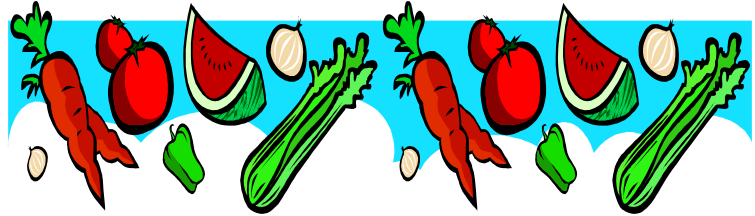
Wednesday, October 15, ONLY!

Just take and bake!



October 13-17  
National School Lunch Week

Students will have the chance to vote for the following school lunch "candidates": Biff Burger, Gloria Grilled Cheese, Petunia Pita Pocket, Larry Lasagna & Pete Pizza!!! One of these entrees will be served each day. On Friday, students can take a ballot and drop it in the envelope for the candidate of their choice. Pictures of each candidate will be posted in the cafeteria. Results will be tallied by school and reported back.



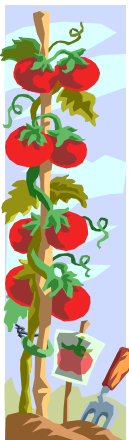
**Free Second Saturdays at the Water Center**  
**October 11, 2008 1:00-3:00 PM**

**Garden Art** – From roots to leaves, explore fun ways plants can be used to make art. Create a design using cut-up fruits and vegetables. Which fruit or vegetable makes which color dye? There even will be fruit and vegetables to taste with parents' permission.

Water Resources Education Center  
4600 SE Columbia Way  
Vancouver  
Contact 360-487-7111 or  
[www.cityofvancouver.us/watercenter](http://www.cityofvancouver.us/watercenter)



# Volunteers needed for our garden!



Get Involved with Camas Roots!

The Camas Roots Garden, behind JDZ's little gym, is a PTA-sponsored project that benefits all of the schools in the area. But, JDZ students are lucky to have the easiest access, with open hours during some recesses, classroom garden excursions, and opportunities to cook and eat the garden's bounty.

We're looking for more parents, grandparents, and community members to get involved in this fun project. Volunteers can help teachers get kids out into the garden, do cooking projects, or help with general garden maintenance. If you would like to find out more, please come to our monthly meeting: Wednesday, October 15 5-6 PM JDZ Library Or, contact Elisa Wells at 833-0925 or [eswells@comcast.net](mailto:eswells@comcast.net) for more information.



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# SPIRIT DAY!

Thursday, October 16!

# BLACK

# &

# WHITE

# DAY

Show your school pride and spirit by joining in the fun. All you have to do is dress in all black, all white or both!

Go Zebras!

At the Camas Public Library.....

**Cosplay!** Thursday, October 16 4:00-5:30 PM

At this special Anime & Manga Club meeting, we're having a cosplay! Dress up as a character from any anime or manga, and show off your costume. Snacks will be served and **prizes** will be awarded! The Anime & Manga Club, and the Cosplay, is for teens and tweens ages 9 and older.

**Page Turners** A book discussion group for 4th-5th graders and their parents! Meets the second Tuesday of every month 7:00-8:00 PM. Here is how it works: You and your parent borrow a special copy of the book from the library before the meeting. You both read the book. You both come to the meeting, and then keep your copy of the book for good, for free! Yay! Sign up at the reference desk.

These programs are sponsored in part by the Friends and Foundation of the Camas Public Library