

WESPTSA Newsletter

October 2019

October... A Month of Many Awarenesses...

October is much more than breast cancer awareness month. October is also Dyslexia awareness month (see more later) as well as the month in which we can recognize bullying and awareness of inclusion and acceptance. October 23, 2019 is Unity Day and everyone is encouraged to wear **orange**. Unity Day is about coming together to stand against bullying and stand united to promote kindness, acceptance, and inclusion. Please consider having your children and/or yourself wear **orange** on Wednesday, October 23, 2019. For more information on Unity Day and/or resources on bullying and bullying prevention [click here](#).

Facts about bullying:

- About 1 in 5 students report being bullied ([National Center for Educational Statistics, 2016](#))
- Of those who report bullying, 13% say they are called names, insulted, or otherwise made fun of, 12% report having rumors spread about them, 5% physically pushed or tripped, or spit on, and 5% purposefully excluded by another child (National Center for Educational Statistics, 2016)
- More females report being bullied, but more males report physical bullying (National Center for Educational Statistics, 2016)
- School-based bullying programs reduce bullying ([McCallion & Feder, 2013](#))

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LIKE US ON FACEBOOK

[https://
www.facebook.com/
WESPTSA/](https://www.facebook.com/WESPTSA/)

2

VIEW OUR WEBSITE

[http://
wesptsa.weebly.com/](http://wesptsa.weebly.com/)

3

COME TO OUR
MEETINGS

Generally 2nd Thursday
each month at 7pm

Upcoming WESPTSA & School Events:

10/9: Fun Run!

10/10: Mobile
dentist

10/10: PTSA mtg
(7-8:30 Discovery
Media Center)

10/11: Fall Fest -
Discovery Gym/
Cafeteria (6-8pm)

10/14-10/18: Book
fair in the library to
support new books!

10/18: Box Tops 1st
collection

10/18: 1/2 day
(dismiss at 11:40)

11/5: Conferences

11/5: No school

11/14: PTSA
meeting (Discovery
library 7-8:30pm)

Bullying

What is bullying? According to stopbullying.gov, bullying is “unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.” Bullying involves using one’s power (e.g., physical strength, access to embarrassing information, or popularity) to control or harm others. Thus, bullying includes spreading rumors, physically or verbally attacking someone, making threats, or excluding someone on purpose. As stated, bullying can be verbal (e.g., name calling, teasing, taunting, threatening, inappropriate comments), social (e.g., purposefully excluding someone, telling others not to be a child’s friend, embarrassing someone, or spreading rumors), or physical (e.g., hitting/kicking, spitting, tripping/pushing, take items, or rude/mean gestures). Helping to stop or prevent bullying includes helping kids understand the difference between telling and tattling.



It is TATTLING if, (a) no one is hurt or injured, (b) the person did it on accident and is sorry, (c) this is the first time something like this has happened, (d) you have the power to solve this on your own, (e) your goal is to get someone in trouble, and (d) it is a “so what” problem.

It is TELLING if, (a) someone is hurt and needs helps, (b) the person did it on purpose to be mean, (c) there is a pattern to what is going on. Nothing you have done has stopped it, (d) you don’t have the power to solve this without an adult’s help, (e) your goal is to keep someone safe, and f) it is a “this matters” problem.

BE A KID AGAINST BULLYING

Take the Pledge!

As a Kid Against Bullying, I will:

- Speak up when I see bullying
- Reach out to others who are bullied
- And be a friend whenever I see bullying

I Pledge to Be a Kid Against Bullying!

First Name: _____

Grade: _____

School: _____

Fun Run... Get Psyched!

The Fun Run is October 9th. The Fun Run money supports the activities and events sponsored by the PTSA including trips to the Wharton Center for ALL Y5-5th graders, teacher grants, enrichment activities for both schools. In past years, we also used money from the Fun Run to purchase new playground equipment!

Remember to wear your grade/class colors on 10/9 for the Fun Run:

Kindergarten = Blue

1st grade = Red

2nd grade = Orange

3rd grade = Purple

4th grade = Yellow

5th grade = Green

A big shout-out to our Fun Run Coordinator Camilla Fritts!

Dyslexia

What is Dyslexia?

Dyslexia is a language-based learning disability; individuals with Dyslexia often experience difficulties with

reading, but can also experience struggles with writing and oral language. Dyslexia is considered a type of learning disability; other types of learning disabilities can include Dyscalculia (math) and Dysgraphia (writing/handwriting). Some research suggests 15-20% of the whole population experience Dyslexia is a life-long challenge. For more information on Dyslexia, please see the Fact sheet at the end of the newsletter. You can also check out the following resources:

- understood.org
- [International Dyslexia Association](http://InternationalDyslexiaAssociation.org)





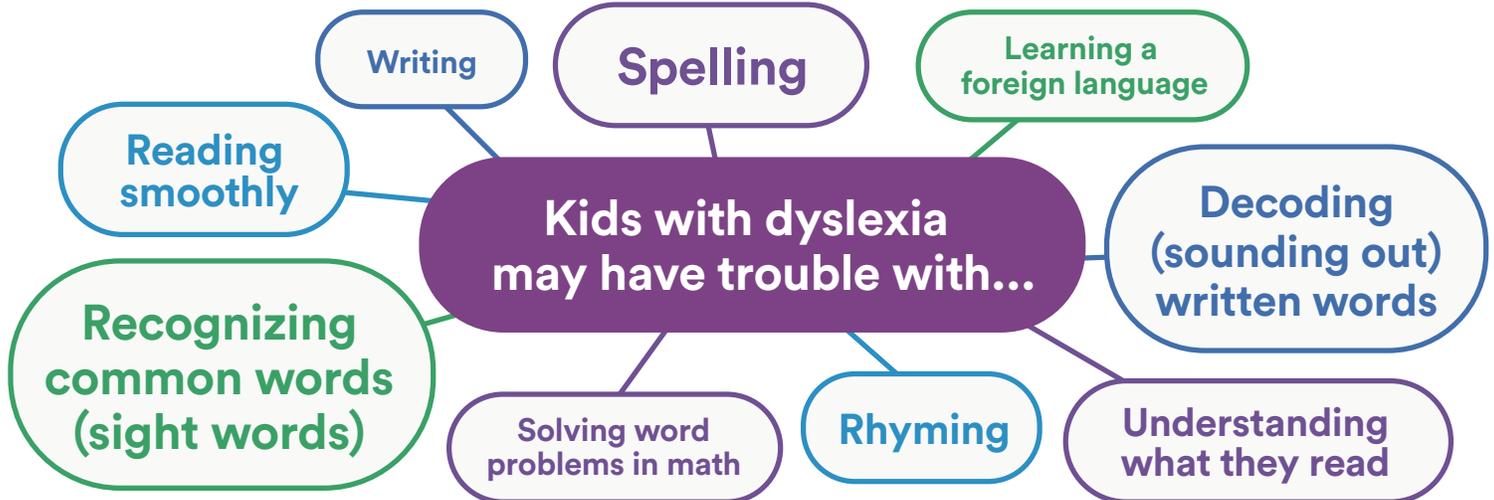
Dyslexia Fact Sheet

Dyslexia is...

- ✓ **A brain-based issue** that makes it hard to learn to read accurately and fluently.
- ✓ **A lifelong condition.** Kids don't outgrow dyslexia, but with the right support, key skills can improve.
- ✓ **A common learning issue.** Many successful people have it, and researchers have been studying it for over a century.

Dyslexia is *not*...

- ✗ **A problem of intelligence.** Kids with dyslexia are just as smart as their peers.
- ✗ **A problem of vision.** The core issue involves understanding how the *sounds* in words are represented by letters.
- ✗ **A problem of laziness.** Kids with dyslexia are already trying hard. They need more help to make progress.



Ways to help kids with dyslexia



Multisensory structured literacy instruction engages kids through sight, hearing, movement and touch.



Accommodations help kids learn and show what they know, like doing an oral report instead of a written assignment.



Assistive technology tools, like audiobooks and text-to-speech apps, can help level the playing field for struggling readers.

Success stories



Salma Hayek,
Oscar-nominated actress



Daymond John,
Shark Tank star and CEO of FUBU



Carol Greider,
Nobel Prize-winning scientist

