

December
2017

KIDS2KIDS

Students Uniting to Create Positive Change

Coalition for Healthy and
Safe Communities
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Jets Tackle Bullying Program

This program is presented by the Municipal Credit Union (MCU) in collaboration with *Stomp Out Bullying*, which tackles all forms of bullying by raising awareness, providing tools for educators and preventing bullying among kids and teens. With MCU, the Jets have made available a Jets branded *Stomp Out Bullying* Educator's Prevention Toolkit at no cost to schools in the tri-state area.

Schools that sign up for the toolkit or complete the digital training course are invited to their annual Educator's Symposium designed to provide teachers and administrators resources to improve the culture at their schools. Schools that attend the symposium are then given additional opportunities to engage with the Jets through their Upstander of the Week and School Recognition programs.

The Upstander of the Week Program highlights one student per week during the season across their social media platforms and on the video boards during home games. "When you see someone being bullied, including cyberbullied and you help them, you stop being a bystander and become an Upstander!" Their School Recognition Program focuses on schools who demonstrate and can articulate how their school combats bullying. Selected schools receive a fun filled assembly featuring a Jets player.

Andover Regional- Week of Respect

To celebrate Week of Respect Andover Regional District coordinated their efforts by promoting respect in both Long Pond School and the Florence M. Burd School.



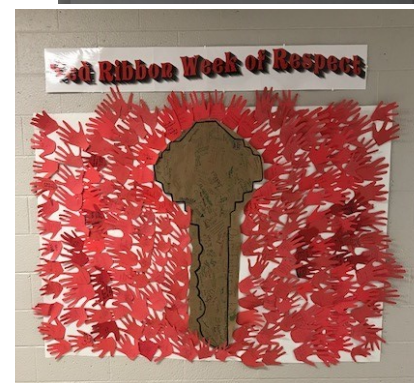
Activities throughout the week included Blue Shirt Day, Dressed for Success and Random Acts of Kindness. Long Pond School Peer Leaders wrote positive messages on post it notes and stuck them to students' lockers. Florence M. Burd students and staff dressed as their favorite superheroes to promote self-respect and a caring attitude.

Students at both Florence M. Burd and Long Pond Middle School collected new socks for children in celebration of *Socktober*. These socks were donated to the Center for Prevention and Counseling to be distributed to families in need.



"Our Future is Key... We are Bully and Drug Free!"

Ogdensburg School combined their celebration for Week of Respect and Red Ribbon Week which was a great success! Students made a pledge to be bully and drug free and earned keys for prizes when caught doing something positive. Students also worked on completing art projects to be submitted into anti-drug contests including The Center for Prevention and Counseling's *What's Your Anti-Drug* contest.



Kids for Peace presents



The Great Kindness Challenge

We challenge you to perform as many kind deeds as you can in one day. Using this list, check off your acts of kindness as you go. Have fun!



Presented by
Dignity Health.

Acts of Kindness Checklist

- ☺ Smile at 25 people
- ☺ Take a treat to your local firefighters
- ☺ Do a household chore without being asked
- ☺ Pick up trash in your neighborhood
- ☺ Take a board game to play at a senior center
- ☺ Read a book to a younger child--
- ☺ Say "Thank you" to a police officer
- ☺ Entertain someone with a happy dance
- ☺ Help an elder cross the street
- ☺ Push someone on a swing
- ☺ Pick up trash at the water's edge
- ☺ Make a new friend
- ☺ Write a thank you note to your mail carrier
- ☺ Walk a dog (or cat!)
- ☺ Plant a tree
- ☺ Say "Hi" to a homeless person
- ☺ Learn to say "Thank you" in a new language
- ☺ Help clean up a park
- ☺ Say "Thank you" to a lifeguard
- ☺ Write a love note to your caretaker
- ☺ Paint a picture and give it to someone
- ☺ Host a lemonade stand and donate proceeds
- ☺ Recycle your trash
- ☺ Hug your sibling or friend
- ☺ Cut out 10 hearts and leave them on 10 cars
- ☺ Donate needed school supplies
- ☺ Thank a bus driver
- ☺ Leave a flower on someone's doorstep
- ☺ Donate something to an animal shelter
- ☺ Call your grandma or grandpa
- ☺ Walk or bike instead of driving
- ☺ Make a thank you card for your librarians
- ☺ Thank an elected official for their service
- ☺ Say "Good Morning" to 5 people
- ☺ Be kind to yourself and eat a healthy snack
- ☺ Deliver a special gift to a child in the hospital
- ☺ Draw a heart in the sand or dirt
- ☺ Send a card or gift to a military family
- ☺ Make a wish for a child in another country
- ☺ Donate food to a food bank
- ☺ Hold the door open for someone
- ☺ Write a happy message with sidewalk chalk
- ☺ Leave a painted rock on a friend's doorstep
- ☺ Make sack lunches for the homeless
- ☺ Compliment 5 people
- ☺ Make and display a "Kindness Matters" sign
- ☺ Call a radio station and wish them a nice day
- ☺ Sweep the sidewalk on your street
- ☺ Help plant a garden
- ☺ Create your own kind deed

Please visit our website to share your stories, photos and videos of kind deeds.

www.greatkindnesschallenge.org

