

Respond continued from page 1

• e-mail or blogging (9.9%).

About half of all students in grades 4 through 12 had experienced bullying in the past month; three in ten admitted to having bullied someone else. The National Education Association has estimated that 160,000 kids stay home every day, afraid of their bullies.

Decent school administrators have always recognized the pain and disruption bullying can cause. "I think we'd all agree -- it's a given -- that bullying has never been acceptable," says Metcalfe County Superintendent of Schools Dr. Benny Lile. "We hold yearly sessions for all staff about recognizing it and strategy at all levels. We work with staff continually to be sensitive to changes in behavior and work through what's underneath them. In the age of social media, bullying can happen in so many ways; in our day, the playground bully was easier to identify and put in check; now it can be like trying to chase shadows. But it's an issue that has every staff member's attention. We strive to prevent it from getting started and to intervene promptly when we see it. Like every school under the state's Safe Schools program, we have a bullying tip line and students can make anonymous reports. We take every one seriously and investigate them all."

In Monroe County, says Superintendent Amy Thompson, the district developed an action plan during the 2014/2015 school year that goes beyond statutory requirements. "We came together as a group and developed a calendar and a curriculum, with instructional materials and activities, and every month we educate every student about bullying," she says, "about what it actually is, the effects, why you shouldn't do it. Sometimes it can get overlooked that if a student is bullying, there's likely a lot going on in their life.

"We tell them, please, tell an adult before things get

out of hand. We bring the kids together to talk about it and work it through, maybe become friends, at least learn to treat each other with respect. We provide a safe environment where they can face it head on, pull the other person in and confront: Why is this happening? That brings that bully into the circle. If they're left completely out they'll just keep on doing it. We try to educate everyone in the building to treat each other the way you want to be treated."

In Caverna Independent Schools, they're trying to throw light on those shadows. "Cyberbullying is still new to this area, and becomes more of an issue as more students have the technology in hand," says Assistant Superintendent Nathan Wyatt. "We have included cyberbullying in our handbook. The Family Resource Center has found other ways to raise awareness and give information. They have different materials and classes for the students to sit in on, it provides more awareness on how to best report it."

Investigations in Caverna include both parties involved, bystanders, and video surveillance tapes available in hallways and on the bus.

"Every incident, we investigate," says Wyatt. "Just because two people were involved does not mean that both will receive the same punishment. There is such a thing as self-defense. Within the judicial system, fair means that you get what you deserve for your actions."

Hart County Superintendent Ricky Line says his district is working hard to create a climate in which bullying is unacceptable. "We have partnered with the Kentucky Center for School Safety. We've used the STOP Tip-line for several years...Say a student says someone has called them names that aren't nice, then we encourage them to get on the tip-line and give us as much information as they feel comfortable (with). Who is doing the bullying, where is it happening, what is being communicated? These are attended to immediately, and this has worked extremely

well at the high school level. On the elementary level, it is usually the parent who sends this to us, which is OK as that means the student has communicated with the parent what happened that day at school. Elementary schools focus on the Positive Behavior Intervention System (PBIS), which encourages any student to reach out to an adult immediately on any incident that makes them feel uncomfortable. The principal takes it from there.

"All staff members are required to complete training that addresses bullying each school year. Principals also address bullying throughout the year at their faculty meetings."

Other area school districts such as Barren County, Butler County, Edmonson County and Glasgow Independent Schools address bullying in their handbooks, most using a policy recommend by the Kentucky School Boards Association. In short, the handbook includes a concise statement of what's at stake: "In order to effectively participate in the democratic process as adults, students must learn to respect the rights of others and to interact with them in a civil manner. Therefore, students are required to speak and behave in a civil manner toward students, staff and visitors to the schools." Like every Kentucky district, those mentioned above use a tip line. Additionally, area schools have embraced this week's statewide Kentucky Safe Schools Week; the hotline button, which can also be used to report drugs or alcohol "and other risky behaviors" is featured prominently on the district and building websites.

Educators in Denmark, considered the world's happiest nation, devote an hour a week to empathy instruction at every grade level, getting the class together to work through any and all conflicts before they get out of hand.

Parents have a big part to play. "To teach kids self-control, you must show kids self-control, so be a living example of self-control," writes bullying prevention expert Dr. Michele Borba. One of the articles on her website, "Bully Proofing Our Kids," offers six strategies kids can use to confront bullies without escalating the problem.

If your kid is neither bully nor target, count yourselves lucky -- but don't forget to teach them to step up when they see it going on. According to bullying.gov, a bystander's intervention stops bullying behavior over half the time -- yet all too often, even adult bystanders are silent.

Educators are striving to build a culture in which that silence is broken, in which children treat each other with tender respect. "They do mature," says Thompson. "By the middle of high school, most come back around and learn to respect each other's differences. Our job is to get that wisdom to them from the beginning and prevent problems from festering."

FOR MORE INFORMATION:
www.bullying.gov
Kentucky Center for School Safety: www.kycss.org
www.thebullyproject.com

Scholar Athlete of the Month Rich shares time management secret



STAFF REPORT

Alexis Rich of West Jessamine County High School was recently named Scholar Athlete of the Month and featured in a story in Lexington Family magazine. She is the daughter of Suzannah and Barry Rich who both graduated from Monroe County High School.

A volleyball player for her high school, Alexis is a senior with a 4.3 GPA. She has earned a score of 30 on the ACT and will have completed 11 Advanced Placement classes by the time she graduates. In her AP studies, Alexis is the school's top AP student in Psychology (freshman), World History (sophomore), and

Biology (junior). Additionally, she is a National Honor Society member, an Academic All-State athlete, and a state champion in the school's DECA marketing club.

In addition to her school activities, Alexis plays the piano, attends weekly Bible study, showed cattle in 4-H events, and babysits in the neighborhood -- and she also chicken sits for neighbors who have backyard hens. Needless to say, she's a busy young lady.

"I keep a planner and make checklists. I love checklists. I do love to learn and I'm sad that there isn't enough time to all the classes I want to take in high school," Alexis told the magazine.

Wishing Well®

5	6	7	5	4	8	7	2	6	7	3	8	6
E	F	A	M	P	F	N	B	R	E	G	O	I
5	3	8	6	5	4	3	8	2	5	2	7	2
O	L	R	E	T	R	A	G	E	I	L	X	A
3	8	7	5	4	5	8	3	6	8	5	3	4
D	E	C	O	O	N	A	F	N	H	S	O	F
5	2	5	4	6	4	6	8	2	6	5	4	3
R	T	U	O	D	U	S	E	E	H	N	N	R
4	8	7	6	5	6	5	7	3	7	5	2	4
D	A	I	I	H	P	I	T	O	I	G	D	L
2	7	2	7	2	7	2	4	5	8	4	7	6
N	N	E	G	W	D	S	O	H	D	V	A	R
3	6	3	4	7	6	3	6	3	6	3	6	6
T	E	H	E	Y	N	E	E	R	W	S	E	D

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Weekly SUDOKU

by Linda Thistle

5			1		4			
	8	7				3		
1				2			8	
	7	9	3		8			
9				6		1		
6		4						5
	4			8	7			
		6		3		9		
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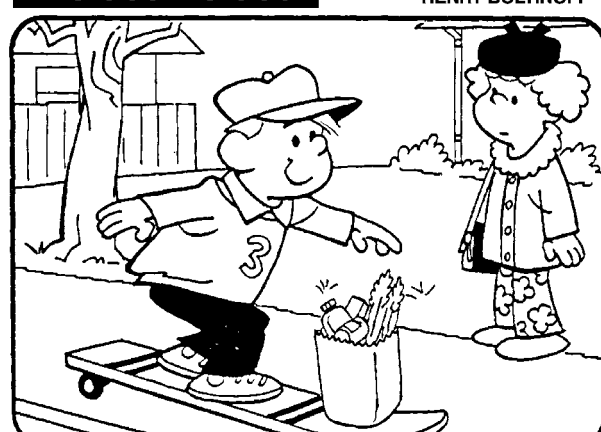
Weekly SUDOKU Answer

9	6	1	4	5	8	7	3	2
2	4	3	6	9	7	1	5	8
7	5	8	2	1	3	4	6	9
3	9	7	8	4	1	6	2	5
5	8	2	3	7	6	9	4	1
6	1	4	5	2	9	3	8	7
8	3	9	1	6	5	2	7	4
4	7	5	9	3	2	8	1	6
1	2	6	7	8	4	5	9	3

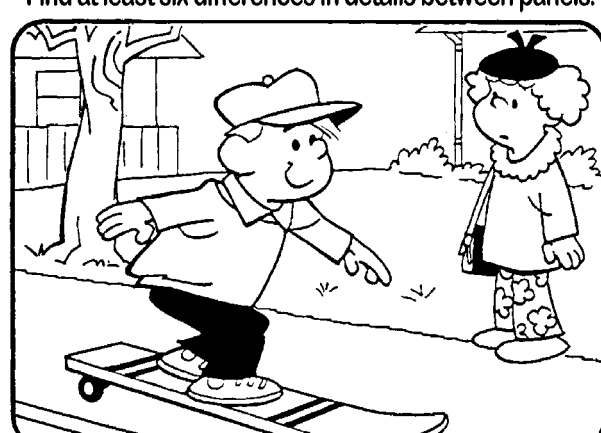
Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Fence is smaller. 2. Hat is different. 3. Arm is missing. 4. Bag of groceries is missing. 5. Hat is moved. 6. Bag is moved. 7. Hat is smaller. 8. Hat is different. 9. Hat is missing.

