

# Stafford Primary School Newsletter

WEST LINN-WILSONVILLE SCHOOL DISTRICT  
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(503) 673-7150 - [www.stafford.wlww.k12.or.us](http://www.stafford.wlww.k12.or.us)



Dear Stafford Families,

It was a great honor to have Trudy Ludwig as a guest at Stafford last week thanks to a generous donation from our PTSA. She is an author of children's books and an advocate for children's healthy friendships. Trudy Ludwig describes herself as a "Mommy on a Mission!" Trudy is the author of ***My Secret Bully, Just Kidding, Sorry, Trouble Talk and Too Perfect***. Trudy has done extensive reading and research on bullying and relational aggression and she is a powerful resource for our community. Trudy presented valuable information to our staff, parents and to all of our students last week.

Bullying and relational aggression have been receiving a lot of attention lately but this is not a new problem. What is new is society's attitude towards bullying and relational aggression. What used to be accepted as just "a normal part of growing up" has changed because we now know that bullying is serious. Young bullies may grow up to be abusive adults. Young targets may get hurt physically as well as emotionally. It is not just the bullies and the targets who are affected. Witnesses around them (bystanders) may be distracted, intimidated and upset. Bullying in school may interfere with students learning and teachers teaching.

### What is Bullying?

**Bullying is defined as: negative actions carried out by physical contact, words, making faces, gestures, rumors or intentional exclusion. Bullying can be physical, verbal and/or relational.**

### What is Relational Aggression?

**Relational aggression refers to acts of emotional bullying hidden among networks of friends. Acts of relational aggression may include: exclusion, teasing, manipulation, silent treatment, rumors, gossip, insults, intimidation, and humiliation.**

At Stafford Primary School, we are committed to addressing issues of bullying and relational aggression honestly and directly. We work with the children to create a school culture that does not tolerate bullying behaviors. Some students tell me, "We don't have any bullies at Stafford" while others report bullying behaviors in the past and present at school. Regardless of whether or not bullying is considered a problem at Stafford, we focus on prevention. Every student can benefit from gaining the knowledge and skills needed to safely and effectively handle bullying behaviors should they ever encounter it in any setting. We are committed to maintaining a respectful, peaceful and safe learning environment for all of our students.

I want to share information with you that we share with the students at Stafford School. Please read this information and discuss it with your child(ren). It would be helpful to reinforce what your child(ren) learn at school by asking questions and using the same language. I also included a list of recommended books for parents.

Our tremendous thanks to the PTSA for making Trudy's visit possible!!

Laura Barbour  
Stafford School Counselor



# Messages From The Office



## FRIENDSHIP EXPECTATIONS

**We will not bully others.**

**We will help students who are being bullied.**

**We will include students who are left out.**

**If somebody is being bullied, we will tell an adult at school and an adult at home.**

***“What should I do if a friend is bullying me?”***

If you are being bullied by a friend:

Walk away

Use a safe comeback (Remember the tools in your tool belt!)

Talk to an adult you trust

Make new friends

Try new activities

Don't give your power away

Find safe places and kind people

If you see a friend being bullied:

If you feel safe, ask the person to stop

Support your friend

Tell an adult

If you are bullying your friends:

Give a sincere apology if welcomed and work to earn trust back

Talk to a trusted adult

Find positive and healthy outlets for your feelings

Learn to communicate assertively rather than aggressively

Develop your leadership skills

Engage in community service work

## ***Bullying Continued***

### ***What should I do if someone is teasing or bullying me?***

**If someone is teasing or bullying you, try the following strategies. If the problem gets bigger or you do not feel safe, please report the incident to a trusted adult immediately.**

Ask, **“Why?”**

Turn an insult into a compliment, only if you feel safe.

Agree (i.e.: “You’re right! Thanks for noticing!”).

Change the subject.

Act silly and goofy. Use humor in a harmless way.

In a neutral tone, say **“So...Whatever...Who cares?”**

Say **“STOP! I don’t like it when you....”**

Walk away.

***\*These are the Tools that Trudy Ludwig taught the children in the assemblies.\****

#### Recommended Resources:

“Best Friends, Worst Enemies: Understanding the Social Lives of Children” by Michael Thompson, Lawrence Cohen and Catherine O’Neill Grace. Ballantine Books, 2001.

“The Bully, the Bullied and the Bystander: From Preschool to High School-How Parents and Teachers Can Help Break the Cycle of Violence” by Barbara Coloroso. Harper Resource, 2004.

“Building Moral Intelligence: The Seven Essential Virtues That Teach Kids to do the Right Thing” by Michele Borba. Jossey-Bass, 2001.

“Nobody Likes me, Everybody Hates Me: The Top 25 Friendship Problems and How to Solve Them” by Michele Borba. Jossey-Bass, 2005.

“Odd Girl Out: The Hidden Culture of Aggression in Girls” by Rachel Simmons, Harcourt, 2002.

“Real Boys: Rescuing Our Sons from the Myths of Boyhood” by William Polluck. Owl Books, 1999.



# Messages From The Office



## PLEASE CHECK OUT THE LOST AND FOUND ITEMS!

The Lost and Found is overflowing with nice clothing! We have no more hooks to hold all of the coats and sweaters! Please view and claim lost items. We would appreciate a volunteer to fold the clothing and return items to children in their classrooms. Unclaimed items will be donated in December. Contact the office if you can help in this way.

## STAFFORD YEARBOOK!

A yearbook reminder: Please pass along any photos to your classroom photo representative of Stampede, First Day of School, Art Literacy, Buddy Classes, Field Trips and Halloween. Also, at any time you can order your yearbook at [www.myyear.com](http://www.myyear.com) for \$20.00 (plus convenience fee). If you want to purchase a yearbook by writing a check, we accept those in the spring of 2010. Thank you! Any questions please call Erica Yraguen @ 503-344-4725.

## WINTER WEATHER

In case of inclement weather and there is any question about whether school will be open, please tune in to a local radio or television station. They will begin reporting school closures by 6:00 a.m. School closure information is also available on our district website at [www.wlww.k12.or.us](http://www.wlww.k12.or.us) or sign up for an email/text alert when the school has a closure. Click on the link at the top of the district web page and follow the prompts.

## BIRTHDAY BOOK CLUB

A big thank you to all of the students who donated a book to the Stafford library for their birthday in September and October: Isabelle Brook, Jacob Brown, Alison Campbell, Madeline Capps, Alexis King, Sera Lew, Clay Masters, Claire Matthiessen, Sheridan Rodich, Matthew Snyder, Alexander Tye and Savannah Wood. If you'd like to donate a new, hard cover book to the library for your child's birthday, simply turn it in to the library by Nov. 17 with your child's name, teacher and birth date. The next party is Nov. 19 during school hours where your child will receive treats as a thank you.

### “PTSA CLOTHES CLOSET”

#### NEEDS ORGANIZER

The Clackamas County Clothes Closet is in transition and will most likely be moving to the old Oregon City HS location starting later this month or early December. The PTSA is in need of a Clothes Closet Organizer to manage this amazing community service activity. Commitment is: During the school year: Tuesdays and Thursdays from 9 a.m. - 1 p.m. If you are interested, or know anyone who might be interested in being our Clackamas County PTA Clothes Closet Coordinator, please contact Kristi Dille, PTA Clackamas Council President at 503-342-6126 or 503-953-5116.

### HINI VACINATION CLINIC INFORMATION

The West Linn-Wilsonville School District is planning to sponsor, with the Clackamas County Health Dept., vaccination clinics at five different locations in our school district. Because of the decreased volume, vaccinations are unavailable at this time. Please check the district website for more information as it comes. We will notify parents of all students in the district when we have firm dates for the clinics in our district.

## MINOR MOMENTS

The third annual Stafford Writer's Fair is coming! Our two past years have been a great start- but we would love to have as many students participate as possible. At our writer's fair, students share their writing with friends and family and receive feedback about their work. This year the fair will be on February 1, from 5:30-7:30. We are fortunate to have Deborah Hopkinson, a local children's author attend this year's writer's fair. Students are invited to share their fictional stories, personal narratives, poems, research or any other writing mode that they enjoy at the writer's fair. In the interest of time, please make sure that no papers are longer than two pages.

Just as with the Science Fair, writer's workshops will be held every Friday in the library from 2:15-3:00 with myself. Students can take time to work on their writing and get feedback from others. Please make sure to send your child with a bus note on these days. These writer's workshops will begin on January 8th. Registration packets will be sent home before winter break. If you have any questions, please feel free to contact me at 503 673-7154.

### STAFFORD STUDENT HAS ROLE IN "THE SOUND OF MUSIC"!

Claire Matthiessen is playing the role of Marta Von Trapp (the second youngest Von Trapp child) in the West Linn High School play, "The Sound of Music" on Nov. 12th and 13th at 7pm. Many former Stafford kids are also performing. An enjoyable evening for all ages! Tickets are available online at <http://blogs.wlhs.wlww.k12.or.us/theatre> or can be purchased at the box office.

### Stafford Scrabble Fest!

*Teachers, Parents, Friends and Classmates!*  
Join us for a Fun and Friendly "Scrabble Fest" to end our Fall Stafford Scrabble Enrichment Class. Questions? Contact Sandy Parker at [sandysp@easystreet.net](mailto:sandysp@easystreet.net)

When: Monday, December 7, 2009

Where: Stafford School, Room 24/25

Time: 2:15 – 3:15 p.m.



**\$1**

**\$1 off any Large or Extra Large**

**\$1**

**BELLAGIOS PIZZA will donate \$1.00 for each coupon**

**Redeemed to Stafford School**

**West Linn 557-1406 Tualatin 691-7841 Sellwood 230-2900 Sunnyside 698-6699**

**Beaverton 466-2070 Gresham 465-8000 Goose Hollow 221-0110**

**Lake Oswego 635-8700**

**West Linn 557-1460**



### INTERESTED IN LEADING A GIRL SCOUT TROOP?

**GIRL SCOUT TROOP FORMATION MEETING:** If you are interested in helping lead a troop or your daughter is interested in participating in Girl Scouts (whether you are on the wait list or not), please join us for a "Troop Formation" meeting on **Monday, November 16, 2009 from 7 - 8 p.m. in** the meeting room of the West Linn Library, 1595 Burns Street ([www.westlinn.lib.or.us](http://www.westlinn.lib.or.us)). During this meeting we will give a background on the Girl Scout program as well as work to develop new troops in our area. For questions please contact Sandy Parker at [sandysp@easystreet.net](mailto:sandysp@easystreet.net).

### SCHOOL DISTRICT SEEKS TO FILL VACANCY ON BUDGET COMMITTEE

The West Linn-Wilsonville School District is seeking applications for a vacancy on their Budget Committee. The term of office begins upon appointment by the Board and ends on June 30, 2011. Applications can be obtained from Tara DuBois, [duboist@wlwv.k12.or.us](mailto:duboist@wlwv.k12.or.us), or (503) 673-7034, at the Administration Building on 22210 SW Stafford Road.

### Bottle Collection for Graduation Party 2010

The 2010 West Linn High School Graduation Committee will be collecting cans and bottles at Market of Choice from 10:00-1:00 p.m. on Saturday, November 14. This donation will help defray the cost of the alcohol and substance free party for all graduating seniors. Please call or email Kathy Cooley or Christina Guerins ([guerins6@comcast.net](mailto:guerins6@comcast.net)) if you have cans you would like to donate and cannot deliver on Saturday.

## November

- Nov. 19 Birthday Book Club 1:30 Library
- Nov. 23 NO SCHOOL, Staff Development Day
- Nov. 24 NO SCHOOL, Report Card Prep
- Nov. 25-27 NO SCHOOL, Thanksgiving Holiday



## December/January

- Dec. 7 Stafford Scrabble Fest! 2:15-3:15
- Dec. 9 Jr./Sr. Choir Concert 7:00 p.m.
- Dec. 10 PTSA Meeting, 7:00 p.m.
- Dec. 21-Jan 4 Winter Break - Happy Holidays
- Jan. 5 School Resumes
- Jan. 7 PTSA Meeting, 9:00 a.m.
- Jan. 18 **No School**—Dr. ML king's Birthday Observance

