

# ROCKLAND NEWS

## The Story Behind the Trophy Case



You've passed it hundreds of times and probably never even gave it a second glance. I'm talking about the trophy case sitting right in the middle of the main hallway. Yesterday I took some time to really check out the case and there are some cool things inside. Three of the trophies really caught my eye and started me thinking about what it takes to be a winner.

The three trophies are on the top shelf and include Best Athlete, Best Artistic Expression and Best in Science. Imagine all of the hard work you would have to do to be named best athlete, to be recognized as a great artist or to really get science. This got me thinking about the people behind the scenes. Because behind every great kid, is someone who is cheering them on, encouraging them, pushing them to be there best. It could be your parents, a teacher or friends. Whoever they are, they're your support system.

Next time you work hard to do something great, or when you face a problem and need help, rely on the people in your support system.

## Loaded Words Lead to Flying Foods and Fists



What started out as "teasing" led to a showdown in the cafeteria yesterday including food slinging and flying fists. The trouble started when one 6th grader began "teasing" and putting-down another 6th grader around campus.

According to eyewitnesses, it started a few weeks ago when Ricky began teasing Grant about the way he dressed. Before long, Ricky was putting-down Grant's comments in class, insulting him in the hallway and writing things about him on chalkboards. That escalated the conflict to the point where Grant couldn't take it anymore. Witnesses say Grant walked up to Ricky and threw milk in his face. Grant then threw food back at Ricky and suddenly they were both on the ground hitting each other.

"This is what happens when people use negative, aggressive words, it almost always escalates and gets worse," said Ms. Garcia, school counselor. "It is never alright to insult others, call names or make threatening statements. But it is also wrong to respond to negative words by fighting."

A better solution, according to Ms. Garcia, would have been for Grant to be assertive and ask Ricky to stop or to walk away and seek the help of a teacher. Instead, both 6th graders were taken to the principal's office and suspended for a day.

**Q:** *Some kids in our neighborhood keep bullying my little brother. They call him names and won't let him play baseball in the open field by the grocery. I want to help him, but I don't know what to do.*

**A:** *This is a great question because we could all find ourselves a bystander, or witness, to a bullying situation one day. Some things you can do to help would be:*

- *Never watch or laugh at bullying;*
- *Join others to tell the bully to stop;*
- *Help the person being bullied to get away and tell a trusted adult, like a teacher or parent.*

*Remember, you can be a friend to someone who is being bullied by spending time with that person and including them in activities that you plan.*



Healthy Lifestyle Choices (HLC) is a nonprofit organization working to empower youth with the knowledge and skills to make healthy decisions for a lifetime. Find out more by visiting their website at [www.HLConline.org](http://www.HLConline.org).



## My Corner of the World



When I started school I wanted to be friends with everybody. I started doing things I didn't really like to do, and hanging out with people who were nothing like me. It was very tiring. Then in HLC class I learned that there are certain qualities of a friend that make them special, and I decided I didn't need to be friends with everybody.

A good friend likes to do the things you like to do. You don't have to like exactly the same things, but a good friend usually likes a lot of the same things. A good friend is nice to you; they would never put your down or be mean. And a good friend stays by your side when you're happy or sad.

This doesn't mean you have to ignore everyone else. You can still be friend-ly to other kids around you. But being a friend takes something extra special.

# TRUE FRIENDS