

# WHAT'S NEW

## for juniors

October  
2023

### IMPORTANT DATES

- October 4- College/Career Day/PSAT (some juniors)
- October 9- ACT- No School
- October 12- Picture Retakes
- October 13- End of 1st Quarter
- October 18- PLCs- AM assembly schedule
- October 20- Parent/Teacher conferences
- October 27- Pep Assembly- AM Assembly schedule
- October 28- ACT (meet in commons if registered)
- October 30- Movie Night @ the Pit 6:30

### LOOKING AHEAD

- November 3- December ACT registration deadline
- November 15- PLCs- AM assembly schedule
- November 20-26- Thanksgiving Break

### Pink Week Breast Cancer Awareness

Monday- Pajama Day

Tuesday- Wear Pink (Pink out volleyball game)

Wednesday-Barbie vs. Oppenheimer

Thursday- Anything but a Backpack Day (Do NOT steal anything to participate!)

Friday- Rhyme for No Reason Twin Day

(Example: you and a friend dress like Slim Shady and an Old Lady)

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 College/Career Day PSAT Juniors who registered	5	6	7
8	9 NO SCHOOL- COLUMBUS DAY	10	11	12 Picture Retake Day	13 END OF 1st QUARTER	14
15	16	17	18 AM Assembly schedule for PLCs	19	20 PARENT TEACHER CONFERENCES	21
22	23	24	25	26	27 PEP ASSEMBLY	28 ACT meet in commons area
29	30 AHS Movie Night @6:30 Bulldog Pit	31				

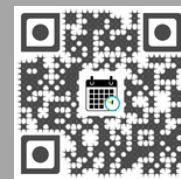
### CONTACT:

- Office Hours: 8:00 am-4:00 p.m.
- Email: [dkinnibrugh@bulldogs.org](mailto:dkinnibrugh@bulldogs.org)
- Teams: Debbie Kinnibrugh
- Parent Remind: @ahs25par
- Student Remind: @dogs2025

### WEBSITE



### APPOINTMENT





# OCTOBER NEWS



## ACT REGISTRATION DEADLINES

- September 9-** Deadline August 4  
**October 28-** Deadline September 22  
**December 9-** Deadline November 3  
**February 10-** Deadline January 5  
**April 13-** Deadline March 8  
**June 8-** Deadline May 3

## NATIONAL BULLYING PREVENTION MONTH IS AN OPPORTUNITY TO:

- ENCOURAGE THE NATION TO TAKE ACTION AT THE LOCAL LEVEL TO CREATE SAFE AND SUPPORTIVE SCHOOLS
  - OFFER INFORMATION AND EDUCATION ABOUT HOW EVERYONE CAN PREVENT BULLYING
  - PROVIDE A PLATFORM TO HOLD SCHOOL AND COMMUNITY EVENTS
  - SHARE INFORMATION ABOUT THE ISSUE THROUGH NEWS MEDIA, SOCIAL MEDIA, VIDEOS, AND PRINT PUBLICATIONS
  - SPEAK WITH EDUCATION AND PUBLIC POLICY LEADERS ABOUT THEIR ROLES IN BULLYING PREVENTION
  - PROMOTE DIALOGUE BETWEEN EDUCATORS, PARENTS, AND STUDENTS ON THEIR ROLES IN ADDRESSING AND PREVENTING BULLYING
  - INVITE ORGANIZATIONS TO SHARE INFORMATION ABOUT THEIR BULLYING PREVENTION RESOURCES
  - INSPIRE EVERYONE TO UNITE FOR KINDNESS, ACCEPTANCE, AND INCLUSION
- HELP CREATE A WORLD WITHOUT BULLYING

[HTTPS://WWW.PACER.ORG/BULLYING/NBPM/HISTORY.ASP](https://www.pacer.org/bullying/nbpm/history.asp)

## OCTOBER IS

# NATIONAL BULLYING PREVENTION MONTH

NOT EVERYONE HAS BEEN A BULLY OR THE VICTIM OF BULLIES, BUT EVERYONE HAS SEEN BULLYING, AND SEEING IT, HAS RESPONDED TO IT BY JOINING IN OR OBJECTING, BY LAUGHING OR KEEPING SILENT, BY FEELING DISGUSTED OR FEELING INTERESTED.

OCTAVIA E. BUTLER

## Types of Bullying

### PHYSICAL BULLYING

ISN'T LIMITED TO HITTING, KICKING, OR PUSHING YOU (OR EVEN JUST THREATENING TO DO SO). IT CAN ALSO INCLUDE STEALING, HIDING, OR RUINING YOUR THINGS AND HAZING, HARASSMENT, HUMILIATION, OR MAKING YOU DO THINGS YOU DON'T WANT TO DO.

### VERBAL BULLYING

INCLUDES NAME-CALLING, TEASING, TAUNTING, INSULTING, OR OTHERWISE VERBALLY ABUSING YOU.

### RELATIONSHIP BULLYING

INCLUDES REFUSING TO TALK TO YOU, EXCLUDING YOU FROM GROUPS OR ACTIVITIES, SPREADING LIES OR RUMORS ABOUT YOU, OR FORCING YOU INTO UNCOMFORTABLE OR HUMILIATING SITUATIONS.

### CYBERBULLYING

UNLIKE TRADITIONAL BULLYING, DOESN'T REQUIRE FACE-TO-FACE CONTACT AND ISN'T LIMITED TO JUST A HANDFUL OF WITNESSES AT A TIME. CYBERBULLYING CAN OCCUR ANYWHERE, AT ANY TIME AND THE METHODS USED TO CYBERBULLY CAN RANGE FROM SENDING THREATENING OR TAUNTING MESSAGES VIA EMAIL, TEXT, SOCIAL MEDIA, OR IM TO SEXTING, POSTING REVENGE PORN, OR STEALING YOUR ONLINE IDENTITY TO HURT AND HUMILIATE YOU.

## Facts about Bullying

MYTH: IT'S ONLY BULLYING IF SOMEONE IS PHYSICALLY HURT. WORDS CAN'T HURT.

FACT: CHILDREN AND TEENS HAVE KILLED EACH OTHER AND COMMITTED SUICIDE AFTER BEING INVOLVED IN VERBAL, RELATIONSHIP, OR CYBERBULLYING. WORDS DO HURT AND THEY CAN HAVE A DEVASTATING EFFECT ON THE EMOTIONAL WELLBEING OF ANYONE, BUT ESPECIALLY YOUNG PEOPLE.

MYTH: GOOD KIDS NEVER BULLY.

FACT: ALL KIDS MAKE MISTAKES; IT'S PART OF GROWING UP. PARENTS WHO DENY THE POSSIBILITY THAT THEIR CHILD IS CAPABLE OF BEING HURTFUL MAKE IT HARDER FOR BULLIES TO GET THE HELP THEY NEED.

MYTH: BULLIES ARE SIMPLY BAD PEOPLE AND SHOULD BE EXPELLED FROM SCHOOL.

FACT: THERE ARE A LOT OF REASONS WHY KIDS BULLY. SOME ARE BULLIED THEMSELVES, AT HOME OR ELSEWHERE; OTHERS BULLY ONLY WHEN THEY FEEL STRESSED OR OVERWHELMED.

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IT'S GREAT TO BE A BULLDOG!

