

WHAT'S NEW

OCT
2022

for sophomores



IMPORTANT DATES

- Oct. 3-7: PINK WEEK
- Oct. 7: End of 1st quarter
- Oct. 10: NO SCHOOL!!!
- Oct. 12: PSAT (All sophomores report to RBG @ 7:45)
- Oct. 14: NO SCHOOL!!! P/T CONFERENCES

LOOKING AHEAD

- Nov. 9: Early Dismissal
- Nov. 16- AM Assembly Schedule
- Nov. 18- Written in Red Foundation Activity Day
- Nov. 21-25- No School- THANKSGIVING BREAK



PINK WEEK FOR BREAST CANCER AWARENESS

MONDAY: PAJAMA DAY

TUESDAY: COOK OUT DAD/SOCCER MOM

WEDNESDAY: 1ST LETTER OF YOUR NAME

(DRESS LIKE SOMETHING THAT STARTS WITH THE 1ST LETTER OF YOUR NAME)

THURSDAY: PINK OUT DAY

FRIDAY: BULLDOG FRIDAY

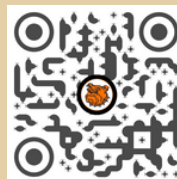
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 	3 PAJAMA DAY	4 COOK OUT DAD/SOCCER MOM	5 FIRST LETTER OF YOUR NAME	6 PINK OUT	7 BULLDOG FRIDAY End of 1st Quarter	8
	PINK WEEK		PINK WEEK		PINK WEEK	
9	10 NO SCHOOL-COLUMBUS DAY/INDIGENOUS PEOPLE'S DAY	11	12 PSAT (SOPHOMORES)	13 PICTURE RETAKES AM ASSEMBLY	14 NO SCHOOL-PARENT/TEACHER CONFERENCES	15
16	17	18	19 AM ASSEMBLY SCHEDULE-PLC's)	20	21	22
23/ 30	24/ 31	25	26	27	28	29



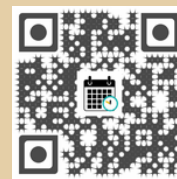
CONTACT:

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

WEBSITE



APPOINTMENT



Bullying Prevention Month

"Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems. [...] Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose." Types of bullying are verbal bullying, social bullying, physical bullying, and cyber bullying. Verbal bullying is saying or writing mean things. Social bullying involves hurting someone's reputation or relationships.

Physical bullying involves hurting a person's body or possessions. Cyber bullying bullying that takes place over digital devices like cell phones, computers, and tablets. includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior."

(www.stopbullying.gov)

Bullying Prevention Month

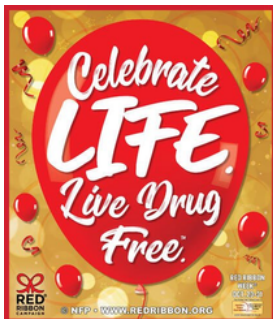
Warning signs

- Unexplainable injuries
- Lost or destroyed belongings
- Frequent headaches, stomachaches, feeling sick or faking being sick
- Changes in eating habits
- difficulty sleeping, nightmares
- Declining grades, not wanting to go to school
- Sudden loss of friends
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors

How to Stop Bullying

- Intervene immediately
- Separate kids involved
- Make sure everyone is safe
- Meet any immediate medical or mental health needs
- Stay calm
- Model respectful behaviors
- Don't ignore it
- Don't question the children involved in front of other kids
- Listen without blaming
- Get the story from all sources

Red Ribbon Week (Drug Free America) (October 23-31)



ENRIQUE "KIKI" CAMARENA WAS A SPECIAL AGENT WHO WORKED FOR THE DRUG ENFORCEMENT ADMINISTRATION. IN 1985, HE WAS KIDNAPPED BY DRUG TRAFFICKERS IN GUADALAJARA, MEXICO. HIS MURDER AND DEATH BROUGHT ANGER TO THE COMMUNITY AND WAS A CATALYST FOR THE RED RIBBON CAMPAIGN. TOGETHER IN KIKI'S HONOR, PARENTS AND YOUTH IN COMMUNITIES NATIONWIDE BEGAN WEARING RED RIBBONS AS A SYMBOL OF THEIR COMMITMENT TO RAISE AWARENESS AROUND HIS KILLING AND THE DESTRUCTION CAUSED BY DRUGS IN AMERICA.

WWW.REDRIBBON.ORG

Resources

<https://www.stopbullying.gov/>

<https://www.pacer.org/bullying/nbpm/>



STOMP Out Bullying™ | Cyberbullying & Bullying Prevention

STOMP Out Bullying is Standing Up Against Hate, Racism And Discrimination. Changing The Culture With Inclusion, Equality, Civility And Unity Becomes

“WHEN YOU’RE NICE, YOU’RE NOT BULLYING PEOPLE. BUT WHEN YOU’RE KIND, YOU STAND UP AGAINST THE BULLY.” - DANIEL LUBETZKY