

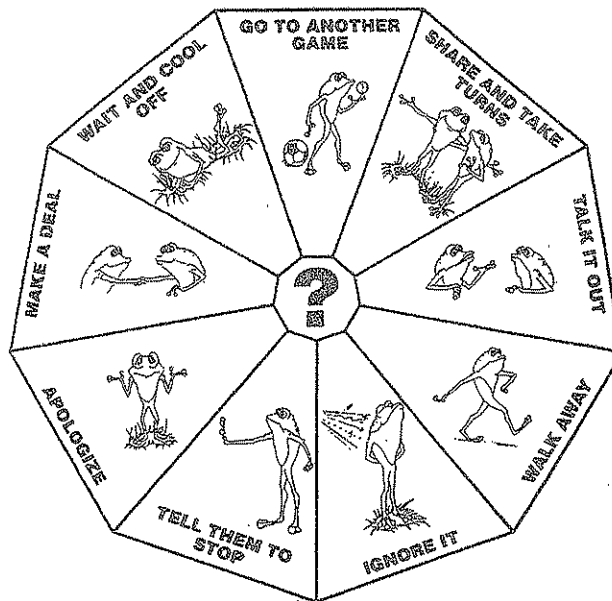


How to solve problems at Graham Hill

Try a Kelso's Choice

IT'S YOUR CHOICE!

**DO YOU HAVE A SMALL PROBLEM?
TRY 2 OF KELSO'S CHOICES:**



**IF YOU HAVE A BIG PROBLEM,
TELL AN ADULT YOU TRUST.**

Graham Hill students are taught Kelso's Choice in Kindergarten through 2nd Grade.

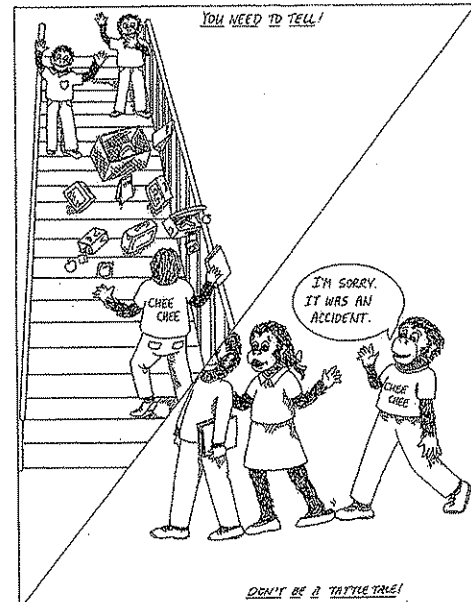
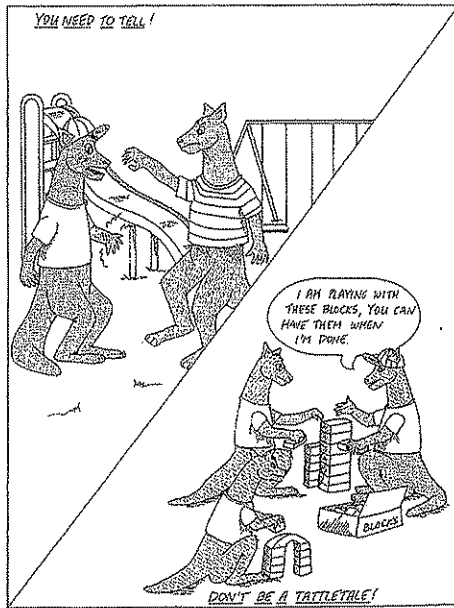
Big Problems are scary or dangerous. *Bullying* is an example of a Big Problem. Report Big Problems to an adult.

Small Problems are not dangerous or scary. *They can be pretty annoying.* A lot of conflicts are small problems. Try a Kelso's Choice.

Reporting vs. Tattling

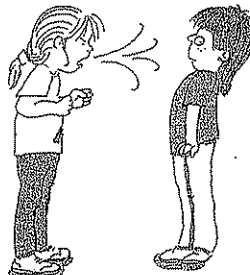
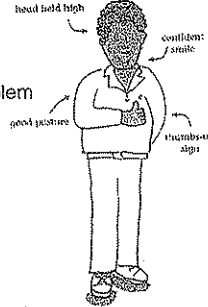
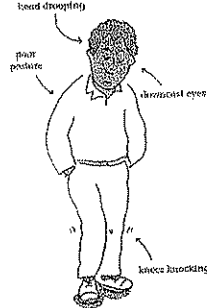
Tattling is when a student tries to get someone in trouble (small problems).

Reporting is when a student tries to keep someone from getting hurt (BIG PROBLEMS).





Be Assertive

I HAVE THE POWER TO DECIDE

AGGRESSIVE	ASSERTIVE	PASSIVE
<p>Aggressive Behaviors</p> <ul style="list-style-type: none"> Hitting Looking mean Standing too close to someone Acting bossy Threatening someone Being loud Name-calling 	<p>Assertive Behaviors</p> <ul style="list-style-type: none"> Talking about the problem Not using put-downs No name-calling Being respectful Listening Looking directly at the other person Showing determination Holding your head up Standing tall Being polite Being responsible for your own behavior Asking questions 	<p>Passive Behaviors</p> <ul style="list-style-type: none"> Whining Not making eye contact Tattling Spreading rumors Mumbling Turning away from someone who is speaking to you 

Being *Assertive* vs *Aggressive* or *Passive* takes courage and practice. Try role playing the difference at home.

It  's me when you _____. I  you would _____.

(bugs) (wish)



I feel _____, when you _____. Please _____



Try an *I-Statement* or a *Bugs and Wishes*

If you need help...



Classroom meetings are held to solve problems, give compliments and make plans. If you have a problem, put it on the agenda!



Conflict Managers are 4th and 5th graders trained to mediate conflicts (help *you* solve small problems). You will see them wearing yellow t-shirts on the playground. You can also request a meeting with conflict managers through Mr. Rollosson.



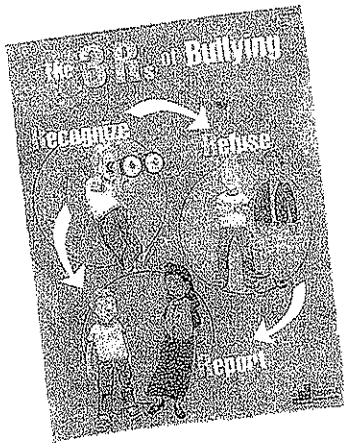
Talk to an adult. We are here to help. Do your best to solve small problems on your own. Always report big problems right away.

Graham Hill Bullying Policy

Everyone at Graham Hill Elementary School is committed to making our school a safe and caring place for all students. We will treat each other with respect, and we will refuse to tolerate bullying in any form.

Our school defines *bullying* as the following:

Bullying is unfair and one sided. It happens when someone keeps hurting, frightening, threatening or leaving someone out on purpose.



***Recognize, Refuse and Report
Bullying***



***Bystanders or witnesses can be part of
the problem or part of the solution***

Staff at our school will do the following things to prevent bullying and help children feel safe at school:

- Closely supervise students in all areas of the school and playground.
- Watch for signs of bullying and stop it when it happens.
- Teach the *Steps-to-Respect* program to students in grades 3-5.
- Respond quickly and sensitively to bullying reports.
- Problem solve and/or assign consequences for bullying to assure safety.
- Provide immediate consequences for retaliation against students who report bullying.

Students at our school will do the following:

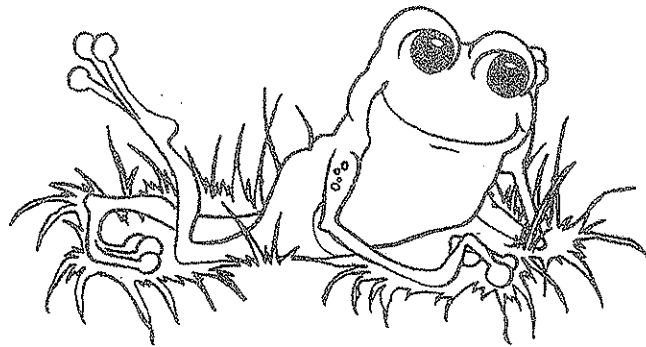
- Treat each other respectfully.
- Refuse to let others be bullied.
- Refuse to watch, laugh, or join in when someone is being bullied.
- Try to include everyone in play, especially those who are left out.
- Report bullying to an adult.

If you are angry...

Don't let problems escalate (get worse).



Most problems start out small. Some turn into fights or other big problems when we don't handle them well. When you get mad, we sometimes call this *flipping your lid*. When you flip your lid people around you can flip their lids too. If you're upset, *Wait and Cool Off* before trying to solve the problem.



Ask your teacher about taking a *positive time out* or a *cool-off break*.



*Once I knew a volcano that almost blew it's top,
I took it by the hand and said, "here's how you can STOP"
Take a deep breath, count to 5, 'til you feel all calm inside,
Take a deep breath, count to 5, 'til you feel all calm inside.*

Try taking deep breaths, counting backwards slowly, drawing pictures or talking to an adult.

Problem-Solving Vocabulary

Can you match the vocabulary on the left with the definitions on the right?

- | | |
|-------------------------------|--|
| ___ 1. Agenda | A. Appreciating others for accomplishments, helpfulness or sharing. |
| ___ 2. Rumor blocks | B. Recognize, Refuse and Report. |
| ___ 3. Compliments | C. Telling people what you want firmly and respectfully. |
| ___ 4. Conflict Managers | D. Calming down when you've flipped your lid. |
| ___ 5. Reporting | E. A place to write problems or issues to talk about in classroom meetings. |
| ___ 6. Win-Win Solutions | F. When a student tries to keep someone from getting hurt by telling an adult. |
| ___ 7. Respect | G. Treating others the way you want to be treated. |
| ___ 8. Assertiveness | H. Solutions that everyone can live with. |
| ___ 9. Cooling Off | I. Refusing to participate in gossip. |
| ___ 10. The 3 R's of Bullying | J. Students trained to help you solve conflicts. |
| ___ 11. Kelso's Choice | K. Nine ways to solve small problems. |