

# CELEBRATING THE WEEK OF RESPECT

*Be The Change You Wish To See In The World*

BARNEGAT TOWNSHIP SCHOOL DISTRICT

October 2022



## WEEK OF RESPECT

The Anti-Bullying Bill of Rights (P.L.2010, c.122) designates the first Monday in October of each year as the Week of Respect in New Jersey. School districts across the state work tirelessly to maintain a positive school climate free of harassment, intimidation, and bullying (HIB). The Barnegat Township School District does not take this responsibility lightly. We see the positive impact that social and emotional learning and character education have made in our schools each and every day.

The Barnegat Township School District is committed to promoting respect and empathy in our schools, not only during the Week of Respect, but throughout the school year with building-wide programs and initiatives.

*"People will forget what you said, people will forget what you did, but people will never forget how you made them feel"*  
~MAYA ANGELOU

# Week of Respect Highlights

## Barnegat Schools

### Recognize RESPECT WEEK!

**October 3rd-7th** we will recognize respect week throughout Barnegat Township School District. Respect is an important character trait we instill in our students daily and we are proud to participate in this week of designation with a spirit week!

**Monday:** *Proud Bengals are Respectful Bengals*  
Wear orange and black



**Tuesday:** *Peace over bullying*  
Wear tie dye to show you believe in peace!

**Wednesday:** *Hats off to good choices*  
Wear your favorite hat



**Thursday:** *Let respect shine!*  
Wear bright colors to let your kindness shine



**Friday:** *Respect rocks wear your silly socks!*  
Wear silly/funky socks!

### SPIRIT DAYS

Students and staff throughout the district were encouraged to participate in themed spirit days. Spirit days are utilized throughout the school year in all buildings to promote school unity.

### QUOTES OF THE DAY

Impactful and motivational quotes were read on the morning announcements.

*"Being honest might not get you a lot of friends, but it will get you the right ones."*

**~JOHN LENNON**



### RANDOM ACTS OF KINDNESS

Random acts of kindness by students were recognized by staff and read over the announcements in the morning.

# Building-Based Programs

## **BARNEGAT CARES**

This program helps students learn about the importance of positive character and supports their development in crucial values such as citizenship, responsibility, and respect for self and for others. Several character traits are highlighted throughout the year and students who demonstrate the various traits in an outstanding way are recognized by their teachers and receive award certificates from the Administration. Teachers use a Character Education Curriculum that provides activities to reinforce the character traits for the school year and school-wide activities and celebrations, such as Respect Week, also support the learning process.



## **DREAMYKID**

The Maximilian Foundation purchased DreamyKid, an app for all of our K-4 students, that teaches them coping skills through mediation and mindfulness. The app uses daily meditations, guided visualizations, positive affirmations, and healing activities to benefit our students in a positive way.

## **HEALTHY HOME PROGRAM**

The Healthy Home Program is designed to assist our parents with navigating their child's success in school. There is a curriculum that is personally tailored to the needs of our Barnegat community and include parenting topics such as:

- Helping children do better in school
- Getting up on time
- School, homework, & friends
- Active Listening
- I-Messages
- Reframing
- Self Talk

Afterwards, an open small group discussion will occur to allow for dialogue in:

- Reflection of the lesson(s) learned during the session
- How this relates to particular family dynamic
- How the learned lessons will positively impact the adjusted family dynamic





# Building-Based Programs

## MENTORING PROGRAM

Staff and community members volunteer to spend some time each week with a student who might benefit from developing a supportive relationship with another adult. Mentors give their students, known as mentees, the kind of encouragement and understanding that builds a child's self confidence and independence. Mentoring provides children with other caring adults they can share their news and concerns. A mentor in no way replaces the parent. The mentor provides interested, compassionate adult support.



## NJ PBSIS

The New Jersey Positive Behavior Support in Schools is a multi-tiered system of support that results in equitable access to interventions for behavior, conduct, and social-emotional wellness. Implementation of multi-tiered systems of support foster learning environments that contribute to everyone...

- being safe emotionally, physically, and socially
- experiencing success every day
- receiving what they need to be successful
- working together to achieve goals
- feeling welcomed and valued
- further developing their strengths

## NO PLACE FOR HATE

The Anti-Defamation League has designated multiple schools in the district as No Place For Hate. Our schools are recognized for their commitment to celebrate diversity, promote acceptance and respect, and challenge bias and bullying.



# Building-Based Programs

## **SOCIAL EMOTIONAL LEARNING**

The district utilizes the Second Step Program, an evidence-based curriculum that helps children learn social-emotional skills such as responsible decision-making, solving problems, managing strong emotions, and getting along with others.



## **STRENGTHENING FAMILIES PROGRAM**

The Strengthening Families Program teaches, and has families and youth practice, skills involved in creating warm and loving relationships, setting clear and firm boundaries, and monitoring their children's emotional well-being and activities that increase family bonding. The Barnegat School District is unique in that we are the only school district in New Jersey that funds the program through the district which enables us to keep the program within the Barnegat Community.



## **THERAPY DOG PROGRAM**

Studies show that having a dog present in the classroom promotes positive mood and provides significant anti-stress effects on the body. Therapy dogs also allow students to feel comfortable opening up to counselors regarding their feelings and/or situation. Our Therapy Dog Program began in 2016 with one dog and has expanded to each building in the district. Our therapy dogs have made a significant impact on the morale and well-being of our students and staff.



# Building-Based Programs

## **USDOJ SPIRIT PROGRAM**

The United States Department of Justice Spirit Program is a one-day, student-focused program which engages students, school administrators, teachers, school resource officers, and other school and community members in identifying issues impacting their school and developing and implementing solutions to resolve those issues.



## **UPSTANDER PROGRAM**

The Upstander Program is a wonderful opportunity to recognize and celebrate students district-wide who demonstrate a specific BENGAL PRIDE trait. These traits continue to enhance the positive climate in our schools as well as the home-school-community partnership that plays an essential role in our students' success.

## **YOUTH ADVOCATE PROGRAM**

YAP's continuum of care safely supports wellbeing and empowers individuals to see and nurture their strengths through services delivered in their homes and communities. Their individualized services include connecting youth and families with tools to help them heal from trauma, access basic needs, supports and services, form healthy and stable relationships, meet their individualized educational, employment and emotional goals, build positive and lasting community connections, and develop essential life skills.



# How You Can Help at Home

[VIOLENCEPREVENTIONWORKS.ORG](http://VIOLENCEPREVENTIONWORKS.ORG)

[Tips and  
Resources for  
Parents](#)

[PACER.ORG](http://PACER.ORG)

[What Parents  
Should Know  
about Bullying](#)

[NJ.GOV](http://NJ.GOV)

[HIB Resources  
for Parents](#)

[DOSOMETHING.ORG](http://DOSOMETHING.ORG)

[DoSomething:  
Bullying](#)

[STOPBULLYING.GOV](http://STOPBULLYING.GOV)

[What You  
Can Do](#)

[AACAP.ORG](http://AACAP.ORG)

[Bullying  
Resource Center](#)