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**Warlaumont**

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**Laura Bregman**

At Large Member:

**Emma Ehrlich**

Principal:

**Sandy McClure**

Teacher

Representatives:

**Breanna Haling**  
**Marcie Templin**



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**Sherri Teague, Editor**  
 sherriteague@gmail.com

## Message from the Principal

Although the temperature has been a guessing game, the students are right on target. I am so happy to go through classrooms and see your children ready to learn and happy. Thanks to all of you for coming to Back to School Night—we had a 90% turn out; it is so helpful to get started on the right foot. Knowing the routines, curriculum, and expectations will help all of us work together and ensure success for every child.

Setting routines at the start of the year is another key to success. Your children are coming home with folders, papers, slips, and all sorts of information. It is our goal that your children routinely go through their backpacks, present you with the necessary papers, and complete homework. If your child is not ready for this level of independence, start by going through the backpack and folders together. You may need to help them with organizing the work to be completed, and checking the work together. Don't take this task on for yourself—involve your child from the beginning and set benchmarks for independence. Your child has a long school-career ahead, and establishing responsibility will set them on the right path for school success.

I want to thank so many of you who

helped us get off to a great school year. Thanks to Adam Harris for getting us our wireless microphone system—it works great. Our kindergarten lawn is growing and becoming a nice spot to play thanks to Heather Harris and The Cegelskis, and we really appreciate the 4 trees Urban Corp donated and planted in the front of our school. Kristen Jimenez and her crew have collected over 100 costumes and organized them for our big sale. Our new

website is great; I hope you will have a chance to check it out soon—thank you Debbie Ybarra for all of your work on that. Mike Pugh, Jeff Peter, Ryan Ybarra, and Chad Willenberg, our firefighter Dads, did a wonderful fire safety assembly

that was really appreciated and fun for the kids! The kids even got a tour of the fire truck and a quick spray of the hose on a very hot day! Our new lunch recycling program is off to a strong start and is a great message to our students—thanks to Jody Hawkins. And finally, huge thanks to the dozens and dozens of you who have already volunteered in the classrooms; we are off to a great start and your support makes a real difference for every child.

School is GREAT at Silver Gate!

**Sandy McClure**  
 Principal, Silver Gate Elementary  
 619-222-1139 ph 619-226-3058 fax



Hospitality:  
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**Kira Stofer**  
 Sally Foster  
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**Laura Goodwin**  
 Jog-a-thon:  
**Kathi Vaughn**  
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**Jamie Nolan**  
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**Jody Pyatt**  
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 Coffee Sale Chair:  
**Arielle Sykes**  
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**Brenda Azer**  
 eScrip:  
**Valerie Miller**  
**Amy Simms**  
 Garden Gators:  
**Loc Leute**  
 Visual Information:  
**Bridget Schoeffel**  
 Go Green Team:  
**Jody Hawkins**

## Presidents' Message



WOW...it has been a great start to another fantastic year at Silver Gate. Not only do we have a full slate of volunteers committed to board positions, and chairing events with FSG, we have so many parents who are helping in the classrooms and around the school. Thank you to all of you who have found your place and have started to be involved.

It is wonderful to see so many smiling faces working each day. Whether it be helping with your child's homework, or volunteering in the classroom during the week, staying involved is crucial to helping your child be successful throughout their school years.

We are very pleased to see our Silver Gators enjoying use of the Eco-Lab, the Library, and the Computer Lab. Our classroom assistants are all situated in their respective classrooms and working with students one on one, and in small groups.

FSG takes great pride in the programs that we are able to provide for our students at Silver Gate. We, as a community, are indeed, funding the gap between what our school is given for funding, and what our children deserve. Thank you for your incredible support and generosity.

Our fundraising efforts and programs have all gotten off to a wonderful start. Our second annual "Costume Fair" has been a huge success. Thank you to Kristen Jimenez and Troy Kays for coordinating this exciting event for our school community. We are certain that this event, along with the Harvest Festival, Jog-a-thon, Silent Auction and Gator Olympics, will be a school favorite for years to come.

Our next FSG meeting is Wednesday, October 6<sup>th</sup> at 7:45 AM. We welcome any and all of you who would like to join us. Remember, we are all Friends of Silver Gate. If we all work together, we will make a difference in the lives of our children!

Thank you again for getting the 2010-2011 school year off to a GREAT start!  
 Sincerely,

Arielle Sykes  
 Allyson Warlaumont  
 President of Programs

Nathalie Humphry  
 Marisa Coon  
 President of Fundraising





## *Notes from the Coach's Clipboard*

Good day Silver Gate parents. As we go to press I would like to thank Mrs. Templin and Leslie Slackoff for turning me on to a wonderful book that supports the positive way we treat others. The title is *Have You Filled a Bucket Today*. I was so impressed by its message, that I read it to every class this week during their PE periods. It is a simple story.....we all walk around with invisible buckets. The purpose of these buckets is to hold all the good feelings and thoughts that we have about ourselves. We help fill others buckets by making them feel good by the positive way we treat them. This, of course, is called bucket filling. Bucket fillers are caring girls and boys that treat others with kindness and respect. Bucket dippers, on the other hand, are folks that treat others in an unkind way; are disrespectful, mean, and uncaring towards others. The beauty of being a bucket filler is that when you are filling someone's bucket with your good treatment of them, you are also filling your own bucket because we know that making someone else feel special and good makes us feel good as well. Please have a chat with your "Gator" about bucket filling...around the house, at school, during play dates, at recess, etc. This is a powerful concept that the children understand through the book's imagery. Your support will only strengthen the end which we are trying to achieve. Thank you.

The before school running program is off to a fantastic start. A BIG thanks to Kristen Tregidga for stepping up and getting it all started. Remember, running starts at 7:20 and ends with the first bell at 7:40. Runners turn their slips in to me when they have five (5) miles completed. They will receive a #5 from me representing five miles. Each additional five miles will be turned in for the #10, 15, 20 and 25 miles that they have run. At 25 miles, they will be called up during a morning assembly to receive a certificate....worthy of putting on the refrigerator or placing under glass at Grandma's house. After this runners will keep all their own slips until they get 25 more miles when they will get a 50 mile certificate. At 100 miles, runners get an engraved trophy with their name and accomplishment on it. Very cool.

Every child at Silver Gate has PE homework....every night....for the rest of their lives. Crunches and *pooshups*....and yes, you can do the homework with them, but NOT for them. And please get your kids to school on time, it's the right thing to teach them. Thank you.

Mr. McCloud

Physical Educator

### **Student Council News**

We had a great first month of school. Thank you to all who attended the Welcome Back Breakfast. It was nice to see so many families enjoying special time together. Start gearing up for Friday, October 15<sup>th</sup> for Sports Day. Show your spirit for your favorite professional sport's team or feel free to wear part of your own sport's team uniform or jersey.

Don't forget to show off your school spirit and wear a Silver Gate shirt on Fridays.

We are looking forward to a great month!

Mrs. Haling, Mrs. Brown, and Mrs. Wilson

#### 2010-2011

#### FSG Meeting Schedule:

**September 13th @ 6:30 p.m.**

**October 6th @ 7:45 a.m.**

**November 3rd @ 6:30 p.m.**

**December 1st @ 7:45 a.m.**

**January 5th @ 6:30 p.m.**

**February 2nd @ 7:45 a.m.**

**March 2nd @ 6:30 p.m.**

**April 6th @ 7:45 a.m.**

**May 4th @ 6:30 p.m.**

**June TBA**



## Important Traffic Reminder:

- DO NOT leave your car at any time when stopped in the drop-off zones on Venice St. and Catalina Blvd.
- Do not use the alley at any time.
- No parking southwest bound on Venice St.
- DO NOT make U-turns on Venice St.
- NO SPEEDING AND NO TALKING ON YOUR CELL PHONE WHEN DRIVING.
- Be respectful of our neighbors and never block their driveways.

LET'S ALL KEEP OUR CHILDREN AND OUR FAMILIES SAFE.

## Go Green Lunch Box Fundraiser

The Silver Gate Go Green Committee would like to offer a great fundraiser for the school and a wonderful way to have a no-waste lunch box. Laptop lunch boxes and Goodbyn lunch boxes offer great products to reduce waste. Laptop Lunches is offering a 10% coupon code and will donate 10% of all purchases back to our school. Goodbyn is donating \$5 back to Silver Gate for every lunch box purchased through our Silver Gate code (1449). These fundraisers will last all year so they can be bought at your convenience. Many Silver Gators own these lunch boxes and they are great! Simply go to:

[www.laptoplunches.com](http://www.laptoplunches.com) or [www.goodbyn.com](http://www.goodbyn.com) and enter the codes at check out. Go Green!!



Fresh & Easy \$hop for Schools fundraiser begins on Sept. 15 - Dec. 31st. Reward our school just by shopping at Fresh & Easy during these dates! Any receipt over \$20.00 collected during these dates earns our school cash back! We will host our very own Silver Gate Shopping Night on December 9th from 4:00pm - 8:00pm. Plan to attend and do some holiday shopping, including gift cards! We earn an additional 5% back on that evening in addition to the receipts collected.

Silver Gate earns \$1.00 reward for every \$20.00 receipt. A \$40.00 receipt = \$2.00, a \$60.00 receipt = \$3.00 and so on. There is no limit to how high we can go! Ask your family and friends to save their receipts as well - they can be from any Fresh & Easy store. If we have strong community and family support we have a chance for an additional reward of \$5,000 on top of what we earn by being the top school in California! Last year we raised over \$3900.00 and our goal this year is to top \$5,000.

Mark your calendar and save your receipts! Please turn the receipts into the classrooms or place in the Fresh & Easy box outside the front office.





## Help us help our school

We've discovered a terrific way to raise funds for our school. It's super-easy, and all you have to do is use your Target® Visa® or Target® Card. We will receive a percentage of the amount of each purchase in the form

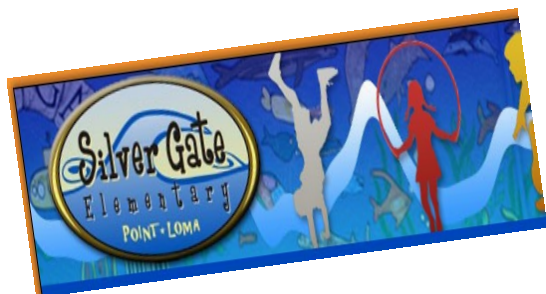
of a cash donation from Target through the Take Charge of Education® program. It's easy. Just visit [target.com/tcoe](http://target.com/tcoe), or call 1-800-316-6142 to designate our school. So if you're going to Target anyway, please consider using your Target® Visa® or Target® Card. Big thanks to those who are already doing their part to make a great school even better.

Silver Gate has received over \$6,000 from Target since this program began. Find out how much money our school has already received this year at [target.com/tcoe](http://target.com/tcoe).

Grandparents, alumni, neighbors and friends can take part, too.



TAKE CHARGE OF EDUCATION®



## Stay Informed!

Log onto [www.silvergateschool.com](http://www.silvergateschool.com) for the most updated school information.

You also have the choice of having news sent directly to your email account. Sign up today for e-Reminders and receive weekly Silver Gate News updates that are loaded with information to start your week off right.

- Visit us on [www.facebook.com/silvergatesfg](http://www.facebook.com/silvergatesfg) and "Like it" to get regular status updates.
- Sign up for e-blasts on [www.pointlomacluster.com](http://www.pointlomacluster.com).

# eScrip

## What Is eScrip?

eScrip is a hassle-free way for schools and groups that support children's programs to raise funds through everyday purchases made at eScrip merchants.

## How Does it Work?

eScrip and merchant partners have created a system that rewards customer loyalty by contributing a percentage of purchases to your chosen group.

Parents, teachers, friends and families are encouraged to register their credit, debit and grocery club cards as supporters with the eScrip program. Upon receipt of registration, a percentage of all purchases made at eScrip merchants will be given back to the designated school or group.

### Simple Registration:

- Log on to [www.eScrip.com](http://www.eScrip.com) and go to "sign up".
- Designate your favorite school or children's group to receive contributions.
- Register your grocery club card from a participating merchant and your debit/credit cards.

That's it! Visit eScrip merchants to shop and earn.



## Earn Cash for Our School!

Students, please turn in your Box Tops by Friday, October 22nd. The class with the most Box Tops will win a Popsicle Party and a special Halloween Treat! Remember, Box Tops help raise money for Silver Gate!

Brenda Azer, Box Top Coordinator



# Gators Go Green...



Thank you to all the students and staff that have been helping me Go Green at Silver Gate! I've put recycling bins in both the Kinder lunch area as well as the big lunch area with signs to help everyone recognize what we can recycle. The kids have had a wonderful time sorting their recyclables, as well as helping their fellow Gators know where to put their wrappers! Currently we are recycling wrappers from cookies, crackers, chips, and granola/energy bars. We are also recycling drink pouches (not the boxes), and lunchable trays.

\*Parents, please remember to bring in your old cell phones, ink cartridges, Starbucks coffee bags (the bags your whole beans/grounds come in), and those wine bottle corks. Thank you to Michele Mayoral for finding us a place to recycle our batteries again this year! You can begin to bring in your old AA, AAA, D, C batteries and place them in the 5 gallon bucket inside the work room (where the laminator is). The recycle bin for all the "parent" items is outside of the work room with a sign posted.

I want to send out a BIG THANK YOU to Wine Steals and To the Point for joining Silver Gate's Go Green Team to recycle their corks! If you know of any other restaurant/business that would like to join our Green Team, please contact me! Thank you again and we're off to a great start!!

Jody Hawkins  
Your Silver Gate "Go Green Girl!"  
hawkboys@cox.net



## ATTENTION DADS AND MOMS WITH TOOLS!

The Harvest Festival is just around the corner!!! Here's your chance to *have fun and help the school at the same time!* The "Mysterious Haunted Hallway" has become a Halloween tradition here at Silver Gate. If you are handy with basic tools, or have some creative ability, here is the opportunity to use your talent! With your support, this year's hallway will be more amazing than ever.

**To volunteer, please contact Richard Teague at:**

**email: [srteague@att.net](mailto:srteague@att.net)**

**phone: (619) 225-0508**

**cellular: (619) 850-3591**

**Items still needed: Bags of dried leaves, black lights, fog machines, CD players with a repeat function, extension cords and plug strips.**

## Volunteers Needed for the Haunted Hallway

To  
Set Up

And

Work in the Hallway during the  
Festival.

Sign up for the times and dates you can help, at:

<http://signupgenius.com/go/harvest46>

Take Down (next morning):

Saturday, October 23rd:

9:00 - noon

We need people with pick-up trucks on Monday after school to move scary items from the storage container (on campus) to the hallway.



## HARVEST FESTIVAL

FRIDAY, OCTOBER 22, 2010

5:00 P.M. TO 8:00 P.M.

The annual Harvest Festival is almost here. Mark the date on your calendar for an evening of fun for the entire family. The festival is loaded with fun activities for everyone — Carnival games, prizes, music, a pumpkin patch, face painting, class scarecrow/craft auction, the very famous Haunted Hallway, cake walk, and much, much more!!! We hope to see you there.

Angie Keus and Amy Lord,  
Harvest Festival Chairs



### Red Ribbon Week

October 18th—October 22nd

Thank you to Erika Olsen for coordinating the week of activities that will encourage our children to make the choice to be drug free!!!



## SILVER GATE TILE PROJECT AT THE HARVEST FESTIVAL OCTOBER 22nd



Create your own hand painted, kiln-fired ceramic tile that will be installed permanently on the walls of Silver Gate!

We will have everything you need to create your own personal tile at our Tile Project Booth located near the lunch tables!

Proceeds from this fundraiser will go towards enhancing the education of our children at Silver Gate, as well as to beautify our school with a lasting memory for your child.

#### Prices are as follows:

\$25.00 each tile or 2 tiles for \$40.00

Questions? Email: Carlin Guidi & [fsgtileproject@gmail.com](mailto:fsgtileproject@gmail.com)



See you there!



## SCHOOL PICTURE MAKE-UP DAY

MONDAY, OCTOBER 18TH





- **Graphic Artist Needed** to design and create our yearly gala invitation and theme. If you are a graphic artist or know someone who would like to volunteer their time to our school, please email Jammie

Ritchey at [jammieritchey@yahoo.com](mailto:jammieritchey@yahoo.com).

- **Editor for the Silver Gate Newsletter for the 2011-2012 school year.** Want a rewarding, fun job that allows you to be creative. Training available this year. Please email Sherri Teague at [sherriteague@gmail.com](mailto:sherriteague@gmail.com).
- **Calling all Gardeners.** Do you love the cathartic act of gardening; love attacking weeds and trimming ground cover? Site Beautification is looking for you! We will be at Silver Gate Elementary every 1st and 3rd Saturdays between 11 a.m. and 1 p.m. gardening along the Catalina Street bank. Please join us!!!

## OCILE

### Off-Campus Integrated Learning Experiences—4th Grade



**Tuesday and Wednesday  
October 26-27—Rooms 5 & 18**

**Thursday and Friday  
October 28-29—Rooms 4 & 13**



## DO YOU NEED HELP HELPING YOUR CHILD WITH HOMEWORK?

Are you confused by what your child should be learning this year? Do you want to know more about your child's education at Silver Gate? This year FSG will introduce "THE PARENT INSTITUTE." Parents will have the opportunity to be the students. On four different evenings we will host a seminar where parents can learn to help their children. These seminars can focus on things like discipline, math, language arts, homework, reading, etc. **WE WANT TO HEAR FROM YOU!!!** Please tell us what type of information you would like to see presented in the upcoming seminars. Please contact Principal McClure with your suggestions.



**SILVER GATE  
HALLOWEEN PARADE  
FRIDAY  
OCTOBER 29TH  
1:15 P.M.**



**CHILI'S® IS PROUD TO SPONSOR**  
**Friends of SilverGate**  
 Tues., November 2nd

Chili's proudly supports  
 SilverGate Elementary School

With each flyer presented on SilverGate Night  
 Chili's will donate 15%  
 of the sales you bring in.  
 Dine in, to-go, online ordering.  
 All of those sales counts

Friends of SilverGate night  
 Tuesday November 2nd  
 11 am to 10:30pm

Only at:  
 Chilis Sports Arena  
 3494 Sports Arena Blvd  
 San Diego CA  
 619-223-1703

We look forward to seeing you here.  
 Pepper in Some Fun!






Star Back Night is pre-qualified with each check to receive credit for the sale. Sale conversion included in donation amount without flyer. Offer only valid on the date and location stated above. Conditions will not be given on sales made prior to or past this date.

Attention 2nd, 3rd,  
 and 4th Grade  
 Parents

If you have not received  
 your child's Star Test re-  
 sults from last year,  
 please call the office to re-  
 quest your child's results.



**FSG Morning Grind**  
**Monday,**  
**November 1st**



**Principal's Chat**  
 Friday, November 5th  
 In the Library  
 At 7:45 a.m.  
 For parents of  
 Grades K-1

Silver Gate News is published monthly.  
 Submissions must be received by the  
 22nd of the month.

Contact Sherri Teague by email with  
 questions or  
 comments,  
 sherriteague@gmail.com

## What you can do to stop bullying

Bullying is a serious problem with long-lasting effects that can be the root cause of criminal behavior, academic failure, and lack of self-esteem later in life.

By GreatSchools Staff

When a California teacher caught a class bully in the act of punching another student, she immediately sent the bully to the principal's office. The bully's punishment was a one-day suspension which he spent sitting in the school office, where other students could see him. The student learned his lesson and never bullied again, and the bully's victim learned that his school was a **safe place** where bullying and violence would not be tolerated.

The best way to combat bullying, says the mother whose child was the victim of this bully, is having a school community where the message is clear: Bullying simply is not tolerated.

Teachers, students and administrators are all very aware of the policy. If an incident occurs, the teachers respond immediately. The students know that the behavior is unacceptable, that there are trusted adults they can confide in and that there will be consequences.

Debra Chasnoff, a San Francisco-based filmmaker who has produced a video for schools in which bullies and the bullied tell their stories, advocates a kinder, gentler approach. "Just focusing on tough discipline isn't enough. Schools should place a priority on building community. Teachers who can get kids to know and trust each other, to empathize with each other, will have fewer problems in the classroom and on the playground. You are less likely to turn on someone you know as a fellow human being."

### What are the signs that my child is being bullied?

Look for:

- Torn clothing
- A loss of appetite
- Lack of desire to go to school
- Mood changes

### What are the signs that my child is a bully?

Look for:

- Impulsive behavior
- A desire to always be in control
- Showing little or no empathy for others

### What are the long-term effects of bullying?

Melissa Smith, a California mother, recounts what can happen when bullying is not stopped. Her son was the victim of a gang of five elementary school bullies who continually verbally abused him. For four months her son tried to ignore them and always walked away. Finally, the gang left him alone. But her son continues to suffer from a lack of self-esteem, has had trouble making friends, and years after the bullying incident, is now in counseling.

Bullying, commonly thought to be a problem for boys, is just as prevalent among girls. It often takes the form of intentional verbal abuse or malicious gossip by several girls ganging up on one girl. Jessica, an overweight sixth grader in Canada, recounts the torment of being continually teased by three girls she previously considered her best friends: "How many times do you feel so bad that you want to change schools, leave all the actual friends that you do have or just lock yourself in a room forever?" she asks as she recounts her story of being bullied.

### Characteristics of bullies

- Tend to have problems at home
- May be the victim of aggressive behavior or abuse at home
- Receive inconsistent discipline and/or poor supervision at home
- Tend to be aggressive, self-confident and lacking in empathy

### Characteristics of victims

- Tend to be quiet, passive children who don't have many friends
- Tend to be smaller in size and/or physically weaker than the bully

The problem of bullying is widespread and is often cited as a contributing factor in the recent cases of **school shootings**. According to the **National Resource Center for Safe Schools** in Portland, Oregon, 30% of American children are regularly involved in bullying, either as bullies or victims, and approximately 15% are "severely traumatized or distressed" as a result of encounters with bullies. Researchers agree that children who bully in childhood are more likely to become violent adults and engage in criminal behavior; victims of bullies often suffer from anxiety, low self-esteem and depression as they grow into adulthood.

### When is it teasing and when is it bullying?

One of the common myths about bullying is that it is just a normal part of childhood. Everyone gets teased now and then without a great deal of harm, but bullying, characterized by repeated, intentionally hurtful acts, can have long-term consequences for the bully and the victim. These acts can be physical, verbal, emotional or sexual, and there is generally an imbalance of power between the bully and the victim.

### Statistics on bullying

According to *Indicators of School Crime and Safety, 2007*, a report issued by the Justice Department and the Department of Education, in 2005:

28% of students, 12- to 18-years-old, reported that they had been bullied sometime in the prior six months.

11% reported that someone at school had used hate-related words against them.

9% were bullied by being pushed, tripped or spit upon.

Other studies indicate that:

60% of students identified as bullies in grades 6 to 9 had at least one criminal conviction by age 24.

Bullies are at even greater risk of suicide than their targets.

About two-thirds of students involved in school shootings say they had felt persecuted, bullied or threatened by others.

School-based intervention programs can reduce bullying by 30% to 50%.

### What can I do about bullying?

The most important thing you can do is listen to your child. Ask about how things are going at school. Ask if your child has had any experience with bullies or has seen other children experience bullying. Often children are too embarrassed or scared to bring up the topic on their own. You can bring it up by discussing **sympathy and respect** for others, asking such questions as "Why do you think she said those hurtful things?" or "How do you think it feels to be bullied?"

You'll want to have a discussion about how to handle bullying situations and warn your child never to resort to violence, even as a reaction to a bully. Stan Davis, a Maine school guidance counselor and trainer in bullying prevention, advises encouraging the majority of students who are not victims or bullies to stand up to bullies, to ask adults for help and to reach out as friends to isolated students.

You may be tempted to intervene by confronting the bully and his parent yourself, but most experts advise against doing so. If you confront the bully, you will only verify for him that your child is a weakling. Many bullies come from homes lacking in parental involvement, so confronting the parent might not prove productive. Besides, it will probably be difficult for you to talk to the bully's parent in a calm and rational manner and that might only exacerbate the problem.

Your instincts may tell you to let the child learn to handle the situation himself, but in actuality he may need an adult (either a teacher or a parent) to intervene when bullying takes place because of the imbalance of power. Alert your child's teacher or principal when bullying occurs and work with your school to make sure the atmosphere is safe and that there is effective monitoring. Ask to be notified should your child be involved in a bullying incident. To really know what goes on at school and to help create a positive atmosphere, volunteer to be a playground supervisor or a classroom assistant.

### Four myths about bullying

Victims are responsible for bringing bullying on themselves.

Bullying is just a normal part of childhood.

Bullies will stop if you just ignore them.

Victims need to learn to stand up for themselves.

### What should my child's school be doing to address bullying?

Look for a positive, supportive atmosphere where students know that bullying will not be tolerated, where students know they can go to adults for help, and where there are clear consequences for bullying. An ongoing commitment to promoting this kind of school environment is key. An effective technique used in many schools is to have each class develop its own code of conduct.

Here's the code of conduct that one class wrote:

We don't want any hitting, punching or kicking.

We don't want any name-calling or put-downs.

We include everyone when we do group activities.

We help others when they are bullied.

Teachers and staff should be on the alert and should intervene when they see bullying occur. They should be aware that bullies often try to operate in places that are not in direct public view, such as school bathrooms or locker rooms. Some schools hold assemblies to present the topic of bullying, but these one-shot efforts have not been proven to be as effective as a consistent, ongoing school-wide effort to combat bullying.

