

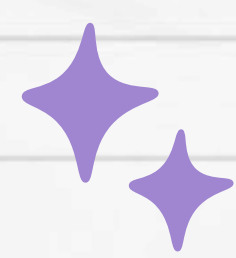


# PARENT GENERAL MEETING

APRIL 20, 2024



# 2024-2025 PTA ELECTION RESULTS



# 2024-2025 PTA BOARD



**PRESIDENT:  
LIZBETH GARCIA**



**SECRETARY:  
LOURDES GARCIA CHEPE**



**VICE PRESIDENT:  
BLANCA ANGEL**



**AUDITOR:  
ANDREA BRIONES**



**HISTORIAN:  
DANIEL PEREZ**

**UPDATES FROM PTA**

# PTA MEMBERSHIPS

- Membership sales will resume in May for the 2024-2025 academic year
  - Membership cards will be distributed starting in September 2024



**WE SOLD 102 MEMBERSHIPS THIS ACADEMIC YEAR!**

# MEMBERSHIP BENEFITS

- **Ability to vote for important decisions**
  - **PTA Executive Board Elections**
  - **Allocation of financial support from the PTA for the school: clubs, fundraisers, teacher donation requests**
  - **Executive Board Meeting decisions**
- **Easy way to support The Preuss School's activities**
  - **Senior Dinner and Graduation Activities**
  - **Popsicle Social for Attendance Challenge Winners**
  - **8th Grade Celebration of Learning**
  - **School clubs**

# PTA FRIDAY SNACK SALES

**Every Friday after school  
4:00pm - 5:00pm**

**Help with set up, selling snacks, handling  
cash, and clean up**



# BULLYING PRESENTATION

**MS. SILVA & MS. DE LA ROSA**



# What I wish my parents knew about bullying

The Preuss School UC San Diego  
April 20, 2024



# Data



- **1 in 4** youth suffer from being bullied
- **1/3 of youth in San Diego** will be bullied or harassed in the next year
- Bullying causes feelings of **self-hate, worthlessness, anger, wanting revenge, depression, self-harm and even suicide**
- Kids who bully often are or have been bullied themselves
- Bullying is a **worldwide epidemic**

# Definition of Bullying

- Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated and targeted.
- Bullying includes actions such as making *threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose in multiple occasions*.

# Definition of Bullying

In order to be considered bullying, the behavior must be **aggressive** and include:

- **Imbalance of Power:** Kids who bully use their power - such as physical strength, access to embarrassing information, or popularity - to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people
- **Repetition:** Bullying behaviors happen more than once or have the potential to happen more than once
- **Targeted:** Bullies do things on purpose to hurt, embarrass, scare, harass or put you down.

# The Three B's



## The Bully

33% of youth admit to bullying



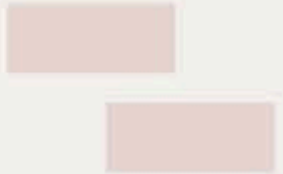
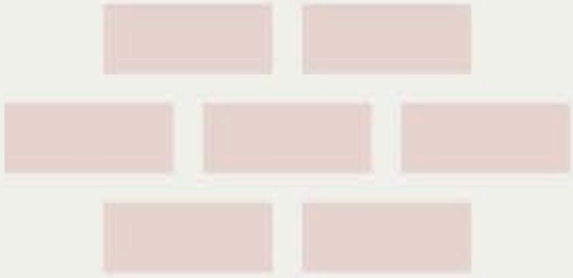
## The Bullied

33% of youth are bullied



## The Bystander

70% of students reported being bullied



# The 3 B's: The Bully



%&\$!#

Those involved with bullying may experience serious, chronic problems and are more likely to:

- Engage in violent or risky behaviors in adulthood
- Fight, vandalize, and drop out of school
- Abuse alcohol and other substances
- Be abusive towards family members
- Have criminal convictions
- Increased likelihood of SI and attempt

HAHA!

# The 3 B's: The Bullied



%&\$!#

Those involved with bullying may experience serious, chronic problems and more likely to have:

- Mental health issues like depression, anxiety, sadness, and poor eating or sleeping habits
- Health complaints
- Decreased or poor academic progress

HAHA!

# The 3 B's: The Bystander



%&\$!#

Those involved with bullying may experience serious, chronic problems and more likely to:

- Have mental health issues like depression, anxiety, sadness and poor eating or sleeping habits
- Miss or skip school
- Increased likelihood of using alcohol and substances

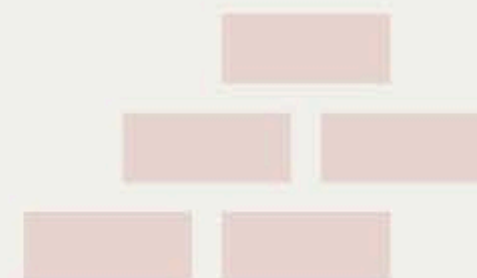
HAHA!



# Bullying vs. Being Mean



<b>Rude</b>	Inadvertently saying or doing something that hurts someone else
<b>Mean</b>	Purposefully saying or doing something or hurt someone once or twice
<b>Bullying</b>	Intentionally aggressive behavior, repeated over time, that involves an imbalance of power



# Bullying vs. Being Mean

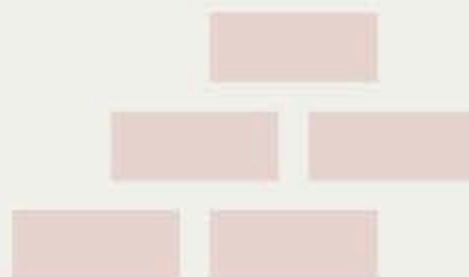
- Kids who bully say or do something intentionally hurtful to others and they keep doing it, with no sense of regret or remorse - even when targets of bullying show or express their hurt or tell the aggressors to stop.



HAHA!



%&\$!#



# Scenario Activity

- Student is walking into school and whispers under her breath “I don’t like you” while walking passed a former friend and walks away.
- 8th grade student purposely walked into the bathroom and tells a 6th grade student that they smell bad and shouldn’t be allowed to go to Preuss. The next day, similar scenario happens and this time it happens in front of her 8th grade class.
- 10th grade student posts on a fellow 10th grade student’s social media page “You’re ugly!” and 10 other students continue to make disrespectful comments.

Is this mean or bullying?

# Is my child being bullied?

%&\$!#

HAHA!

Some signs that may point to a bullying problem are:

- Lost or destroyed clothing, books, electronics or jewelry
- Unexplainable injuries
- Frequent headaches or stomach aches; feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in school work, or not wanting to go to school
- Sudden loss of friends or avoidance of social interactions
- Feelings of helplessness or decreased self-esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

# Why doesn't my child ask for help?

%&\$!#

## Feeling Helpless

Wanting to handle it on their own to gain power/control of the situation

## Fear of being labeled a tattletale

Not wanting to be labeled or be called a "snitch"

## Feeling socially isolated

Thinking that "no one understands"

## Humiliation

Not wanting to retell or restate their unpleasant experiences regarding bullying

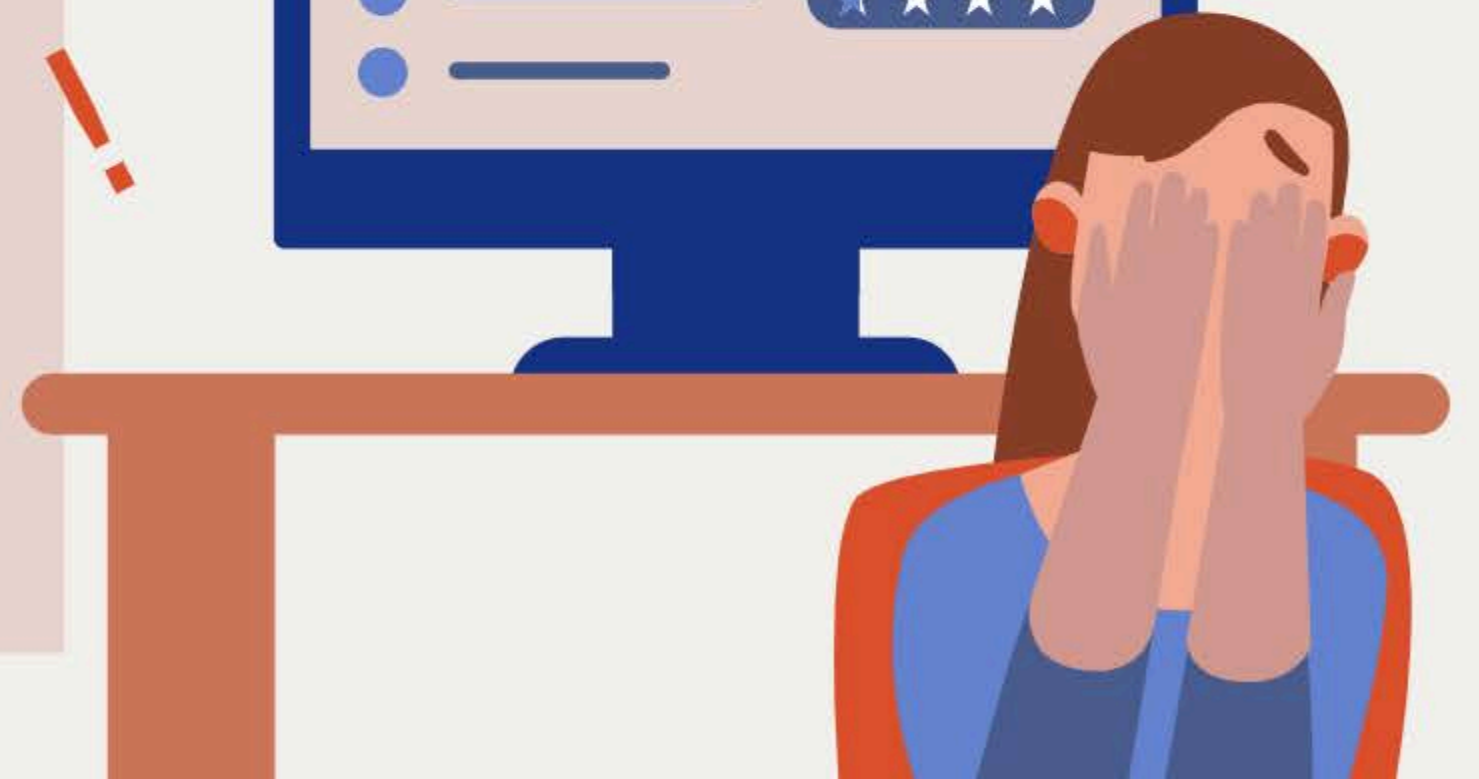
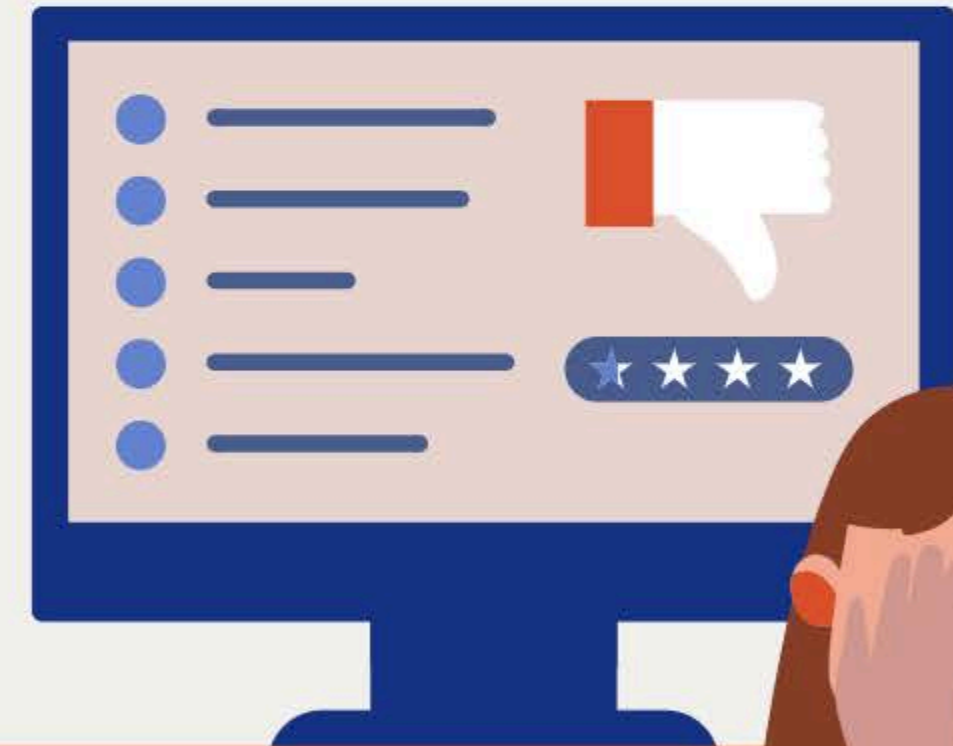
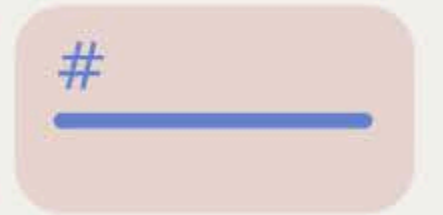
## Fear of judgement or rejection

Not wanting to be judged or rejected by peers or adults



# What can I do as a parent?

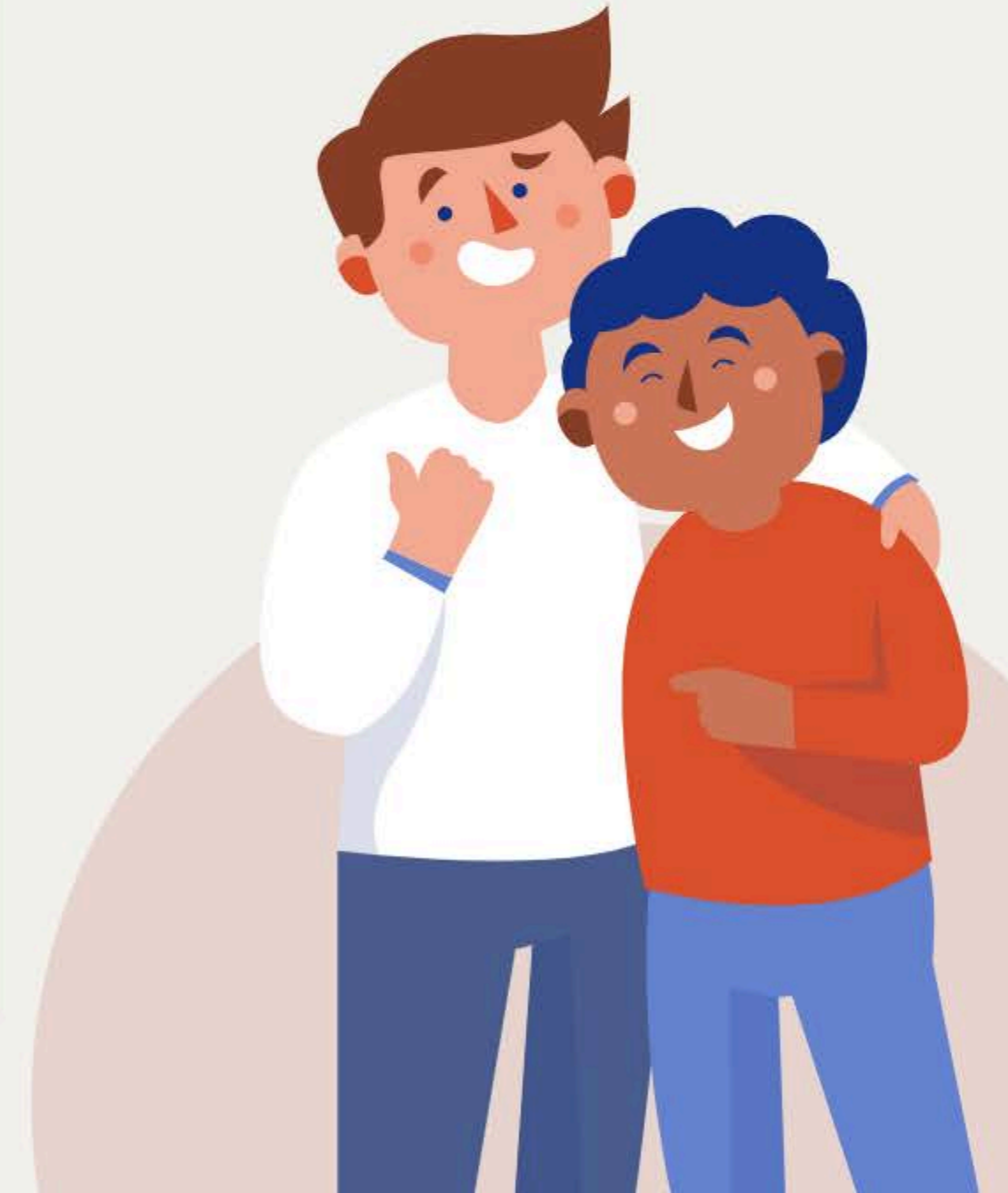
- Teach
- Model
- Connect
- Build emotional immunity
- Reach out for help and encourage student to write incident report with front office or counselor (Incident reports are given to Vice Principals for investigation and follow-up)



# Building Self-Esteem

Things parents can do with their children to help build self-esteem

- Journaling
- Finding an interest together
- Focus on their strengths, help them develop those
- Avoid putting your feelings on them| help them to individuate by trying to understand their feelings in situations
- Model an idea that no one is perfect and that is not that expectation. Use words with your teen to help them move to a growth mindset



# References

- *U.S. Dept. of Justice*
- Hawkins, D. L., Pepler, D., and Craig, W. M. (2001). *Peer interventions in playground bullying. Social Development, 10, 512-527.*
- National Center for Education Statistics and Bureau of Justice Statistics, [School Crime Supplement](#), 2008–2009
- Centers for Disease Control and Prevention, [Youth Risk Behavior Surveillance System](#), 2011
- Bradshaw, C.P., Sawyer, A.L., & O'Brennan, L.M. (2007). Bullying and peer victimization at school: Perceptual differences between students and school staff. *School Psychology Review, 36 (3), 361-382.*
- Bradshaw, C.P., Sawyer, A.L., & O'Brennan, L.M. (2007). Bullying and peer victimization at school: Perceptual differences between students and school staff. *School Psychology Review, 36 (3), 361-382.*
- Bradshaw, C.P., Sawyer, A.L., & O'Brennan, L.M. (2007). Bullying and peer victimization at school: Perceptual differences between students and school staff. *School Psychology Review, 36 (3), 361-382.*
- National Center for Education Statistics and Bureau of Justice Statistics, [School Crime Supplement](#), 2008–2009
- Centers for Disease Control and Prevention, [Youth Risk Behavior Surveillance System](#), 2011.
- Kosciw, J. G., Greytak, E. A., Bartkiewicz, M. J., Boesen, M. J., & Palmer, N. A. (2012). *The 2011 National School Climate Survey: The experiences of lesbian, gay, bisexual and transgender youth in our nation's schools.* New York: GLSEN.



# **PARENT INVOLVEMENT OPPORTUNITIES**

# 6TH GRADE SWIM PROGRAM

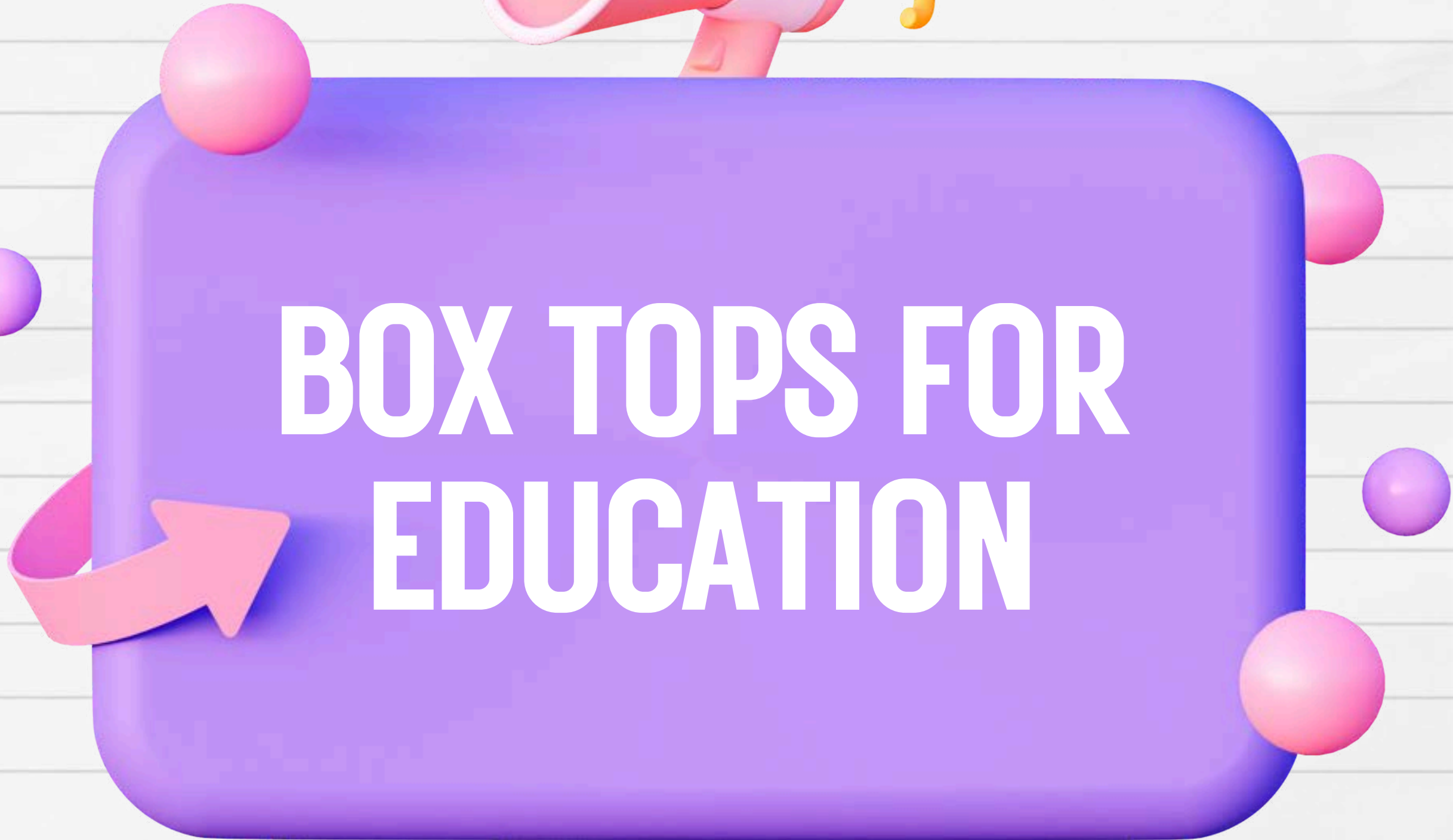
**April 16 - May 23: Tuesdays & Thursdays**  
**8:55 am - 12:15 pm**

- Helping students walk or take the bus to the pool (0.6 miles away)
- Help students get ready to swim
- Watch them on the pool deck when they're not inside of the pool
- Help students walk or bus back to Preuss



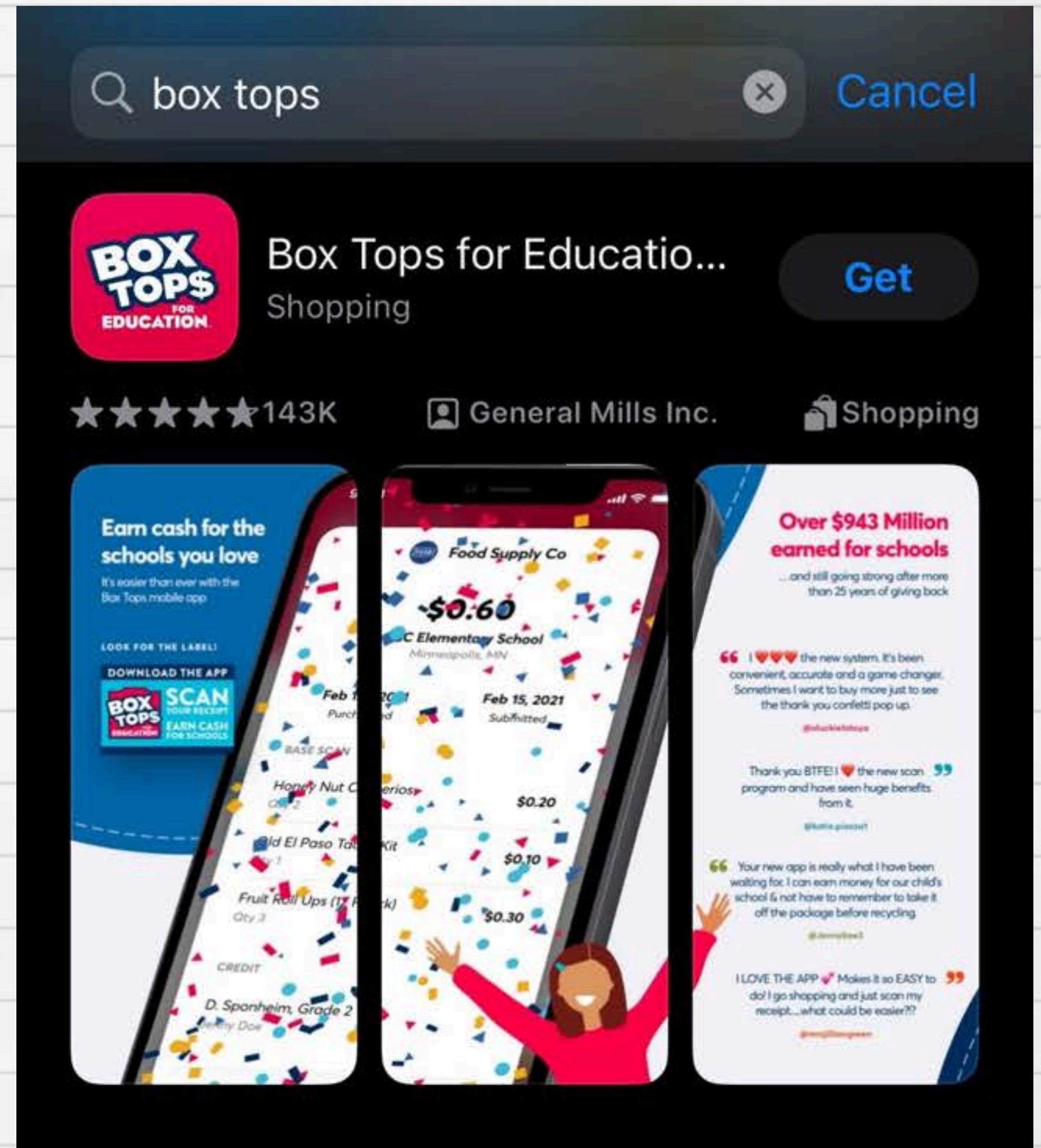



# BOX TOPS FOR EDUCATION



1

# DOWNLOAD THE BOX TOPS APP





# CREATE AN ACCOUNT USING YOUR PREFERRED METHOD



Continue with Apple



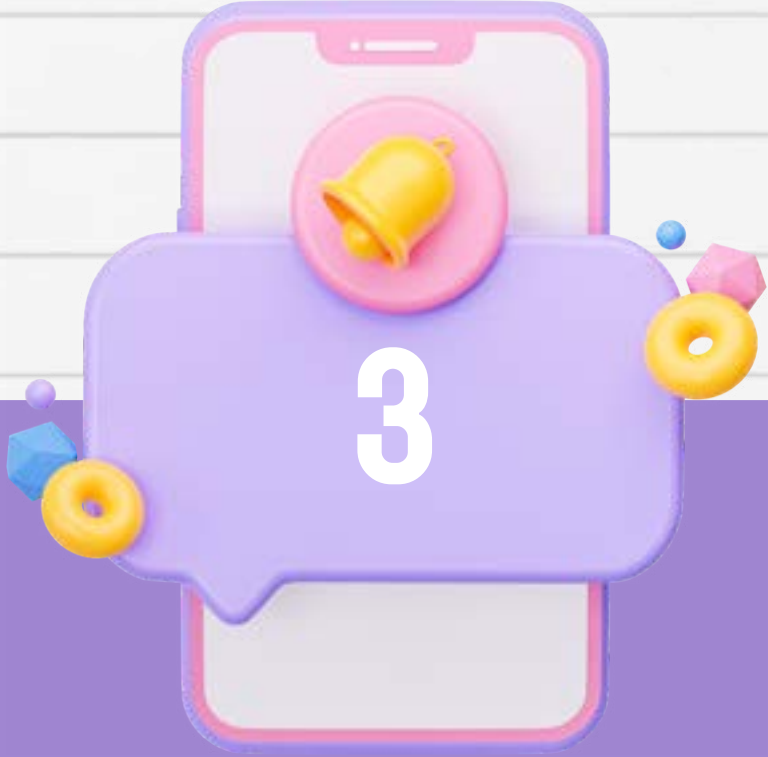
Continue with Facebook



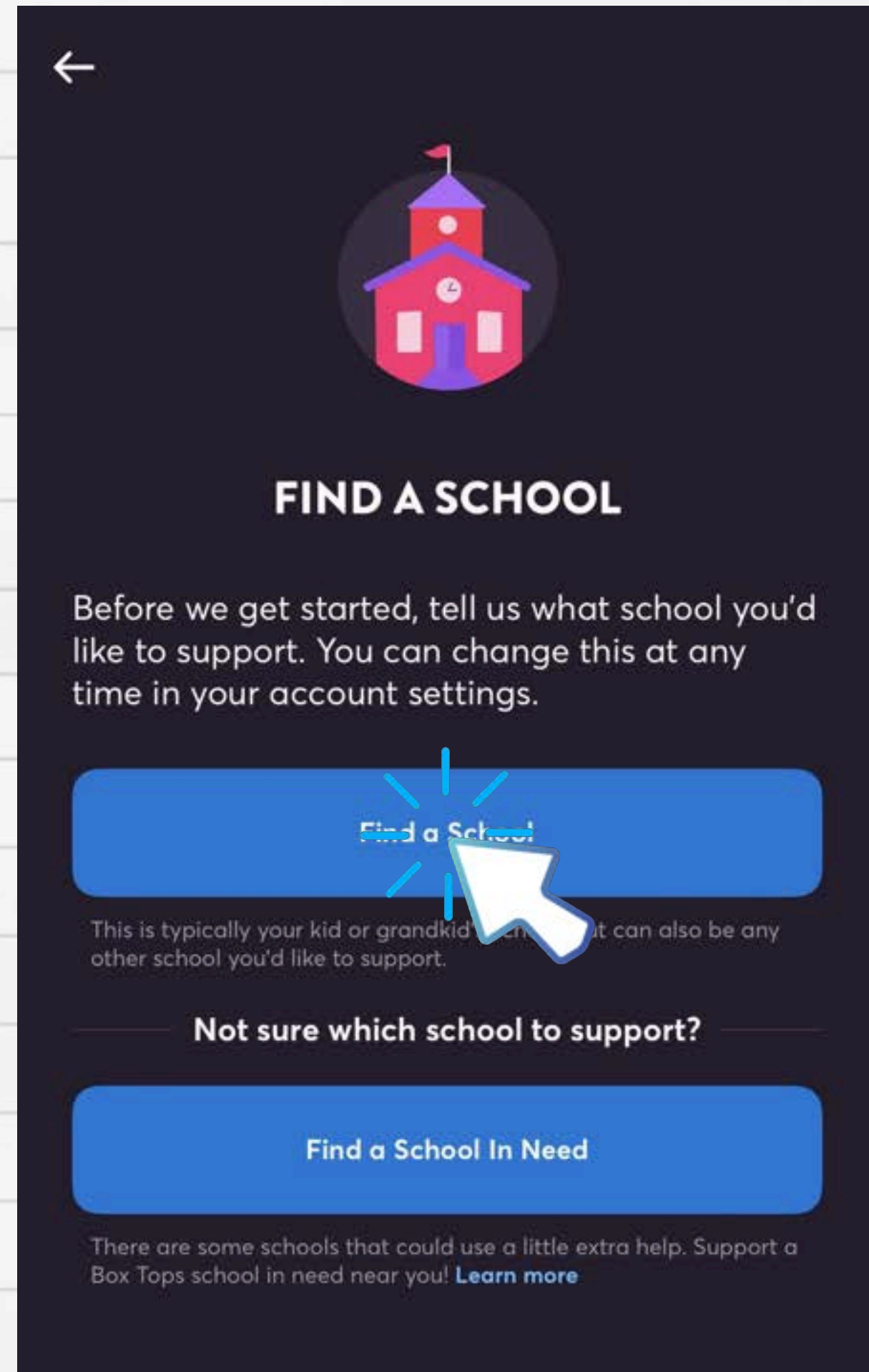
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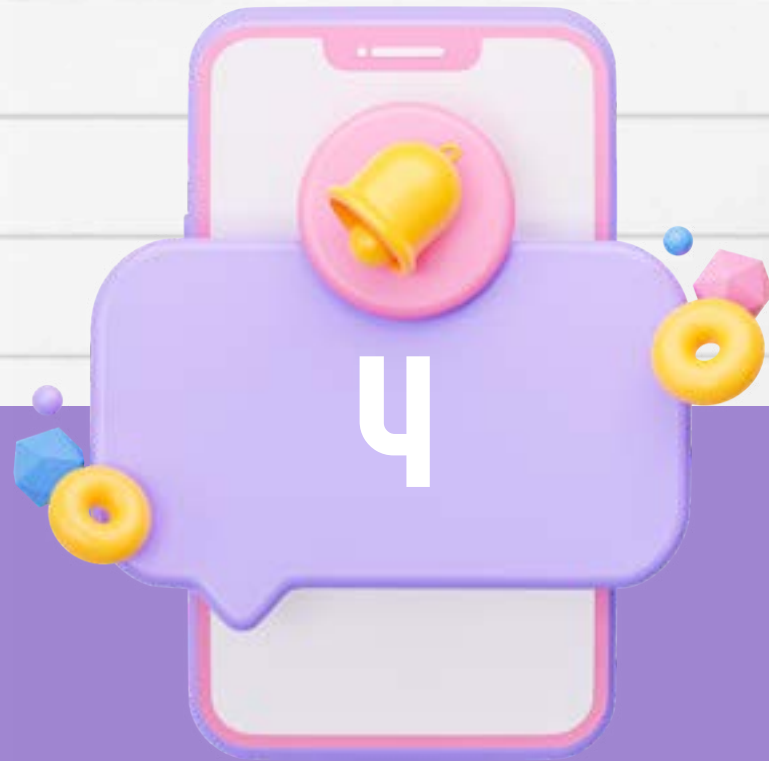


Continue with Email

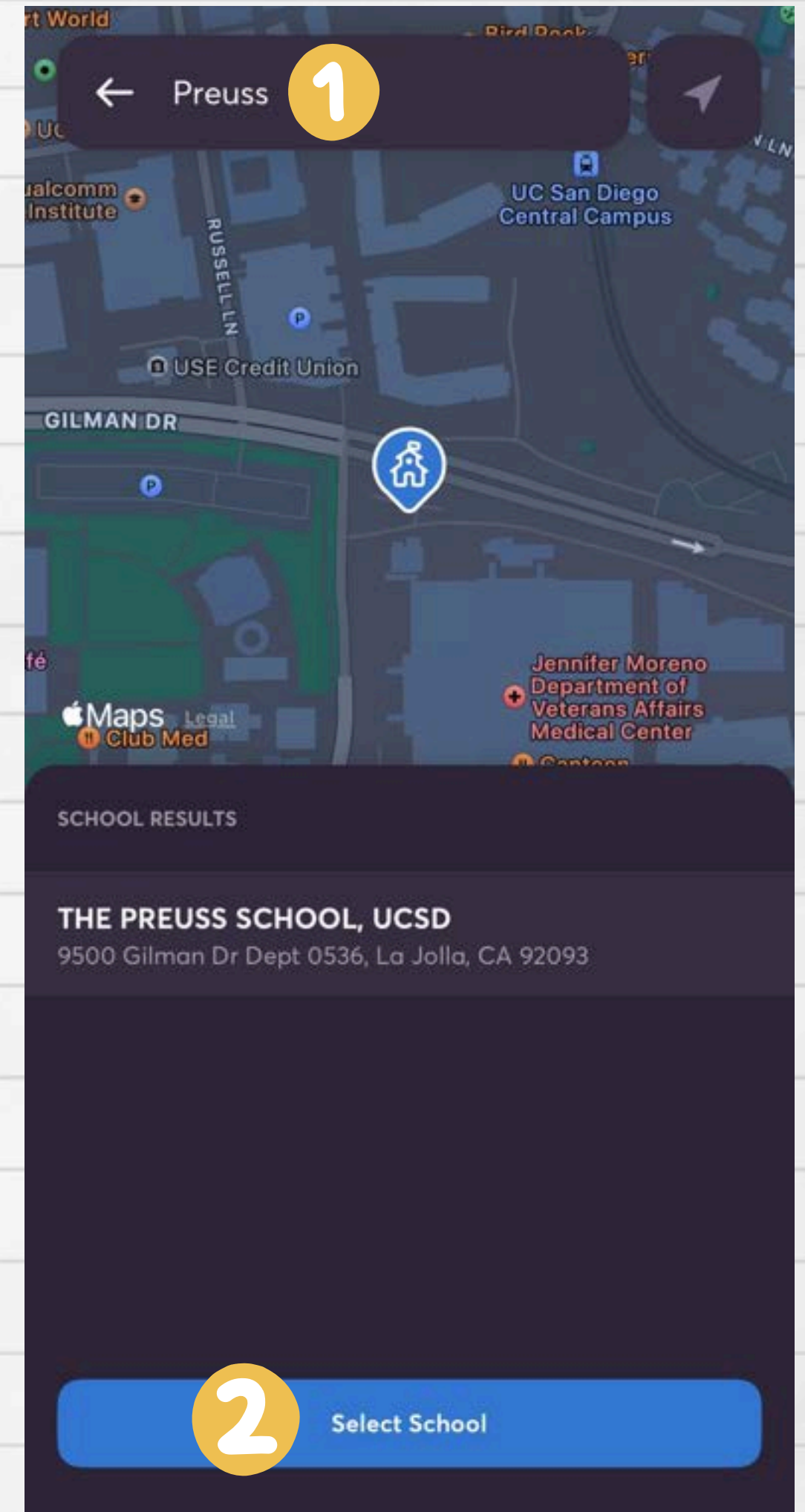


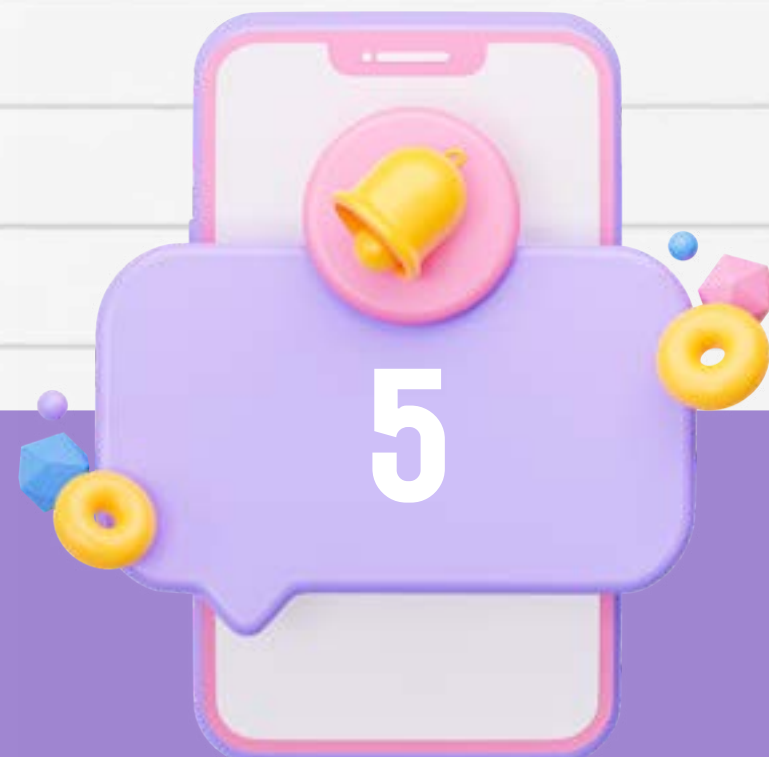
# SELECT THE “FIND A SCHOOL” BUTTON





**TYPE “PREUSS” & PRESS THE  
“SELECT SCHOOL” BUTTON**

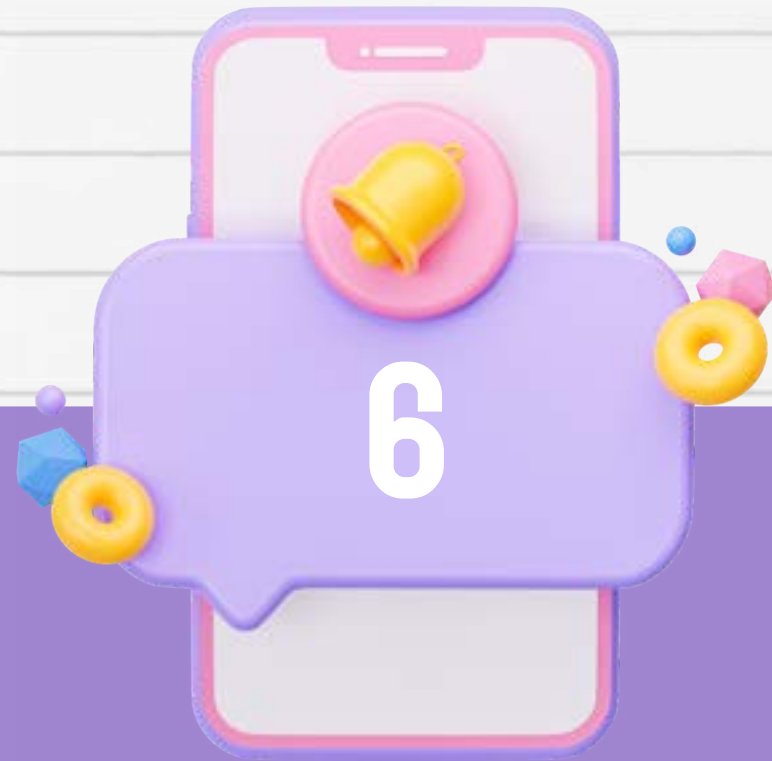




**PRESS THE “+” BUTTON  
& SCAN YOUR RECEIPT  
WITHIN 14 DAYS OF  
PURCHASE**







**ALIGN THE RECEIPT & TAKE A PHOTO. FOR LONG RECEIPTS, USE THE “+” BUTTON TO ADD MORE SECTIONS**



7

**SUBMIT WITH THE  
CHECKMARK BUTTON**



# INSTRUCTIONAL VIDEO





# THANK YOU FOR COMING!

LAST MEETING: MAY 18, 2024 @ 9:30 AM

NEXT EXECUTIVE MEETING: MAY 9, 2024 @ 5 PM