

# HANCOCK HEALTHY TIMES

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## Tips to avoid bullying on the web

Before computers, cell phones, and other technology, bullying typically happened face-to-face.

Now, bullying can happen on social media sites, through emails, and text messaging. It's called cyberbullying.

Norristown Police Officer Brian Saxon recently told the *Healthy Times* that cyberbullying is serious and harmful. It can make children sad. They may feel so bad that they don't want to go school and learn.

When words or pictures are posted on the internet, "you can never take it back," Officer Saxon said.

He said cyberbullying is starting at younger ages. That's because many children today have cell phones and other technology.

Officer Saxon said if you ever are a victim of cyberbullying, you should tell an adult you trust. It

could be your mom, dad, a teacher, grandparent, or even a police officer.

You should never respond to a bully's message or photo.

Save it so you can show an adult or police officer.

If your friend is being cyberbullied, you need to encourage him or her to tell an adult, Officer Brian Saxon said. If your friend is not willing to talk to an adult, he said, you need to let a trusted adult know.

Officer Saxon said the Norristown Area School District has programs to prevent cyberbullying. They have an anti-bullying campaign, talk to students

**Special report:  
Think, Don't Fight**

*(Please see **Be careful** on Page 2)*

## Being kind helps others; it helps you

*Editor's note: Healthy Times reporters recently interviewed school staff about kindness. What does kindness mean to you. Write about it, send your essay to Ms. Jelesiewicz, and it may appear in the next newspaper issue.*

Mrs. Willbank, a special education teacher, said she tries to be kind because it is the right thing to do and it makes her feel happy.

Mrs. Willbank said an act of kindness she observed was when a child helped another student who fell down stand up again.

*(Please see **Being** on Page 2)*



**Congratulations!** Izabella Gurreonero's illustration above won first place in the Healthy NewsWorks "Acts of Kindness" poster contest for Hancock and also was selected to be part of a traveling exhibit this spring. Izabella will receive a \$25 gift card. Posters submitted by Cirie Jackson and Karen Castro were runners up and each girl will receive a cookbook. The three winners are in third grade.

# Being kind makes a big difference

*(Continued from Page 1)*

Mrs. Willbank said it was meaningful when students in first and fourth grade helped her move her supplies to a new classroom.

Mrs. Willbank said she sees a lot of children being kind. —*By Raina Stierly and Karen Castro*  
\* \* \*

Ms. Rosenberg, a second grade teacher, said it was kind for her friend to spend the whole day with her at the hospital in Atlantic City. Her brother got hurt and needed surgery. She was a nervous wreck, she said.

Being kind shows respect for people as human beings, Mrs. Rosenberg said.—*By Guaqui Perez*  
\* \* \*

Ms. Hardman, a third grade teacher, said that her son Ethan did something kind for her. When he heard that she had a long day, he massaged her neck.

Her students recently showed kindness when they asked if they could help her by picking up trash or straightening up the room.

Ms. Hardman tries to show kindness as a mother and a teacher because she tries to live by the golden rule: Treat others the way you want to be treated. She said showing kindness makes her classroom and home a better place. —*By Mackenzie Baildon*  
\* \* \*

Mr. Moskal, a first grade teacher, said it's good to be nice to other people. His daughter recently gave him some of her artwork. He thought that was kind of her. If you are nice, other people will be nice to you, he said. It is the right thing to do.

—*By Joshua Gordon*

## *Hancock Healthy Times*

A publication of the Hancock Elementary School in the Norristown Area School District in Pennsylvania.

Student staff members include Mackenzie Baildon, Jiya Brewer, Karen Castro, Jazmin Cequeda-Gonzalez, Miles Daniels, Yoshigei Figueroa, Alfredo Frias, Jose Gonzalez-Gomez, Joshua Gordon, Izabella Gurreonero, Jaylyn Hayward, Mackenzie Henderson, Cirie Jackson, Michael John, Jahiri Kenney, Mia Keys-Lewis, Makayla Kirkland, Maya Matthews, Amya Moore, Glenda Morales-Garduno, Brayden Moreno-Allvarez, Kevin Ngem, Raina Stierly, Liam Todd, Mekhi Wharton, and Landon Wood. The faculty advisor for the *Healthy Times* is Ms. Jelesiewicz.

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Ms. Brady, a second grade teacher, said her father built shelves in her garage. That was kind and meaningful, she said.

She recently observed an act of kindness when she saw a student tying a friend's shoe. Kindness makes people feel good, she said.

She offered a tip that she calls "I messages." "I messages" are a way to help people tell others how they feel. —*By Izabella Gurreonero*  
\* \* \*

Mrs. Keaveney, a school nurse, said she was happy when someone held the door open for her when her hands were full.

She tries to be kind by treating people how she wants to be treated. It shows respect for other people and everyone is important, she said.

—*By Mackenzie Henderson*  
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Ms. Cramer, the lead teacher, said that she feels good when third graders help her deliver pretzels.

At a recent dance, she saw a person ask someone else to dance who was sitting down and not participating. She viewed that as an act of kindness.

She is kind to people because it makes her and a person feel good. She said it is important to be kind because it shows respect. —*By Yoshigei Figueroa*

# Be careful on the web

*(Continued from Page 1)*

about cyberbullying, and send home information to families.

The district also has strict rules against cyberbullying, he said. It could include suspension and even expulsion—which would mean a student could not return to school.

Officer Saxon said children under 14 should not have social media accounts such as Facebook.

He said he likes to help prevent cyberbullying because he "wants kids to grow up safely."  
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Officer Saxon offered these tips to help prevent cyberbullying:

- Never respond to nasty messages
- If you get a message from a stranger don't open it or answer it.
- Don't delete a nasty message. Show it to an adult.
- Tell an adult as soon as possible.
- Don't encourage others to cyberbully.

—*By Karen Castro and Jazmin Cequeda-Gonzalez*