



LONDON ANTI-BULLYING COALITION

**Winter 2006**

**Greetings LABC Members**

**A Reflection on Our First Year**

As we age we all seem to realize that time does fly!! The first year of existence for the LABC, while seeming to speed by with barely a notice, was a very enriching year for us. All round there were new skills to learn, old skills to brush off and freshen up, and honest reflection of who we are and what we hope to accomplish. When we compiled the information we wanted to include in this newsletter and made a chronological list of all the LABC activities over the last year, we were amazed that a year that had passed so quickly contained so many blessings.

We are blessed by folks eager to share their enthusiasm for creating safe and caring schools. Without the caring individuals who have stepped forward to participate on the board and on committees as needed, we would not be where we are today. We are blessed to have an expert on strategic planning and organizational development working with us, to ensure maximum results.

We are blessed by a community that will provide what they can to assist in this

endeavour. We have been given donations of venues, speakers, legal fees, accounting services, students, cakes, signage, logos, brochure development, web site development, coffee, and it seems, just when we have a need, money is donated.

We are blessed to be a contact for individuals and families struggling with this very real and painful issue. We are thankful that in knowing we “are not alone”; we have been able to reach out to others and end their isolation.

We are blessed to have been invited to share our stories and our goals with our parliamentary representatives and information gathering committees working on the issue of bullying. The parent/public voice is one that is rarely heard or solicited.

We are blessed to have received a Trillium Foundation Grant so that we may host a conference on bullying in our community. We are committed to having as many people “on the same page” with regards to the impact that bullying has on our community, awareness of the resources available, and ultimately what can be done to eradicate this problem.

We are blessed by the attention we have received by the media. Each time we have an opportunity to share information about an event or LABC activity our numbers grow. More people become aware of us and either contact us for assistance or offer us theirs.

We are blessed that Advisory Committees (youth and service provider) are being formed to wrap around the

LABC, to assist us in best meeting the needs of this community.

We are blessed by optimism that isn't squashed by paperwork, timelines, or lack of funding. The dedicated group that powers this Coalition is truly a unique group of folks. Excitement for being on the ground floor of a new initiative is palpable. All involved are committed to doing it right the first time. As our second year rolls out we ask for your continued blessings. Remember.....

Many Voices – One Vision.

*Corina Morrison and Kathryn Wilkins*

### **New Board Members**

We would like to welcome our newest board members to the coalition.

**Saleha Khan** is a newcomer to London as of August 2005. She was a volunteer with the Hamilton Coalition and now would like to lend a helping hand to the LABC. Saleha is an instructor at the Ontario Police College in the Race Relations and Adult Education Unit. Saleha has also volunteered to head up our Advisory Committee.

**Brenda Young** is a recent law school graduate, called to the Bar in July 2005. She has stepped forward to serve on the LABC board of directors. Brenda brings expertise in community legal aid, mediation and alternative dispute resolutions.

### **Contributors**

We really appreciate the following people who have contributed to our efforts.

**Kasha Robertson**, a former London student, volunteered this fall to design our LABC brochure. She is now in her first year at Sheridan College. Good Luck Kasha!!!!

**Walter Sayers** of Walter Sayers Design completed the final details of our brochure and sent it off to be printed.

**Minuteman Press – Brantford** graciously printed gratis a number of brochures to get us up and running.

**Glenn Howlett** of Innovative Edge: Consultants as Coaches <http://www.innovative-edge.ca> is assisting us in becoming a functioning board.

**Lorna Marchewka** has graciously accepted the role of publishing our quarterly newsletter.

**Bruce Langford** donated many hours over a three month period to be our “webmaster”.

“Stand Up Against Bullying” is a program Bruce offers many schools and is extremely busy presenting this around Southwestern Ontario.

**Dave Fisher**, a parent volunteer with the coalition, has stepped forward to take over as “webmaster”. Thank you Dave for taking this task on for us.

### Trillium Funding

After a long process of filling out our very first grant proposal, we received a small grant to host a conference on bullying. Details will be announced at a later date.

### Next Municipal Election – November 2006

Have you ever considered running for School Trustee? Perhaps this would be of interest to you??? Contact City Clerks Department for more information.

### London Police School Safety Program

At the LABC Executive Meeting, September 12, 2005, we welcomed Constable Rob Black. He provided an overview of what is being taught in our school system by the London Police Safety Officers.

There are five school officers that cover the elementary and secondary schools in London. The current program includes:

**Meet the police officer in Kindergarten:** includes reading a story, explaining the role of an officer, a demonstration of how children can identify officers by their uniform, and instructions for contacting police in an emergency. **Grade 1 – Street Safety;** **Grade 2 – Winter/Bus Safety;** **Grade 3 – Stranger Safety/Real and Fictional Violence:** This lesson helps students differentiate between good and bad

strangers; **Grade 4 – Bicycle Safety;** **Grade 6 – Values, Influences and Peers (VIP):** covers 11 topics with 5 presented by the officer during 6 one hour visits. Topics include Values and Rules, Peer Pressure, Authority Figures, You and the Law, Alcohol, Tobacco and other Drugs; **Grade 8 – Making smart choices** (vs. Gang violence, drugs and joy riding), and **Gr. 11 - Drug Awareness Program (DAP) and Impaired Minds Produced by Alcohol Cause Trauma (IMPACT)** – covering alcohol awareness, drinking and driving. A tour of London Health Sciences Centre is given with the focus on trauma incidents. A slide show is presented, along with a presentation by a victim of impaired driving or an offender, and a trauma simulation. A student is made-up to be injured. The intensive care of the student is witnessed. Students are kept unaware of the victim's identity or the validity of the situation until the scenario ends. It also includes a 3 day classroom presentation by the officer. A 20 question test is applied to the student's course mark.

The following school safety lessons are taught at the **Children's Safety Village**, by the officer assigned to that location: **Grade 1 - Street safety** lesson includes Pedestrian Safety, Sign Recognition, **Hydro Safety, Personal Safety** and an introduction to the Block Parent Program. Children can practice lessons learned by driving battery-operated mini cars. They also go on a walking tour. **Grade 2 - Winter safety and bus safety** lesson includes Winter Safety, Hydro Safety and Bus Safety. Students perform mock bus evacuations. **Grade 4 - Bicycle safety** include Safety Rules and Sign Recognition. Students practice safe riding throughout the village.

## **Odds and Ends**

### **Board Members Wanted**

We are currently looking for people who have experience in the areas of Fundraising and a Communications/Media person. If you or someone you know may be interested please contact us.

### **Website**

Our website is up and running at [www.londonabc.ca](http://www.londonabc.ca) Let us know what you think.

### **We Need Your Help**

As we move forward with conference planning, we would like to invite you to assist. Please contact us for more information.

## **Resources**

Corina Morrison has reported that the following books which she read over the winter holidays are an excellent resource for parents and educators:

1. The Bully Free Classroom - Over 100 Tips and Strategies for Teachers K-8 by Allan L. Beane, PH.D.
2. Schools Where Everyone Belongs - Practical Strategies for Reducing Bullying by Stan Davis
3. Bullying a Crisis in our schools and our communities by Raymond T. Chodzinski, PH.D.

An excellent pamphlet entitled “Bullying Is Not a Fact of Life” is online at <http://www.mentalhealth.org/publications/allpubs/SVP-0052/>

London Police Service issues an excellent bulletin entitled “Bullying in Our Schools”. It includes research facts, a definition and three categories of bullying, a description of victims and what can happen when bullying persists, five types of bullying, reasons for bullying, related crimes and what can be done. It includes website resources. Contact London police Services Unit (519) 661-5680, <http://police.london.ca> [www.lfcc.on.ca/bully.htm](http://www.lfcc.on.ca/bully.htm) [www.nfb.ca/nomorebullies](http://www.nfb.ca/nomorebullies) [www.bullying.org](http://www.bullying.org) <http://www.talk-helps.com> <http://www.cbc.ca/national/news/cyberbullying>

## Upcoming Events



an evening  
with  
**Barbara  
Coloroso**  
at  
Saunders  
Secondary  
School  
941 Viscount  
Road,  
London  
Thursday,  
February 2,  
2006  
7:00 - 9:00  
p.m.

*Two hours packed with solid practical advice for parents and educators on how to teach kids to care deeply, share generously, help willingly as well as to act with integrity and civility. Barbara Coloroso will be speaking on her latest book, discussing ethical dilemmas, peer pressure, media influence, and ethical decision-making at home, at school and in the community.*

London Children's Connection  
proudly presents...

Just Because It's Not **Wrong**  
Doesn't Make It **Right**...  
*From Toddlers to Teens—  
Teaching Kids To Think and Act Ethically*

Tickets \$12.00 in advance (\$15 at the door)  
(cash or cheque only, non-refundable,  
general seating) (if available)

Tickets may be attained at the following  
locations

## **Chapters**

North London	86 Fanshawe Park Rd E. (Masonville)	672-6781
London	1037 Wellington Rd S. (White Oaks)	685-1008

## **Ontario Early Years Centres**

London West Centre	Westmount Shopping Centre, upper level	473-2825
London North Centre/Childreach	265 Maitland Street	434-3644
London-Fanshawe Centre	1892 Dundas Street East	455-2791
Lambton-Kent-Middlesex	80 Frank Street, Strathroy	245-8879

## Next Meeting

On January 30, 2006 our Advisory Committee will be meeting at 652 Elizabeth Street,  
London @ 7:00pm.