

# BERENDO



PARENT NEWSLETTER

Berendo Middle School • 1157 South Berendo Street •  
Los Angeles, CA • 213.739.5600 • [www.berendoms.org](http://www.berendoms.org)

## PRINCIPAL'S MESSAGE

Dear Parents,

October is a very exciting month at Berendo Middle School. We are celebrating College Month and Counselors have planned many activities for our students:

- Fridays are College Shirt Days and Students are asked to wear a College Shirt.
- On October 13, Berendo is hosting the PSAT for the 8th grade and some 7th grade students.
- Teachers will post information, pictures and memories of their colleges in their classrooms.
- Various competitions are being hosted so that students have an opportunity to win college t-shirts.

Berendo Super Duper Saturday School will begin on October 16, 2010 at 8:00 am and will be continue until May 14, 2011. We have provided this opportunity so all of our students can have extra instructional minutes and receive more support from their teachers.

The monthly Breakfast with the Principal will be on Wednesday October 13, 2010 at 7:45 where the administrators will present an important program to the parents.

ELAC/CEAC meetings are also scheduled for October 29, 2010 at 7:45 am.

Do not forget to discuss with your child the first Progress Report Card. They will be mailed on October 23, 2010.

As a staff at Berendo, we are very committed to helping your child succeed. It is very important that the school, the student and the Child's family work together to provide the support that can help guarantee future success.

Sincerely,  
Mojgan Moazzez  
Assistant Principal

### Parent Center Workshops

8:00 a.m. - 9:00 a.m.

- 10/06 "Self-esteem"
- 10/12 "Communication Strategies"
- 10/20 "Components of Sexuality"
- 10/27 "Values and Sexuality"

### DATES TO REMEMBER

- October 4 • Tae Kwon Do Begins
- October 13 • PSAT Exam
  - Breakfast with the Principal
- October 16 • Berendo Saturday Academy Begins
- October 21 • Drop/Cover Drill
- October 23 • Title I Annual Meeting
- October 23 • First Progress Report
- October 29 • CEAC & ELAC 8-10am
- October 31 • HAPPY HALLOWEEN!

October 2010



## What To Do If Your Child is Being Bullied

If you suspect that your child is being bullied, take the situation seriously:

\* **Encourage your child to share his or her concerns.** Remain calm, listen in a loving manner and support your child's feelings. Express understanding and concern. You might say, "I understand you're having a rough time. Let's work together to deal with this."

\* **Learn as much as you can about the situation.** Ask your child to describe how and when the bullying occurs and who is involved. Ask if other children or adults have witnessed any bullying incidents. Find out what your child may have done to try to stop the bullying.

\* **Teach your child how to respond to the bullying.** Don't promote retaliation or fighting back against a bully. Instead, encourage your child to maintain his or her composure. Remind your child that he or she can ask teachers or other school officials for help.

\* **Contact school officials.** Talk to your child's teacher, the school counselor and the school principal. If your child has been physically attacked or otherwise threatened with harm, talk to school officials immediately to determine if the police should be involved. Don't contact the bully's parents yourself. You might also want to encourage school officials to address bullying — including cyberbullying — as part of the curriculum.

\* **Boost your child's self-confidence.** Help your child get involved in activities that can raise self-esteem, such as sports, music or art. Encourage your child to build friendships and develop his or her social skills.

\* **Know when to seek professional help.** Consider professional or school counseling for your child if his or her fear or anxiety becomes overwhelming.

If your child is being bullied, remember that early intervention can help prevent lasting problems — such as depression, anxiety and low self-esteem. Don't leave your child to handle it alone. Your child needs your support now more than ever.

**Boost Your Child's Self-Confidence!**