BULLIES BEWARE
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Welcome!

Dear K-Kids

Don’t get bullied...stay safe. Learn how on pages 4–7.

Don’t miss the school bus...get organized. Find tips on page 8.

Make the world a better place, discover how you can help children by trick-or-treating and get ideas for low-cost service projects in this edition of the K-Kids Zone.

Enjoy this magazine, and the school year!

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Beat It, Bullies!
How to protect yourself from mean kids

It was the first day of school and Byron couldn’t wait to get there. But when he climbed aboard the bus, something terrible happened: A loud, mean kid laughed at him and yelled, “Hey, where’d you get that shirt? Your sister?”

Byron could’ve gotten upset and cried. Or he could’ve made a joke and said something like, “Yeah, and you should see the matching underwear.” Instead, Byron just ignored the kid and walked away.
Have you ever been bullied? Many kids have. In fact, according to a Kids Health poll, half of all students have had to deal with some kind of bullying, whether it’s being teased or threatened, hit or pushed, called names or made sad, scared, sick or lonely. Anytime someone hurts another person on purpose, it’s bullying.

There are lots of things you can do if you’re ever bullied. Here are a few:

**Steer clear.** Avoid bullies as much as you can.

**Don’t believe what you hear.** When bullies call you stupid or ugly or whatever, they’re just trying to upset you. Don’t let them.

**Don’t let it bug you.** Try pretending you don’t care.

**Stand up for yourself.** Tell them, “No!” or “Stop it!” and then walk away. Don’t fight back by hitting or shoving.

**Stick with your friends.** If you see a bully in action, get your friends together and tell the bully what he or she is doing isn’t cool.

**Be nice.** The bully just might not know how to make friends.

**Get help.** It’s not tattling to tell an adult if you’re being threatened.

(Source: Bullies are a Pain in the Brain, Kids Health)
CYBERBULLIES

Don’t tangle with bullies on the Web

Bullying is not always face to face, says Shari Lipski, the K-Kids faculty advisor at Jackson Elementary School in Michigan. Now kids have to deal with bullying in e-mails or text messages.

So what should you do? Lipski says children who are bullied online or in a text message should not reply.

“They definitely should show the message to an adult and block any more messages from the sender,” she says. “Kids should only accept messages from people they know and trust.”

Lipski says her school is creating a program to deal with bullies called “Steps to Respect.” The program will show students what bullying is and how to report it.

INCLUDE EVERYONE

The opposite of bullying is making sure others fit in. This is all part of what is called “inclusiveness,” one of the core values of K-Kids. Each member of your club should make others feel welcomed. To see how well you or your K-Kids includes others, answer these questions:

What does your K-Kids club do to make others feel like they belong?

What do you do to help others fit in?

How welcomed has your club made you feel?

What can the club do to make others feel welcomed?
WHY DO BULLIES PICK ON OTHERS?

- Making fun of others makes them feel important, popular and cool.
- They get picked on at home and think it’s normal.
- They don’t even know they are hurting people.
- They don’t feel smart, so they pick on smarter kids to feel better.
- They like to win and get angry if they lose.
- They blame others if something goes wrong.
- They want to be tough and scare people.
- They don’t know how to make friends.

On the Web
The US Department of Health and Human Services offers information about bullying and how to prevent it, as well as Flash movies and games at: http://stopbullyingnow.hrsa.gov/kids/.

Education.com offers expert tips to end bullying at school and online, what action to take, warning signs, and ways to work with your school to help the problem. Includes many Spanish-language resources as well at: http://www.education.com/topic/school-bullying-teasing/
BE WISE
ORGANIZE!

IF YOU’RE STILL BRUSHING your teeth or stuffing your backpack when the school bus arrives, you need to get organized.

If you spend a lot of time fishing for homework assignments in your messy desk at the end of the school day, you need to get organized.

If you can’t find your pet iguana but you know he’s either in your sock drawer or buried beneath a pile of clothes in the corner, you definitely need to get organized.

Being organized will make your life happier, more healthful and less stressful. It’ll also make the lives of your parents and teachers happier and less stressful. Here are some things you can do right now to get things in order.

YOUR BACKPACK
• Use color-coded folders for each class or topic—and clean them out each week.
• Clean out your backpack each night. There’s no sense rummaging around in dirty tissues, a half-eaten sandwich and wadded paper to find what you need.
YOUR HOME

- Have a quiet place at home to study. It could be a desk in your bedroom or a table in the living room—as long as it’s quiet and clean.
- Have a regular time to do your homework.
- If you’re not able to sit still to do your homework, use a kitchen timer. Set it for 15 or 30 minutes and work for that entire time. When it goes off, take a break. Then reset the timer and read, take a walk or whatever you need to do to relax. When you come back, you’ll feel refreshed and able to work.
- Each night before bed, get prepared for the next day: Pick out your clothes, put everything back into your backpack and pack your lunch.

YOUR DESK

- Once a week, clean out your desk, locker and binder. You might even find whatever it is that’s giving your desk that funny smell.
- Write yourself notes. If something pops into your head while you’re studying, quickly jot it down, and then you can get back to work and free your mind to concentrate without forgetting it.

YOUR DAY

- Keep a calendar or planner to mark your test days, assignment and library book due dates, class trips, dance classes, baseball games, family birthdays—and anything else—all in one place. It will help you manage and plan your time.
- Check your planner first thing in the morning and the last thing at night. That way, you aren’t wearing a dress on gym day or forgetting your best friend’s birthday.
Spotlight on Service

One Day wonders

Kiwanis One Day is a special day each April when members of the Kiwanis family get together to do really neat things that help their communities. That’s what happened this past April, when K-Kids clubs joined their sponsoring Kiwanis clubs, as well as local Circle K clubs, Key Clubs, Builders and Aktion Clubs in a day of serving others. Here are a couple of examples:

FEED THE HUNGRY.
Joining a Michigan District-wide Kiwanis One Day project, Grand Rapids-area Kiwanis-family clubs—including the Millwood Elementary School K-Kids club—assembled 30,000 packets of rice, soy, dried vegetables and chicken flavoring, which their partner, Kids Against Hunger, distributes to area food banks. The ingredients can be used to make a casserole or soup.

Their loads may be heavy, but Millwood Elementary School K-Kids members know their boxes contain meal packets to feed children from families in need.

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When K-Kids joins the action, the world becomes a better place.

MAKE CRAFTS.
The Kiwanis Club of Bukit Bandaraya in Malaysia spent Kiwanis One Day with students at the SK Taman Megah School, chartering their new K-Kids Club. Kiwanians arranged a day of friendly ice-breaking activities, elections, officer and member training and a craft-making service project.

One of the jobs for the new SK Taman Megah K-Kids Club in Malaysia was to create crafts for their Kiwanis guests as tokens of their historic charter party.

On the Web
If your K-Kids club has a great Kiwanis One Day story to share, send us an e-mail at kkidszone@kiwanis.org. To read some more Kiwanis One Day stories, go to www.kiwanis.org/shareyourstory.
THE SCOOP

FACELIFT FOR THE FORT

Trash and leaves used to be part of the landscape of the courtyards, playgrounds, front and back of Fort Caroline Elementary School in Jacksonville, Florida. But they’ve been replaced by flowers, plants and mulch thanks to the second annual “Fresen up the Fort,” an Earth Day project of the school’s K-Kids club this past April.

“We wanted to take an active role in making our environment a better place,” club president Cameron Young told the local newspaper. More than 700 kindergarten through fifth-grade students helped to spruce up their school. They did a lot of work and had fun, especially when they started a “trash war” to see which grade could pick up the most trash, leaves and fallen branches.

Cameron says he hopes his fellow students will have more pride in their school now that they can see the impact their cleanup project had.
TREATS FOR KIDS

Tonight, while you’re snuggled in bed, thousands of children will be searching for food and a safe place to sleep on the streets of Uruguay. They are among the half a million young people—many of them your age—living in poverty in this country in South America.

Your K-Kids club can join Key Club in helping these children by participating in the annual Trick-or-Treat for UNICEF project at Halloween. Key Club—the Kiwanis-family program for high school students—hopes to raise $1.5 million for UNICEF’s Operation Uruguay. Money raised will be used to support the Mandalavos Center, a project that helps the “street children” living outside Montevideo, the country’s capital, where the problem is most serious.

For tips on how your K-Kids club can take part in this year’s Trick-or-Treat for UNICEF—or to order the familiar orange boxes—visit www.unicefusa.org/keyclub.
FAMILY PLANS

November is Kiwanis Family Month—a great time to take part in a service project with the Kiwanis club that sponsors your K-Kids club or with a Builders Club, Key Club or Circle K club in your area. Then enjoy a fun activity—like eating ice cream—after the project.

Ask your Kiwanis advisor to help you plan an activity.

PENNY-PINCHING PROJECTS

Here are some low-cost—and fun—service projects your club could do this year:

- Host a teacher appreciation day.
- Paint school benches.
- Make holiday cards for teachers.
- Help clean the school library.
- Organize a bulletin board of school activities.
- Conduct a bicycle safety program.
- Sell programs or keep score at sporting events.
- Wash the school’s windows.

You’ll find more service project suggestions in the resources section of the K-Kids Web site (www.kkids.org).
Get it together!

We hope you found this Sudoku challenging—yet fun. We know you probably already understand what each word means, but we also hope you add them to your daily vocabulary so you’ll always be organized.
BE HAPPY!

Here is the solution to this month’s Word Search. Congratulations if you found all the words. If not, you can still be happy. A new Word Search will be featured in an upcoming edition of the K-Kids Zone.