



Success

Timely tips to improve student achievement

October 2019

Bexley City introduces wellness course with focus on mental health

Bexley Schools recently added a wellness course to support students' mental health. The course was proposed by physical education teacher **Sarah Flower** and allows students to discuss what's happening in their lives and learn positive ways to manage their stress. For more, go to <http://links.ohioschoolboards.org/SU580>.

Ohio high school launches agriculture career-tech course

Huntington Local's (Ross) Huntington High School is offering an agriculture, food and natural resources course as part of a partnership between the district and **Pickaway-Ross Career & Technology Center**. Huntington High School principal **Craig Kerns** says the goal of the program is to prepare students for future careers. For more, visit <http://links.ohioschoolboards.org/SU581>.

How to boost communication among younger students

There are strategies for guiding discussions that can be adapted for classrooms of younger students, according to kindergarten teacher **Ruth Calkins**. In a blog post, she describes how the models work to support communication, including Turn and Talk and Think-Pair-Share. For more, go to <http://links.ohioschoolboards.org/SU582>.

Esports league offers free curriculum to schools

A new, free esports curriculum is available from the High School Esports League. The curriculum, supported by Microsoft Corp., includes an overview of esports gaming, full lesson plans and a focus on gaming careers. For more, visit <http://links.ohioschoolboards.org/SU583>.

Positive childhood experiences may buffer against health effects of adverse experiences

There's a growing awareness that the adverse childhood experiences of neglect, homelessness, domestic abuse and substance abuse at home can negatively impact a person's physical and mental health later in life. Research is coming out about what can be done to buffer against the bad. Go to <http://links.ohioschoolboards.org/SU584> to read the full story.

Why it's OK for students to struggle

Teachers should consider promoting productive struggle among their students to improve learning, writes **Kyle Cantrell**, a fifth-grade teacher in Tennessee. Cantrell shares several strategies to help support productive struggle in elementary school math lessons. For more, visit <http://links.ohioschoolboards.org/SU586>.

Student achievement in-depth

Each month, **Success** brings you a research brief or in-depth article to discuss with board members and administrators.

Taking another look at the why of bullying

Researchers continue to consider the reasons children bully their peers, increasingly finding that there is more than just one type of bully. The stereotype that all bullies are aggressive with self-esteem issues is too simplistic, researchers say, and that the mentality of bullying is much more complex, writes Kelly Oakes for BBC.com.

When **RubySam Youngz** was singled out by a bully at age 10 in her last year of primary school, she felt isolated and confused. She'd just moved with her family from England to Wales and the bully honed in on her accent. Then others started mocking her appearance. "Nothing really made sense to me," she says. "I'm in a new place, I don't really know anyone, no one likes me and I really do not know why."

Youngz says the relentless bullying, which continued through secondary school, had a knock-on effect in all areas of her life, and she took up smoking and drinking in an attempt to cope. Now 46 years old, it is only in the past year that she has come to terms with the effect that the bullying had on her.

"I felt like, no one else likes me, so I don't like me," she says.

Her experience underlines a painful truth. Children, for all their innocence and inexperience of the world, can be some of the most vicious bullies. Their actions, perhaps less hindered by the social norms we learn in later life, can be merciless, violent and shocking. And, they can have lifelong implications for the victims.

But what makes a child become a bully?

"For the longest time, in the research literature, we thought there was just one type of bully: a highly aggressive kid that had self-esteem issues that may come from a violent home or neglectful home," says Dr. **Dorothy Espelage**, a professor of education at the University of North Carolina at Chapel Hill. That picture is now changing.

The definition of bullying that academic researchers have adopted states that it's a form of aggression between individuals or groups that have different levels of power. It perhaps fails to capture the terrible toll it can have on victims or the complex reasons why people become bullies in the first place. But one key element is the difference in power.

To read this article in its entirety, visit <http://links.ohioschoolboards.org/SU585>.

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