

PAL® News



**PAL® PEER ASSISTANCE LEADERSHIP
ORANGE COUNTY DEPARTMENT OF EDUCATION**

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Congratulations to the 2010-2011 Outstanding PAL Award Recipients!

Five PAL programs have received this year's Outstanding PAL Program Awards for their work and contribution to help improve their school and community. The Orange County Department of Education conducted surprise visits at all the schools to announce the news and present them with the award. Details of the each winning program will be posted on the PAL website (pal.ocde.us) this summer. Congratulations to this year's recipients (box left)!

Outstanding PAL Programs

Cielo Vista Elementary School

Saddleback Valley Unified School District

Olive Street Elementary School

Anaheim City School District

Marco Forster Middle School

Capistrano Unified School District

Rancho Santa Margarita Intermediate School

Saddleback Valley Unified School District

Trabuco Hills High School

Saddleback Valley Unified School District

Kim Guillory, 2010-2011 Outstanding PAL Advisor

The 2010-2011 recipient of the Outstanding PAL Advisor Award is **Kim Guillory**. Kim has been the advisor at Olive Street Elementary School for twelve years. Kim was nominated by her principal, Cheryl Moore, who shared "Kim's dedication and drive to provide our students with the necessary support to become leaders in their own right is exemplified by her positive attitude and determination." Principal Moore attributed the success of their PAL Program to Kim's careful implementation that consistently focuses on the vision and goals of the program so that it will have a lasting and profound impact on the students, school, and the community. Congratulations Kim!



PAL Peer Leaders Combat Bullying

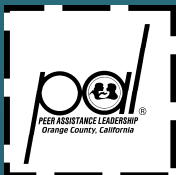
For this issue of PAL News, we asked PAL programs to share their projects and activities that focus on bullying prevention. Thank you to all the peer leaders and advisors who made contributions.

To learn about the issue of bullying, Olive Street Elementary School, Anaheim City School District PAL peer leaders watched videos about bullying and participated in a questionnaire which asked them what they would do in situations related to bullying. The PAL students then role played various bullying scenarios to see how they would respond to the situations presented. Olive Street's advisor, Kim Guillory, then chose a group of PAL students to be trained as peer mentors. Third through six grade teachers were asked to refer students who were current targets of bullying, or students at risk of bullying. These PALs meet with their mentees every other Friday to help them with social skills, self-esteem, and confidence. Mentees are taught how to be assertive and if needed, to walk away from a bully.

Olive Street Elementary School



Anaheim City School District



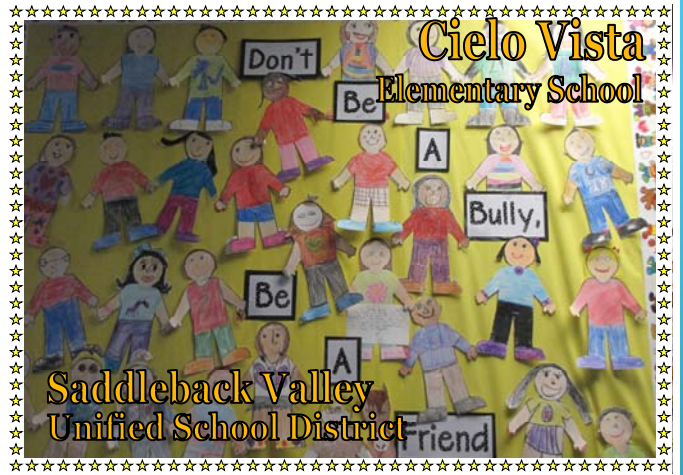
PAL Peer Leaders Combat Bullying

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PAL peer leaders at Ladera Ranch Middle School, Capistrano Unified School District decided to take on the bullying issue head on by promoting kindness. First they asked students to sign a pledge to be kind. These pledges were made into a chain that was displayed around their multipurpose room. Next, they were on the lookout for "Random Acts of Kindness" by students. These kind acts were posted on hearts and displayed in classrooms. They also read kindness quotes each morning over the loud speaker. Teachers supported the campaign by asking students to write essays about "How Youth Can Prevent Bullying." They also had Ladera Ranch Middle School's Resource Officer speak to students on the issue of Cyber Bullying and Internet Safety. Ladera Ranch PAL students felt that they and their peers became more aware of their online actions after hearing this speaker.

This year the PAL Group at Cielo Vista Elementary School, Saddleback Valley Unified School District, held their first Anti-Bullying Week. PAL students presented classroom lessons about being a friend. This included reading Shel Silverstein's *The Giving Tree* to younger students. Following the reading, PAL students led a discussion on what it means to be a friend. Kindergarten students then drew pictures of their best friend and wrote a short paragraph about them. In addition to the classroom activities, Cielo Vista's PAL peer leaders read an anti bullying pledge and talked about bullying at a school assembly. In an effort to build new friendships, PAL developed a game where students were asked to have people they did not know sign their card. A display of these lessons is on display in Cielo Vista Elementary School's multipurpose room.



PAL peer leaders at Trabuco Hills High School, Saddleback Valley Unified School District teamed up with their schools theatre group to tackle the issue of bullying. After viewing the theatre group's original theater production, *An Unnecessary Act*, the PAL students worked in groups to create lessons to present to freshman English classes. THHS PAL peer leaders gave a pre-survey about bullying and presented bullying related statistics specific to their school from the California Healthy Kids Survey. After the play they met with the English classes again and presented their lessons. They also discussed what the procedure for reporting bullying is at their high school. Trabuco Hills High School PAL students feel that the performance and follow up lessons had an impact on themselves and the freshman classes.

- Do you want to start a PAL Program at your school?
- Would you like OCDE staff to present PAL to your school or district?
- Are you a PAL Advisor who is retiring this year?
- Need help to improve your program?
- Do you know of a former PAL student that we could feature in future issues of the newsletter?

Call OCDE PAL today! (714) 966-4458
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