

An Update:

**Wellness in Albany Unified
School District**

April 6, 2010

Presented by Shelly Ball

Wellness Committee

- Represents staff and parents from all schools/levels at the district
- Meets 4 times per year
- Provides opportunity for collaboration across elementary, middle and high school staff, and parents on health and wellness programs across the district
- Make recommendations to the district administration, including district wellness policy

2009-10 Focus – Mental Health

- Harassment/bullying based on body size
- Prevalence survey (let's get real)
- Discussion/planning of interventions
- Staff training, parent ed, curriculum
- District wellness program and policy info collection and dissemination
- Update and feedback for district about Positive Behavioral Supports programs, mental health programming

An Update:

Staff Work

on

Bullying and Harassment

at Albany Middle School

April 6, 2010

Presented by Dori King

What is Bullying?

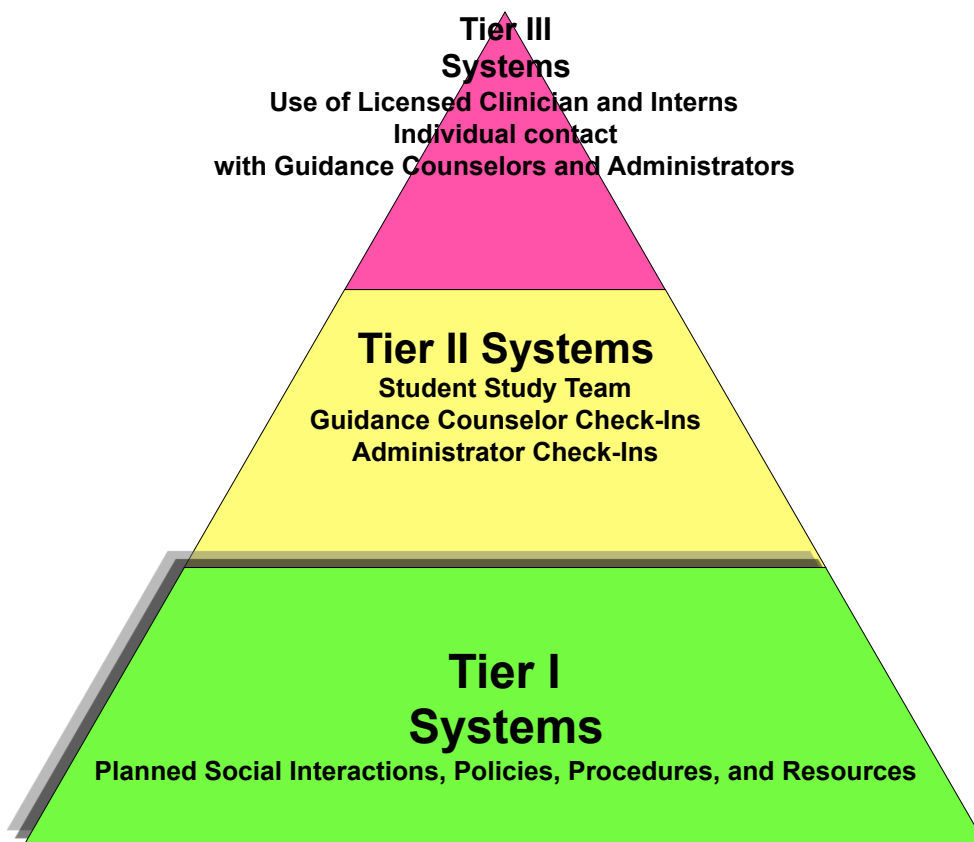
Bullying is...

- Aggressive behavior or intentional harm-doing
- It is carried out repeatedly over time
- It occurs in relationships where an imbalance of power exists

Three Types of Bullying

- **Direct Bullying**
 - open verbal or physical attacks
- **Indirect Bullying**
 - relational aggression
- **Cyber-bullying**
 - using various forms of electronic communication for direct or indirect bullying

Existing Albany Middle School Model



AMS Staff Work on Bullying/ Harassment

