

e-SAVE SOURCE

Youth Voices...Grown-Up Choices!

National Association
of Students Against
Violence Everywhere

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Focus On: Reaching Out Through Service

Chapter Highlight: Highland School of Technology (NC)

Highland School of Technology started off the school year with a SAVE Rally, encouraging every student in the school to promote compassion and not violence, as well as confiding in others in order to lift the weight of worry and burden. Mix-It-Up at lunch was held in October and was a huge success, students were given different colored beads and asked to sit with their respective color to meet new people and encourage new friendships. During Safe Schools Week a SAVE Rock-A-Thon fundraiser was held during parent conferences and the Homecoming Football game totaling 12 hours of rocking while reaching many people in the community. Highland SAVE participated in a Trunk or Treat event within the community to help spread kindness to the elementary school children in the county. During the month of November, the chapter participated in a service project for Thanksgiving at the Adult Recreation Center; students served, talked, danced, and cleaned up the annual Thanksgiving Dinner for the seniors in the community.

During the month of December the chapter will be volunteering at the Samaritan's Purse with Operation Christmas Child. Members will be packaging boxes with gifts to be sent to children from other countries to open for the holidays. The chapter will also be sending Christmas cards to soldiers overseas.

Several other events are being planned for the rest of the school year, including Suicide Awareness Day/Week and X-the-TXT. Amber Longhi is the new SAVE advisor for Highland School of Technology this year and has already helped make a difference along with her students. Great job Highland School of Technology!



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SAVE Shining Stars: D’Naysia Huggins and Abenique Remy

D’Naysia Huggins is a third grader at Lockhart Elementary in the US Virgin Islands. D’Naysia joined SAVE two years ago, after being bullied, having snacks stolen during lunch recess, and being excluded from classroom “in crowds”. She is a dynamic speaker and a truly inspirational dancer! She is very brave, and persuasive with her schoolmates. She has also become a sort of “Public Defender” for smaller students on the playground during recess. D’Naysia is already a tremendous force throughout her community. She has been a member of SAVE, as well as The VI Boys & Girls Club, where she furthers her training in the arts. D’Naysia openly speaks out when she witnesses any type of inappropriate, or abusive behavior towards other students. She actively leads several Anti-Violence chants, poems and songs during our Bullying and Violence Prevention Rallies and Marches. D’Naysia has become empowered through SAVE and now assists with recruiting other students to join us.



Abenique Remy is a 5th grade student at Lockhart Elementary in the US Virgin Islands. Abenique was a victim of bullying from Kindergarten through 2nd grade, which made her feel very alone, scared and powerless. Through SAVE and her performing art activities she is now able to express her inner emotions to those who had previously bullied her. She is empowered enough to stand up not only for herself, but to speak out against all forms of student violence. She has a soft, caring, empathetic quality which she exercises to get her classmates to join her in welcoming new students, and somewhat “adopting” younger students who perhaps have experienced some of the humiliations and intimidation as she went through when she was younger. She gladly participates in every

Peace March and Anti-Bullying/Violence Prevention Rally held at Lockhart Elementary School. She was also one of four members who spoke out on a local USVI Talk Show about the benefits of joining SAVE and how she feels to have been a member for the past few years. Abenique participated in a skit during an Anti-Bullying Rally, where she acted out how older children made her feel when she first entered the school. She put all of her emotions into the until when it came time for her character to cry, several of the very students who had bullied her began apologizing and we’re ready to run up on stage to defend her against the “pretend mean girls. That performance resulted in open conversations and lasting friendship among students who had once been at odds with each other. Abenique has emerged from a frightened victim of Bullying to a powerful spokesperson against all violence and abuse.

Congratulations D’Naysia and Abenique on being SAVE’s Shining Stars for the month of December! Do you have a SAVE member that shines above the rest? Would you like them to be recognized for their outstanding efforts? Please complete our brief form and share with us why the student should be recognized as a SAVE Shining Star by the National SAVE office. Students honored will receive a SAVE Shining Star Certificate, be publicly recognized for their efforts in the SAVE eSource, on the SAVE Blog and in social media. <http://nationalsave.org/save-shining-star/>

Tis the Season to Reach Out Through Service

by Sarah Dianich, SAVE Advisor of the Year

December is “the most wonderful time of the year” for many, but it continues to be difficult for those who suffer from poverty, isolation, and violence. Therefore, it’s the perfect time to “Reach Out through Service,” SAVE’s focus for the month. With the power of your SAVE chapter behind you, so many possibilities for service exist - all you need is a little planning, some feet on the ground, and a whole lot of giving spirit!

Mukwonago SAVE’s most successful fundraiser (and our whole high school’s perennial favorite) is the Penny War - for nine years, we have urged our staff members and students to “break out those piggy banks, sweep under those couch cushions, and compete against your peers.” The reward is two-fold: our SAVE chapter buys the winning class breakfast, and the whole school can feel good knowing that amidst all of the fantastic competition is a good cause: All of the proceeds are donated to local domestic violence shelters. We have donated almost \$8000 to the shelters thus far. If you’d like to try this at your school, here are the rules: The class (we have first hour classes compete) with the most pennies wins. The best part is that you can sabotage other classes with your non-penny coins and bills, which subtract from their penny totals. For example, if you have 800 pennies, but someone puts two dollar bills and a quarter in your bucket, your total points are 575. It’s the sabotage money that really adds up quickly!

We also like to spread the giving spirit to all of our students through activities such as candy cane giveaways at lunch - buying buckets full of mini candy canes is fairly inexpensive; then, SAVE students attach positive messages to each. Another idea is a “Pay it Forward” activity, encouraging students and staff to do a good deed and urging the recipient to pass one on. Food drives, book drives, coat drives, and toy drives are all excellent projects for SAVE chapters as well. One of the best gift sharing ideas I’ve heard is giving a Christmas to families with a parent who is incarcerated. Or creating care packages for the homeless (there are thousands of step-by-step ideas for these on Pinterest). I also know groups who send cards or care packages to soldiers.

Truly, anything is possible. So many people are in need, and so many more have giving hearts - as SAVE members, we can supply the opportunity!

Here’s to a December filled with peace and service!



YABer Yak: Shine Your Light of Kindness

by Macey McKenzie, Ocean Springs High School

Reaching out through service is very important for your save club and your community. These acts of kindness shines light onto others and impacts their lives more then you could ever imagine.



Coming up on the holidays it is important to help others lives have joy because that could be the only act of kindness they’ve had before. Personally, my save club is going to get an angel or two from the tree and get presents for the child for their Christmas because some children receive no gifts for Christmas. Also, my SAVE chapter is having a teddy bear drive. This was inspired by our officer on campus that explained to us how he keeps teddy bears in his trunk so if he arrests someone’s mother and he just has a child to take care of during the chaos before other members of the family arrives. This little act of kindness inspired me to share this onto others and introduce this idea to other police officers because during those times the children are scared and lost. Another idea during the holiday is to get your SAVE chapter to volunteer at the local food kitchen and deliver food for thanksgiving and the holidays. Some simple community service ideas would be canned food drives, jean drives, coat drives, sick drives, etc. I think that during the holidays it is important to think about the homeless that are freezing outside and try and supply jackets and socks and show them little acts of kindness.

I believe that is it very important to remember as you do community service that it is more then just hours. Do community service so that you will have a positive impact on not just your community but the people in your community as well. These little acts of kindness not only change their life but they also help you learn about yourself as a person and positively impact your own life.

SAVE Question of the Month

Please share the Question of the Month with your SAVE members. This a place to ask questions and get responses from SAVE members across the country.

“How is your SAVE chapter keeping a peaceful environment?”

What service projects is your SAVE chapter conducting?”

Please blog your responses to:

<http://nationalsave.org/qom-december/>

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Opportunities & Information

The Conor Lynch Memorial Scholarship will award two (2) \$1500 scholarships to youth ages 16-21 who have made a positive impact on their communities by encouraging road users to be more attentive, whether they are driving, riding in the car as a passenger, or using the road as a pedestrian or bicyclist. Apply by Feb 23. <https://noys.org/conor-lynch-memorial-scholarship/>

Project Yellow Light is accepting submissions for their 2016/17 video and billboard contests. Open to high school and college students, this scholarship competition is designed to bring about change. Submissions should creatively encourage viewers to never text while driving. Apply by March 1. <http://www.projectyellowlight.com/>

Suicide App. SAM app helps counselors, parents detect language of teen suicide. The app, whose content was designed by a team of researchers at Cincinnati Children's Hospital Medical Center, relies on research that considers the words teens use, in addition to non-verbal cues such as pauses, tone and pitch. The app is being studied in eight Cincinnati area schools this year. <http://www.usatoday.com/story/tech/nation-now/2016/11/20/sam-app-helps-counselors-parents-detect-language-teen-suicide/94172032/>

Fund for Teachers provides direct grants of up to \$5,000 to teachers to support summer learning opportunities of their own design. Open to teachers of grades pre-K-12 with three years minimum teaching experience. Learn more & apply by Jan 31. <http://fft.fundforteachers.org/>

MANAGING YOUR PERSISTENT FEARS, ANXIETIES, & STRESSES

Guest Article by Stanley Popovich

Everybody deals with anxiety and depression, however some people have a difficult time in managing it. As a result, here is a brief list of techniques that a person can use to help manage their most persistent fears and every day anxieties.

When facing a current or upcoming task that overwhelms you with a lot of anxiety, the first thing you can do is to divide the task into a series of smaller steps. Completing these smaller tasks one at a time will make the stress more manageable and increases your chances of success.

Sometimes we get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could get some fresh air, listen to some music, or do an activity that will give them a fresh perspective on things.

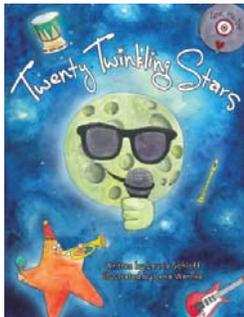
Another technique that is very helpful is to have a small notebook of positive statements that makes you feel good. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you in your pocket. Whenever you feel depressed or frustrated, open up your small notebook and read those statements. This will help to manage your negative thinking.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your depression and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Remember that it never hurts to ask for help.

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods". Stan's managing fear book has become very popular with over 300 positive book reviews and counting. <http://www.managingfear.com/>

Shop the SAVE Store:
<http://nationalsave.org/shop/>

December Special!
Lapel Pins: Buy 10 get 1 free
Item #107
\$4



Great Holiday Gift!
Twenty Twinkling Stars
Children's Book
Item #159
\$10

Clearance!
Road Less Traveled
T-Shirt
Item #163
\$6



Upcoming Events
More info: nationalsave.org/events

DEC	Focus: Reaching Out Through Service
10	Human Rights Day
JAN	Focus: Diversity
	Human Trafficking Awareness Month
	Mentoring Month
	National Stalking Awareness Month
11	National Human Trafficking Awareness Day
16	Martin Luther King, Jr. Day
16-20	No Name Calling Week
24	National Compliment Day
FEB	Focus: Character Counts
	Teen Dating Violence Awareness Month
	Black History Month
3	National Wear Red Day
13-17	Random Acts of Kindness Week
17	SAVE Summit Early Bird Deadline
MAR	Focus: Youth Empowerment
1-3	National Conference on Bullying (FL)
10	SAVE Summit Registration Deadline



peace
begins
with
a smile
-Mother Teresa-

Youth Summit

April 1, 2017
McKimmon Center
Raleigh, NC

Dynamic
Speakers

Stand Strong, Strive, Survive

At the tender age of 9, Kaylin Robeson was viciously attacked by a dog rendering wounds that required facial reconstruction and life support. Kaylin experienced bullying and low self esteem as a result of her injuries. This experience and it's aftermath fueled a passionate and compelling artistry and portal to combat negativity. Learn how Kaylin overcame fear and judgement and how she became an upstander to bullying. Kaylin will share how to be a role model and to love yourself and your own uniqueness.



Students Against Violence Everywhere (SAVE) will be celebrating 28 years of SAVEingYouth at the National Youth Summit! The Summit will showcase successful practices in preventing violence and train participants in effective ways to make their schools and communities safer. This event is a time for youth voices to be heard in workshops, peer-to-peer presentations, and activities that **Encourage, Educate, Engage, and Empower** youth with violence prevention strategies. There will be motivating workshops, outstanding speakers, national awareness efforts and special presentations.

What Makes You Smile?

SAVE chapter members are asked to create an 8 1/2 X 11 poster with the theme of "What Makes You Smile?." Be sure to include your name, chapter and state on your posters. Posters will be displayed at the Summit. If you cannot attend the Summit, please mail your chapter's poster to the National SAVE office before March 15, 2017.

Want 3 free tickets?

Submit a breakout session proposal. Share your chapter's success and ideas in a 40 minute session. Chapters chosen to present will receive 3 free tickets. Submit your proposal at nationalsave.org/summit

Agenda

- 9:00 Registration, SAVE Store & Activities
- 10:00 Opening Session
- 11:15 Workshop Sessions I
- 12:00 Luncheon Session
- 1:15 Workshop Sessions II
- 2:00 Closing Session
- 3:00 Adjourn

#spreadkindness: Re-Writing Our Stories and Re-Thinking Our Strategies

Join the Ripon College Speakers Bureau for a dynamic presentation about re-thinking our approach to bullying prevention. Through story-telling and story re-telling, the speakers will help you re-write the story of bullying in your school to help #spreadkindness. Along the way, they'll share the story of how they helped one middle school learn to #spreadkindness all year long!

SAVE
Awards

Chapter
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Video
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Learn more at nationalsave.org