



Jewish Federation
OF GREATER NAPLES

THE STRENGTH OF A PEOPLE.
THE POWER OF COMMUNITY.

"STAND UP FOR JUSTICE"

Sponsored by the Jewish Community Relations Council of the
Jewish Federation of Greater Naples

Application deadline: February 3, 2023.

Applicant's name: Pamela Schram Applicant's email: schrapp@collierschools.com

Number of years in education: 38 Grade or subject taught: School Counselor (former French & English teacher)

School: Pine Ridge Middle School Address: 1515 Pine Ridge Rd.
Naples, FL 34109

Phone (daytime): 239-377-5017 Phone (evening): 330.447.1895

Principal's name: michelle Gordon Principal's email address: Gordonmi@collierschools.com Principal's Phone: 239-377-5004

Requirements due by February 3, 2023:

- Describe the precipitating events that motivated you to initiate these lessons or activities
- Describe the lessons or activities; and if adapted from another source please reference
- Explain how the lessons or activities teach students the importance of respecting others no matter what religious, racial, cultural, or other differences exist
- Explain how it helped them counter bigotry and bullying and prepared them to stand up for Justice
- PROVIDE EVIDENCE/PROOF OF EFFECTIVENESS SUCH AS, BUT NOT LIMITED TO: A QUESTIONNAIRE, INTERVIEWS, DOCUMENTED ANECDOTAL CONVERSATIONS, AND STUDENT WRITINGS, VIDEO, ETC.

Please complete the following if you have encouraged someone other than yourself to apply:

Your name: michelle Gordon Your email: Gordonmi@collierschools.com

Phone (daytime): 239 377 5004 Phone (evening): 239-290 5008

Your relationship to this applicant: principal

Submit the completed form in writing, by email, or video format no later than February 3, 2023, to:
Beth Povlow, Educator Grant Coordinator, C/o JCRC, Jewish Federation of Greater Naples
4720 Pine Ridge Rd., Naples, FL 34119



Collier County
Public Schools

Pine Ridge Middle School

Tuesday, January 31, 2023

Re: Pamela Schram, Lead Guidance Counselor

To Whom It May Concern:

It is with great pleasure that I recommend Pamela Schram for the "Stand Up for Justice Award." She came to Pine Ridge Middle School last school-year and brought with her an air of kindness that is undefinable! She has created a safe space for all students and is tireless in her pursuit of extinguishing bullying. The middle school experience is often a difficult time for students as they experience so many changes in their lives. Mrs. Schram has worked to create places for all students to feel comfortable in sharing their encounters. Since her arrival, she has created the Panther Pride group to welcome new students. She has had numerous bullying prevention campaigns – including student artwork and kindness weeks. She has instituted Bullying Prevention boxes in the key areas of the school. We have also had student news campaigns focusing on the elimination of bullying in our school. Finally, she has brought about a prize wheel during lunches based on random acts of kindness.

Pine Ridge Middle School has grown into a welcome place for all under her guidance. Mrs. Schram will keep trying to find a way to help all students feel at home! We are grateful for her dedication!

Sincerely,

Michelle M. Gordon
Principal

Committee Members:

When I was asked to apply for this award, I was shocked to learn that there was even a need for such a thing. Then, I remembered the many, many students and parents who come in to talk about bullying going on in the schools.

When I first started here at Pine Ridge Middle School last year I knew that I wanted to stop the bullying activity, and I thought it would be easy. WRONG. These actions come from years of prejudices handed down from generations. Fortunately, I find that this group of students are far more accepting of each other than their parents were, or than my generation has been.

The first thing I did was to assure all students that they could talk to me, and that if we do not know about bully activities then we cannot help them. I created my own anti-bullying unit and went on the morning announcements live with it. Daily I reminded all students to report, and to help stop bullying. We made information boxes, students made posters (pictures enclosed) and we hung them around the school. We wanted everyone who entered to know that it would not be tolerated in our building.

In one picture, you will see how students explain that it doesn't matter what religious, racial, cultural, or other differences exist. "Calling me ugly won't make you beautiful," is one of the best examples. Furthermore, our assistant principal for discipline deals with bullying swiftly and fairly. Our administration just will not deal with it, and they do not care who the student is who is being mean.

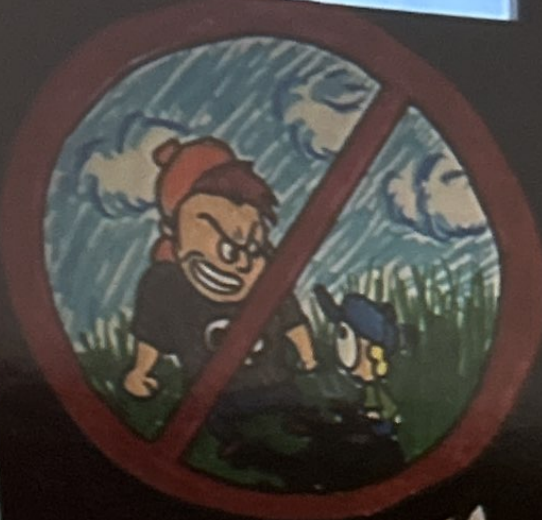
After that we set up a regular schedule for prizes. Teachers nominate students who have been kind to each other and who are trying to do what is right. We spin a wheel (Wheel of Fortune) and students get prizes. This is costly, as you can imagine, and some of it comes from my own pockets, some from the school, and some from businesses where I have solicited prizes.

The month of February (month of love) will be our kindness month. Again, I developed a program where I show a video clip on three days that shows people being bullied in various ways, and what could happen to make it kinder. I bought t-shirts to hand out to students who are truly kind people. The shirts say, "It's cool to be kind." I chose those winners from students who would tell me over the past few months that one person is really nice to them, etc. That nice person has no idea he/she will be winning a t-shirt. I developed a trained leadership team to welcome new students, to stand up to bullies, and to be kind even when it may be hard (due to retribution from other bullies). They will be involved on the announcements with me.

I had a mother come in the other day and the first words out of her mouth were, "Mrs. Schram, I know you hate bullying so much, so I'm coming to you to talk about my daughter being bullied." She made my day. If I am to be known for anything, that would be my choice. Last week we had a new student transfer to us from another middle school where she was recently bullied by a girl who moved in from another state. Her mother called me this morning to tell me how happy this girl is now when she gets home from school, and how safe and comfortable she feels in our building. Again, it is absolutely what I needed to hear.

I have asked my principal to write a letter in support of my efforts, because this is something that I cannot ask students to relate to you. They do not want to talk about their experiences. They just want it to end. Therefore, I hope this helps in some small way. I have sent you what I think is most pertinent, and I invite you to ask me for any additional information that you may need.

Blessings to you,
Pamela Schram, school counselor



NO

#StopBullying

BULLYING

#BeAHero

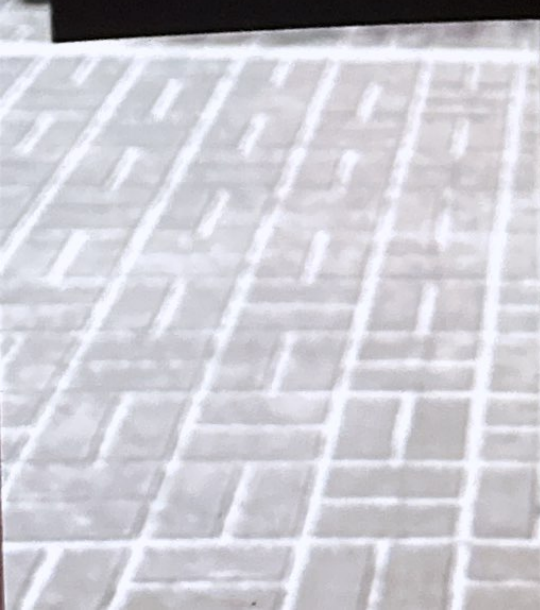
#Together
Is Better

#Reporting

**be PART
of
The Solution**

#NoMoreBullying

Many kids experience bullying at school every day, But we can help to solve the problem by reporting the bullying case.



Calling Me Ugly

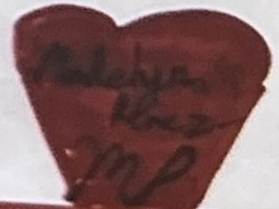
... Won't Make you beautiful,
Calling me fat

... Won't Make you skinny



Bullying
Won't
Make
you
popular

Actions
Speak
Touder
than
Words
But they hurt
Just as much



Jewelry & Accessories

**BULLY
REPORT BOX
ANONYMOUS
IS OK**

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-SHAMPOO
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IF YOU CAN BE

ANYTHING, BE KIND

NO ACT OF KINDESS,
NO MATTER HOW
SMALL, IS EVER
WASTED. (AESOP)

NO ONE HEALS
HIMSELF BY
WOUNDING
ANOTHER. (St.
Ambrose)

No one ever became
poor by giving
(Anne Frank)

Be kind, for everyone
you meet is fighting a
harder battle (Plato)

KINDNESS UNIT

Monday, Nov. 14 – Introduce Kindness unit on news. Short video clip.

1. Teachers will nominate each day for someone who is being very kind, by sending a vote to Mrs. Schram at the end of the day.
2. We will have a short video today and then talk about some ways to be kind.
3. What is kindness? Using your unique gifts to serve those around you. It is contagious. It requires that you are friendly, generous, and considerate.
 - a. Focus on others
 - b. Be there to listen
 - c. Send care packages – no matter how small
 - d. Smile and be a light for someone
 - e. Compliment others

Tuesday, Nov. 15 – Introduce Katherine Ulrich and Charles Burr. Explain about them being kind.

1. More ways to be kind.
2. Remind teacher to vote again today end of day from observations.
3. Charles (kind to everyone), Katherine (always nice and has your back)
 - a. A. Hold the door open for people
 - b. Say thank you, I'm sorry, please
 - c. Be kind to yourself – very necessary before you can help others
 - d. Call someone you have not heard from, just to say hi, how are you?
 - e. Forgive someone who has hurt you - GRACE

Wednesday, Nov. 16 – another video clip

1. The benefits of showing kindness – It CAN change a life.
2. Positive psychological gains for both the giver and receiver.
Research shows us that it is contagious, and others want to follow the pattern. American poet, Ralph Waldo Emerson, once said, “It is one of the most beautiful compensations of this life, that no man can sincerely try to help another without helping himself.”
3. Research also shows that when watching or performing acts of kindness, everyone involved has oxytocin released in the brain. Oxytocin is known to lower blood pressure and increase self-esteem.
4. Remind teachers to nominate.

Thursday, Nov. 17 – hear from students or teachers – short video clip

1. When was someone kind to you and it made a difference? Tell us about it. Yesterday I told you that research says that oxytocin is released in the brain, when you are kind. That act also increases serotonin, which is responsible ^{for} feelings of satisfaction, calmness, and well-being. Furthermore, it reduces levels of pain!. Kindness also reduces the stress hormone called cortisol. So those of you feeling stress, try to be extra kind to someone today. When cortisol is over produced, it is associated with a variety of health ailments.
2. Someone TELLS PERSONAL EXAMPLE
3. Someone TELLS PERSONAL EXAMPLE
4. Remind teachers again, as we will draw tomorrow on the news.

Friday, Nov. 18 – draw for prizes for PBIS day based on kindness. 5 per grade level???

My final methods of being kind to others are these:

- a. Pay for someone's drink at DD or Starbucks
- b. Do the dishes or clear the table at home. Tell your mom that dinner was good, and to have a great day
- c. Sit next to someone who is alone – especially at lunch. Ask questions about THEM! Don't just talk about yourself.
- d. Use EYE CONTACT to meet someone new – introduce yourself.
- e. Have patience. There is enough food or help for everyone.

DRAWING FOR MORE PRIZES