



# FOUR FRESHMAN C'S – *FOUNDATIONS FOR SUCCESS*

CARE, COMMITMENT, COMMUNICATION, AND COOPERATION

# THE FOUR FRESHMAN C'S

## Care about...

- Yourself
- Each other
- Your community
- Your personal success

## Commit to your...

- Studies (academic and shop)
- Relationships (peers, family, teammates, etc.)
- Responsibilities (job, team, club, etc.)
- Personal goals

# THE FOUR FRESHMAN C'S

## Cooperate with...

- Staff, Coaches, Club Advisors, and School Administrators, and you'll be better understood
- Your peers and friends and you'll be more respected
- Your family and you might experience less stress and more enjoyment in life
- Everyone around you and chances are you'll be much more successful

## Communicate with...

- Your teachers when you need help or simply don't understand something
- Guidance when you need support of any kind or simply want to talk
- Parents/Guardians when you are struggling because we can work collaboratively to support you when we know something is wrong

# Tips to Remember for a successful Freshman Year

Attendance

Behavior

Communication

Self-Advocacy

Homework

Class  
Participation

After School  
Extra Help

Positive Attitude

Extra-  
Curricular  
Involvement

Time  
Management

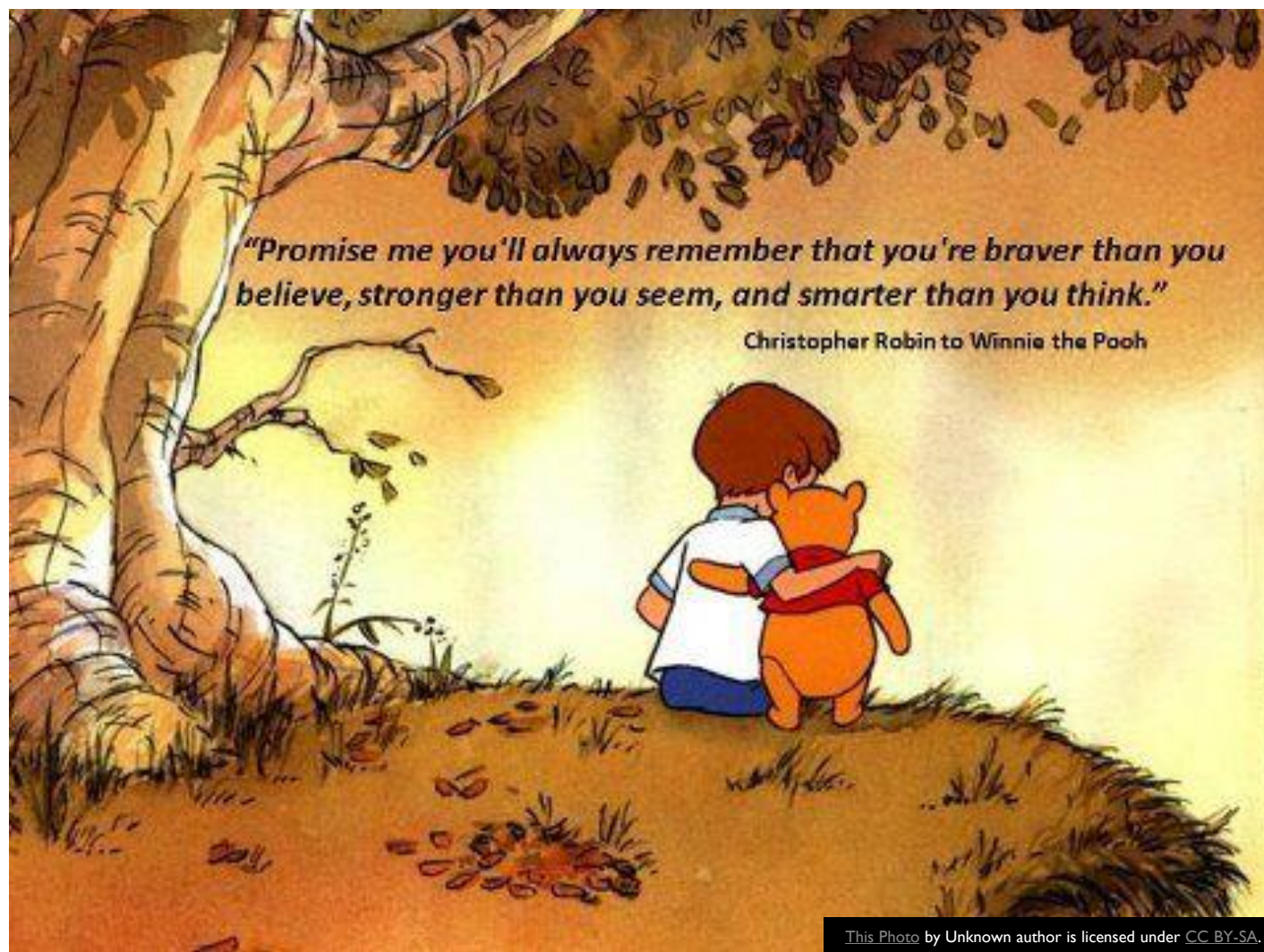
# Behavior Expectations

- ▶ Speaking respectfully to **ALL** adults & peers
  - ▶ no swearing, no name-calling, etc.
  - ▶ No discriminatory language or harassment (targeting by gender, race, disability, sexual orientation, etc.)
- ▶ Following directions from staff
- ▶ Keeping your hands to yourself (no pushing, shoving, touching others)
- ▶ Throwing away all trash at lunch & not throwing food
- ▶ Following safety rules in shop
- ▶ Following rules about cell phones
- ▶ Following rules about masks
- ▶ Respecting school property (specifically bathrooms)
- ▶ No vaping

# What is Bullying?

- ▶ Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems.
- ▶ Those targeted by the behavior have difficulty stopping the action directed at them, and struggle to defend themselves.
- ▶ There is also a real or perceived “imbalance of power,” which is described as when the student with the bullying behavior has more “power,” either physically, socially, or emotionally, such as a higher social status, or is physically larger or emotionally intimidating.
- ▶ Bullying is repetitive behavior; however, bullying can also occur in a single incident if that incident is either very severe or arises from a pattern of behavior.
- ▶ Even if behaviors occur outside of school, if it impacts a student’s well-being at school, the school will still be responsible and can take action.





*"Promise me you'll always remember that you're braver than you believe, stronger than you seem, and smarter than you think."*

Christopher Robin to Winnie the Pooh

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**WE ALL FEEL  
EMOTIONS &  
BULLYING CAN  
CAUSE LASTING  
HARM.**

**SUPPORT YOUR  
PEERS, DON'T TEAR  
THEM DOWN.  
DON'T BE A  
BYSTANDER.**

**IF YOU SEE  
SOMETHING,  
REPORT IT.**

# What is Cyberbullying?



Cyberbullying is **bullying** that takes place using electronic technology. Electronic technology includes devices and equipment such as cell phones, computers, tablets, iPads, etc., as well as social media sites, text messages, chat, and websites.



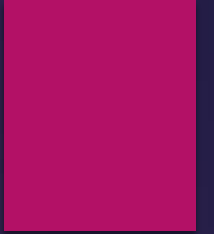
Examples of cyberbullying include cruel text messages or emails, rumors sent by email or posted on social network sites, videos or photos, etc. The behavior hurts, humiliates, or harms another person physically or emotionally.



Cyber Bullying is very dangerous. Use technology respectfully. Nothing is actually 'private' once it is sent to someone else. Think Twice.



# What is Discriminatory Harassment



- ▶ “Harassment” means unwelcome conduct on the basis of race, age, color, national origin, disability, or religion that is sufficiently severe, persistent, or pervasive to create or contribute to a hostile environment for the individual at school.
- ▶ Harassment may include insults, name-calling, off color jokes, threats, comments, innuendoes, notes, display of pictures or symbols, gestures or other conduct which rises to the level of a hostile environment.
- ▶ Your intent does not matter – it is the impact that matters.
- ▶ Even if you are “joking” with friends, you could be creating a hostile environment for others in that space.

# Resiliency



Life has challenges...

Chemo is tough...

SURVIVOR

I failed another test...

F

National Student Honor Society

I got cut from the team again...

Baseball

I don't have any self confidence...

...Don't give up

# Responding to Stress & Conflict

## Unhealthy Responses

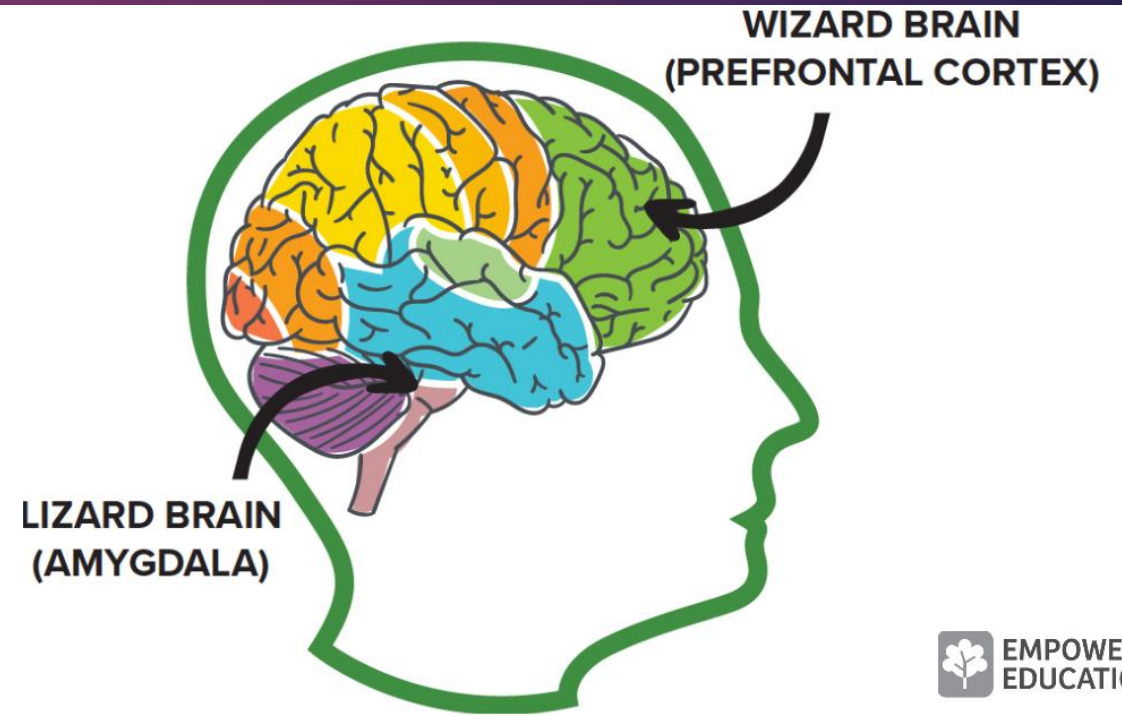
- ▶ Posting negative comments or photos on social media
- ▶ Harm to self or others
  - ▶ Fighting/Physical attacks
  - ▶ Verbal attacks
  - ▶ Bullying
  - ▶ Harassment
- ▶ Vandalism
- ▶ “Stirring the pot” – spreading rumors, egging on inappropriate behavior, etc.

## Healthy Strategies

- ▶ Walking away from the conflict
- ▶ Taking a breath
- ▶ Reporting concerns to a staff member
- ▶ Asking for support from a trusted staff member
  - ▶ Guidance, Dean’s office, Administrator, Teacher, Coach, Nurse
  - ▶ Discuss coping skills
- ▶ Talk to your parents/guardians/family
- ▶ Don’t react in the moment, wait until you can think and respond appropriately



# Understanding How Your Brain Responds to Stress



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**DO YOUR  
PART TO  
KEEP  
SHAWSHEEN  
A SAFE  
SCHOOL**

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A safe place to...

Learn

Discover new things about yourself

Develop new relationships

Disagree respectfully

Grow

Be who you are without judgment

# CLASS OF 2025

ASK YOURSELF...

**HOW WILL WE  
BE  
REMEMBERED?**





Positive Mental  
Attitude and  
Perseverance



Respect for self and  
others



Integrity Leads to  
Success



Determination  
outweighs ability,  
skill, & talent



Excellence in  
everything



Be A Friend, NOT a  
bully

# SHAWSHEEN PRIDE