

# EXTRA, EXTRA, READ THE GOSSIP!

PEACE TIMES  
COLUMES

Volume 2005, Issue 1

## THE HE SAID- SHE SAID



### WeSolve Schools

Chavez High School

E O Smith School

Fleming Middle School

Forest Brook High School

Keahey Middle School

Tidwell Elementary

Smiley High School

Learning Academy

East Houston Intermediate

Lakewood Elementary

Shadydale Elementary

Kirby Middle School

BC Elmore Middle School

Oak Village Middle School

Hilliard Elementary

Thurgood Marshall High  
School

### EVENTS

WeSolve  
Foundation  
LUNCHEON  
MAY 17, 2005

## STUDENTS, STAFF and PARENTS: A NOTE TO THE CAMPUS

WELCOME to the first issue of "HE SAID SHE SAID." APRIL 11-15 is National Non-Violence we and WESOLVE PEACE WEEK. We thought it would be a great time to bring you the NEWS on CAMPUS. The NEWSletter will offer you SOLUTIONS, ANSWERS, and SUPPORT for conflicts you face on your school campus each day!

I was excited when the idea of HE SAID SHE SAID came to me. I was actually mediating a group of "MESSY GIRLS" that continued to say he said, she said and of course they said during our meeting. Of course we never got to the bottom of the pile of people they were talking about. But we did come up with what "I SAID" could do for all of them.

Using the words "I Said" is probably the FIRST LESSON in reducing stress and conflict with friends and associates. When you affirm your part in a conflict with your own words you avoid growing

the conflict and miscommunication.

This is the Editors Corner of "HE SAID -SHE SAID." As a school mediator for WESOLVE I visit MANY different schools and I see and hear all kinds of conflict. WeSolve helps to resolve "MESS, FIGHTS, BULLYING" and peer related issues you face on a daily bases. I want to share IDEAS about ways to solve problems and I want YOU to share with WESOLVE your IDEAS and EXPERIENCES ON CAMPUS WITH CONFLICT.

This is YOUR newsletter and we want you to contribute! THANK YOU FOR READING IT and GETTING INVOLVED! Pass it on.

Sincerely, A.B.

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## A PIECE OF PEACE PRACTICES FOR THE WEEK

- ✓ Today I forgive someone who has hurt me.
- ✓ Today I apologize to someone I have hurt
- ✓ Today I listen WITHOUT defending myself OR my friends.
- ✓ Today I take time to sit in QUIET PEACE with myself and AVOID GOSSIP
- ✓ Today I WRITE my OWN PIECE of PEACE

These practices can be used each week until they gradually become a part of who you are. They not only cut down the MESS, but it will STOP a fight from brewing too!

Try it for 2 weeks tell us what it did for you?

EMAIL:

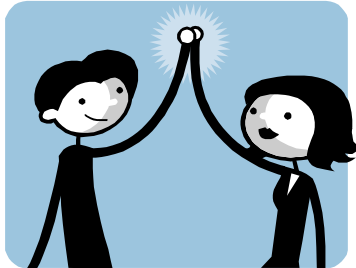
[mediator@wesolveconflict.com](mailto:mediator@wesolveconflict.com)

## A Funny STORY

When I was in the 5<sup>th</sup> grade is when I first learned about gossip. I was on the phone with my friend. I was talking in the kitchen while washing dishes and my mom was listening. I kept saying "he said and then she said and they told me... My mom had heard enough she

walked over to me and took the phone out of my hand and told my friend "I Said get off the phone, and she HUNG UP in her face!!!! After that my mom told me that I was headed for a lot of trouble with that kind of talk and she did not want to hear it AGAIN!

Tell us your FUNNY story?



### GOSSIP ABOUT PEACE!

*Mediation is a way to bring all sides together to discuss better options. It can help you find better solutions.*

"Many people WANT to do Great things, FEW people DO Great things"

### Words of PEACE:

"We must be the CHANGE we wish to see in the WORLD"  
Mahatma Gandhi

"ALL we are saying is give PEACE and CHANCE" John Lennon

"It isn't enough to talk about PEACE. One must believe in it. And it isn't enough to believe in it.

### What do you have to SAY????????????????????

"When I'm in a conflict it feels like a tornado" 2<sup>nd</sup> Grader North Forest

"When I have a conflict I feel like Steam" 4<sup>th</sup> Grader North Forest

"I am glad to talk about it with the person so that I can stop thinking about it all day." 9<sup>th</sup> Grader HISD

One must work for it"  
Eleanor Roosevelt

**"CONFLICT IN SCHOOL AIN'T COOL" WESOLVE**

SHARE YOUR OWN WORDS OF PEACE WITH US @713-875-5789

"I think everyone should try to solve their problems in mediation" 11<sup>th</sup> Grader Fort Bend ISD

"At least I don't want to fight about it anymore"  
11<sup>th</sup> HISD

"I didn't know mediation was in schools it works" Parent HISD

### TRY THIS the NEXT time you are in a CONFLICT?

- Make sure YOU understand the PROBLEM
- LET EACH SIDE SPEAK WITH OUT INTERRUPTIONS
- COMPROMISE
- STATE YOUR SIDE CLEARLY AND CALMLY
- PUT YOURSELF In the other persons SHOES