



Home of the **CARDINALS!**

Bully Awareness Week

During Bullying Awareness and Prevention Week – November 17-23, 2019 – students, school staff and parents are encouraged to learn more about bullying and its effect on student learning and well-being.

Bullying is defined as a form of repeated, persistent and aggressive behaviour directed at an individual or individuals that is intended to cause (or should be known to cause) fear and distress and/or harm to another person's body, feelings, self-esteem or reputation. Bullying occurs in a context where there is a real or perceived power imbalance.

During this week, students were reminded of the different forms bullying can take. These include:

- **Physical** – hitting, shoving, stealing or damaging property
- **Verbal** – name calling, mocking, or making sexist, racist or homophobic comments
- **Social** – excluding others from a group or spreading gossip or rumours about them
- **Electronic** (commonly known as **cyberbullying**) – spreading rumours and hurtful comments through the use of cellphones, e-mail, text messaging and through social media.

Below are a few activities took place this week at the school;

Community Officer Constable Barkell came to the school to speak to the students.



Mrs. Collins class read "The Juice Box Bully". The book talked about ways we can help stop bullying and what might cause a bully to act the way he or she does.

