

Middle and High School



February Announcements – Pink Shirt Day: February 23rd, 2023

- Ways to be a good friend include: sharing, offering to help, keeping promises, telling the truth, forgiving your friends, being a good listener, encouraging your friends to do their best, sticking up for your friends, cheering your friends up, and taking turns in letting friends choose what to do. What qualities do your friends have?
- Everyone is unique and has their own special qualities. It's not OK to criticize or be mean to others because they are different from you. When people care about our feelings and are kind to us, it makes us feel good about ourselves. Spread kindness on February 26th by wearing your pink shirt.
- As the old saying goes, "Laughter is the best medicine." It can be fun and make us feel good. Sometimes it is hard not to laugh when we hear other people laughing. While it's OK to laugh at our own mistakes, it's not okay to laugh at someone or to make fun of them. This hurts people's feelings and makes them feel left out. Be kind to one another.
- Nicknames can make us feel good and friendly towards each other. Remember to make sure that people feel good about the nicknames you use for him or her.
- What is bullying? Bullying can happen in many forms. Physical bullying includes hitting, kicking, or punching. Social or emotional bullying is when you use words to hurt someone, leave someone out, or gossiping and spread rumors. Bullying can happen at school, work, in your community, or online. Let's all take a stand against bullying.
- Bullying occurs when someone keeps hurting, frightening, threatening, or leaving someone out on purpose. It is a deliberate act that is repeated over time. Bullying can be done with words, with technology and it can also be physical. Put a stop to bullying. Remember to wear pink on February 26th, together we can make a difference!
- Let's review the 4 forms of bullying. Physical bullying is when you use your hands, feet or other objects to hurt someone else. Emotional bullying is when you use words to insult another person. Social bullying is when you spread rumors about someone or intentionally don't include them. Electronic bullying is when you use technology to bully someone, through social media sites and text messages. All kinds of bullying hurt. Take a stand against bullying. Wear pink on February 26th.
- Did you know that kindness has a ripple effect, like a raindrop that falls into water? When we do acts of kindness for others it makes them feel good and they often will start spreading kindness to others. Today's message is about passing kindness on.
- Sometimes we think no one notices us when we are being kind, remember the words of the Ancient Storyteller, Aesop. "No act of Kindness, however small, will go unnoticed." There are hundreds of ways to spread kindness, you may even do it without even realizing it.

