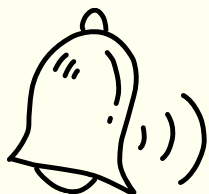


This month's wellbeing edition is on - Anti Bullying week and boys mental health awareness

Stand Up, Speak Out - Anti Bullying Week

1.



Stand Up, Speak Out: The Power of Kindness

Bullying is more than just hurtful words or actions —it's a behaviour that leaves lasting scars on everyone involved. In our school community, it's up to each of us to create a space where everyone feels safe, respected, and valued.

Choosing kindness is a powerful way to stand against bullying. A simple act of kindness, like offering a smile, standing up for someone in need, or just being a good listener, can make a big difference. When we treat each other with empathy and respect, we build a stronger, more supportive community where everyone can thrive.

Let's work together to make our school a place where kindness rules and bullying has no place. Every small act counts. Let's be the change!

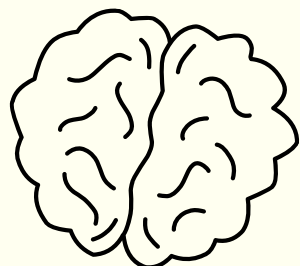
TOP TIPS

2.



1. **Speak Up:** If you see bullying, don't stay silent—report it.
2. **Be Kind:** Small acts of kindness can make a big difference.
3. **Support Others:** Stand by friends and classmates who need help.
4. **Set an Example:** Show respect and empathy in all your interactions.
5. **Educate Yourself:** Learn about the effects of bullying.
6. **Include Everyone:** Make sure no one feels left out or alone.





4.

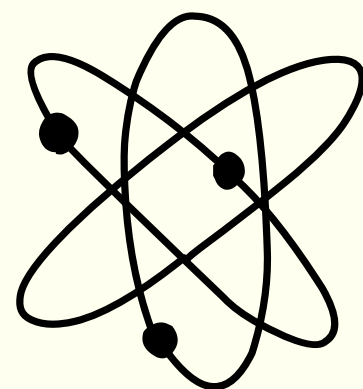
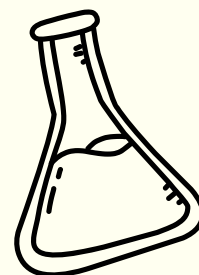


“No act of kindness, no matter how small, is ever wasted.” — Aesop

USEFUL WEBSITE- CLICK HERE

As mens mental health month is approaching, here is a useful website on boys and mental health

This might not seem such a revelation for girls and women. After all, it’s clear from watching children play and interact that girls are socialised to talk about how they feel and what’s going on for them. However, in contrast, boys have always been less inclined to communicate how they feel. It’s just that it might take more of a keen eye as opposed to a keen ear. Boys and men in our society are just now creating spaces where they feel comfortable talking about “what’s the deal”.



BOOK & PODCAST OF THE MONTH



You might want to read this book because you are being bullied. Or maybe you know a person who is being bullied and you want to help them. Or perhaps you’re worried that you’re a bully and you want to understand why and how to stop...



When Taylor Swift turned the scars of bullying into the stardust of stardom, it wasn’t just a fairytale—it was a roadmap for triumph.

