

▶ May 2023

Sun Mon Tue Wed Thu Fri Sat

	1 Teacher & Substitute Appreciation Week	2 National Teacher Day	3 Early Release Day	4	5 School Lunch Hero Day	6
7	8	9	10 Early Release Day	11	12	13
14 Mother's Day	15	16	17 Early Release Day	18	19	20
21	22	23	24 Early Release Day	25	26	27
28	29 Memorial Day Holiday	30	31	Mental Health Awareness Month Military Appreciation Month Physical Fitness & Sports Month		

Strategies to Deal with Bullying

- **Tell them to stop.**
- **Walk away.** Do not let bullies get to you. Walk away and ignore them.
- **Protect yourself.** Sometimes you cannot walk away. If you are being physically hurt, protect yourself.
- **Tell an adult you trust.** Talking to someone can help you figure out the best ways to deal with the problem. In some cases, adults need to get involved for the bullying to stop.
- **Find a safe place.** Go somewhere you feel safe and secure like a favorite teacher's classroom or the office.
- **Stick together.** Stay with a group or individuals who you trust.
- **Find opportunities to make new friends.** Explore your interests and join school activities such as sports or art. Volunteer or participate in community service.