

# ▶ May 2024

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

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

## 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.