



# May 2025

Mental Health Awareness Month  
Military Appreciation Month  
Physical Fitness & Sports Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 Early Release	8	9	10
11	12	13	14 Early Release	15	16	17
18	19	20	21 Early Release	22	23	24
25	26 Memorial Day Holiday	27	28 Early Release 4th Grading Period Ends, last day for students.	29	30 Last Day of School for Teachers	31

## 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.