



May 2026

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 Early Release	7	8	9
10	11	12	13 Early Release	14	15	16
17	18	19	20 Early Release	21	22	23
24	25 Memorial Day Holiday	26	27 Early Release	28 Last day for Students	29	30
31	<div> <h3>Strategies to Deal with Bullying</h3> <ul style="list-style-type: none"> 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 </div> <div> <ul style="list-style-type: none"> 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. </div>					