



Bullying Awareness and Prevention Week

Ontario has designated the week beginning on the third Sunday of November as Bullying Awareness and Prevention Week to help promote safe schools and a positive learning environment.

During Bullying Awareness and Prevention Week – November 15-21, 2020 – Ontario students, school staff and parents are encouraged to learn more about bullying and its effect on student learning and well-being.

Bullying Awareness and Prevention Week

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Anti-Bullying Lesson Activity & Peace Promises 	Upside Down & Inside Out Upstander Day Students are encouraged to wear their uniform items inside out!	Pink T-Shirt Day  Wear a pink shirt to show your support!	Colourful Socks to Stomp Out Bullying Wear colourful socks to show our commitment to stomp out bullying at St. Gregory the Great.	Unity Dance Whenever you hear music playing on the PA, as a class, stand up wherever you are and dance on the spot!

The Upstander Pledge

I am an **UPSTANDER**.

I have the power to influence my peers.

I **SAY** something or **DO** something when you need help.

I am **THERE** for **YOU**.

I will **HELP** you get the help you need.

You are not alone.

I have your back!

Thank you, everyone, for your participation and support of the week's initiatives!!