



# Carruthers Creek This Week

905-683-0921 <http://carruthers.ddsb.ca> Twitter: @Carruthers\_PS

Week of Nov. 22nd

WE ARE

"ALLERGY AWARE & NUT FREE!"

## Carruthers Creek November Days



Thursday November 4	Thursday November 11	Thursday November 18	Thursday November 25
<b>Coyote Spirit Day!</b> Wear Blue, Orange or your Coyote Gear! 	<b>Wear Red in recognition of Remembrance Day!</b> 	<b>Raptors Day!</b> Wear your favourite Raptors gear or Black and Red to cheer on this year's team! 	<b>Moustache Day!</b> Wear a moustache on your mask to help raise awareness of men's health issues! 

### DRESS FOR ALL WEATHER CONDITIONS

The weather is changing and it is much more unpredictable. We will continue to access our schoolyard for Nutritional Break, DPA and Phys Ed classes. It is imperative that students dress for all possible weather conditions, even if they get a ride to school. It is also always a good idea to have an extra change of pants and socks in backpacks, just in case! The following is a suggestion as to what students should have to ensure warmth and comfort: Jacket, Boots, Mitts/Gloves, Hat, Sweater



On Fridays, we  
**WEAR R.E.D.**  
to REMEMBER EVERYONE DEPLOYED

### DATES TO REMEMBER

November 30 - Picture Retakes  
December 2 - SCC Meeting 6:30—7:30  
December 17 - Last Day of School

### SCHOOL PHOTOS

Information and a link to view photo proofs were sent home last week. Orders can be placed directly on line with Edge Imaging.

LUNCHROOM SUPERVISORS ARE NEEDED FOR MORNINGS ONLY. IF YOU ARE INTERESTED, PLEASE CALL REMA SAATI, VICE-PRINCIPAL AT 905-683-0921

WE ENCOURAGE YOU TO USE THE MINISTRY OF HEALTH'S ONLINE SELF-ASSESSMENT TOOL EACH DAY BEFORE SENDING YOUR CHILD(REN) TO SCHOOL BY VISITING <https://covid-19.ontario.ca/school-screening/>



DDSB MULTI-YEAR STRATEGIC PRIORITIES

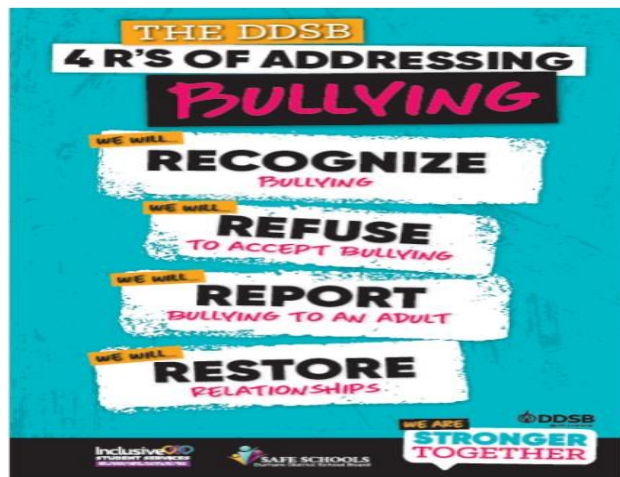
Superintendent: Margaret Lazarus

Principal: S. Pipher-Hogg

[www.ddsb.ca](http://www.ddsb.ca)

Trustee: Donna Edwards

Vice Principal: R. Saati



# Bullying Awareness and Prevention Week

**Bullying** can affect a person's feelings, relationships, self-esteem and sense of safety. It can also make people feel uncomfortable in everyday situations at home, work or school. Bullying can come in many different forms including:

- **Physical bullying:** harassing someone by hitting, shoving, tripping or any other use of physical force.
- **Emotional or psychological bullying:** harassing someone with verbal attacks, hurtful comments, name-calling or teasing.
- **Cyberbullying:** harassing someone over social media, text, email, websites and other digital channels.
- **Social bullying:** harassing someone by excluding them, spreading rumours or giving them "the silent treatment."
- **Discriminatory bullying:** harassing someone based on sexual orientation, ethnicity, gender identity, religion or anything else perceived as making them "different."

From Kids Help Phone

## Know the Difference

is it  
**BULLYING?**

When someone says or does something *unintentionally* hurtful and they do it once, that's **RUDE.**

When someone says or does something *intentionally* hurtful and they do it once, that's **MEAN.**

When someone says or does something *intentionally* hurtful and they *keep doing it*—even when you tell them to stop or show them that you're upset—that's **BULLYING.**



There are three ways you can be affected by bullying.

- 1 You can be someone who is being bullied.
- 2 You can be someone who is watching bullying happen.
- 3 You can be the one who is hurting others.

### THIS IS BULLYING...

Pushing and Kicking  
Yelling in someone's face  
Spreading rumors  
Telling secrets  
Being mean  
Whispering behind a person's back  
Not including others  
Telling others not to be friends with someone

### Tattling vs Telling

Tattling = what you do to get someone **IN** trouble.

Telling = what you do to get someone **OUT** of trouble.

If you see someone being bullied you need to get them **OUT** of trouble – you need to get help.

From PEVE.net

### Report It: Ways to stop bullying when you witness it

**Speaking up about bullying can be hard, but by reporting an incident you're protecting yourself and maybe even others.**

From Kids Help Phone

- **Speak up:** You can say that a teacher is coming (even as a distraction), ask the person who is bullying to stop or encourage the people around you to leave with you.
- **Provide an escape:** ask them if they're OK.
- **Speak to the person who is bullying:** if it's safe → Let them know that it's not OK.
- **Tell someone:** let a teacher, administrator or other safe adult know about what's going on.
- **Provide support:** make sure the person who is experiencing the bullying is OK

### Cyberbullying

Is bullying by any electronic means. It can be done in many different forms.

- Sending mean and sometimes threatening emails or text messages
- Spreading gossip, rumours about others online
- Breaking into another person's account and assuming their identity to send/do things as them
- Taking pictures and/or videos of others and posting them
- Posting on chat rooms or discussion boards about others



**If you are being cyberbullied tell your teacher and parents**