

**Pink Shirt Day takes place this Wednesday February 25<sup>th</sup>!**

From the Pink Shirt Day website: We believe everyone - young and old - has the power to create change! This Pink Shirt Day, let's do what we can to elevate the voices of all, and take a stand against bullying. We can show others that we advocate for kindness and inclusivity by wearing **PINK**. We encourage you to help spread awareness for this important cause not only in February, but throughout the entire year.



**"WEEK AT A GLANCE" Feb.23-27**

**Monday, February 23**

- Lemonade and iced tea sold all week for \$1
- Boys bball practice at lunch
- Girls bball practice after school
- Div. 2 and 5 to Stave Dam Powerhouse
- Div. 7 Ice Skating 1-2pm

**Tuesday, February 24**

- Boys bball practice after school 2:30-3:30
- Girls bball game at Eric Langton

**Wednesday, February 25**

- **Pink Shirt Day assembly 9am**
- Hot dog hot lunch
- Boys bball practice at lunch
- Boys semi final game at Fairview 3pm

**Thursday, February 26**

- K's and K/1 100 Day Celebration

**Friday, February 27**

**Student Led Conference Sign Up**

Please go onto the Parent Portal and sign up for the second term student led conference. If there is not a convenient time available, please contact your child's teacher. This is an opportunity for your child to celebrate their growth and progress and to collaboratively set goals for next term!

**Power Smart Week**

Classes are encouraged this week to reduce lights and electricity use and students are encouraged to pack in and pack out lunches to reduce waste!



The Scholastic Book Fair is flying into HHE from March 3rd-6th and this year's theme is DRAGONS! 🐉🐲

Get ready for epic stories, fiery adventures, and books worthy of a dragon's treasure hoard!

📖 All proceeds go toward supporting our school library

Sharpen your claws, warm up your reading wings, and get ready to READ ON, HHE! 📖🐉



**The Difference Between Rude, Mean and Bullying**

From: <https://intermountainhealthcare.org/blogs/topics/pediatrics/2018/01/the-difference-between-rude-mean-and-bullying/>

As we come into Pink Shirt Day week, I feel it is important to differentiate between Rude, Mean and Bullying behaviour. This article (the link is above), explains the definitions of each.

“Many parents are concerned about bullying, protecting their kids from it, and making sure their kids aren’t engaging in it. But with so much talk about bullying, sometimes we call behavior “bullying” that is actually not. So how can you tell the difference? [Signe Whitson](#), a child and adolescent therapist, [shares this advice](#) on the differences between being rude, mean, and bullying.

**Rude:**Rude, she says, is inadvertently saying or doing something that hurts someone else. In children this takes the form of social errors like “burping in someone's face, jumping ahead in line, bragging about achieving the highest grade or even throwing a crushed up pile of leaves in someone's face.” The critical factor? “Incidents of rudeness are usually spontaneous, unplanned inconsideration, based on thoughtlessness, poor manners or narcissism, but not meant to actually hurt someone.”

**Mean:**Being mean involves “purposefully saying or doing something to hurt someone once (or maybe twice).” Unlike unthinking rudeness, “mean behavior very much aims to hurt or depreciate someone. Very often, mean behavior in kids is motivated by angry feelings and/or the misguided goal of propping themselves up in comparison to the person they are putting down.” And while both rudeness and mean behavior require correction, they are “different from bullying in important ways that should be understood and differentiated when it comes to intervention.”

**Bullying:** Bullying is “intentionally aggressive behavior, repeated over time, that involves an imbalance of power. Kids who bully say or do something intentionally hurtful to others and they keep doing it, with no sense of regret or remorse — even when targets of bullying show or express their hurt or tell the aggressors to stop.” Whitson gives examples of multiple kinds of bullying, including physical and verbal aggression, relational aggression (like social exclusion, hazing, or rumor spreading), and cyberbullying. The key aspect to all of them is the ongoing nature of the behavior, which leaves the victims feeling powerless and fearful.”