

The Wildcat Gazette

St. Anne - Newsletter



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Paul

bullying

bullying is when someone gets hurt by someone else by punching kicking or talking badly and yelling .

bullying is dangerous or damaging because people can kill themselves and it hurts when you get bullied. It hurts when you get picked up and if people yell and talk to you badly it hurts.

bullying involves the bully, victim and the bystanders the bystanders are the people who watch the fight .

bullying happens all over it can happen at the park at school at your house and in the public.

we can prevent bullying from happening by putting video cameras in school wards on telephone post and in the public or you can tell an adult or the police

Bullies Parents

Every bully has parents or guardian whatever they have they need to know the truth about children. In one or more times in their lives they will be bullied or they will be the bullies reading this to tell you the truth.

What is bullying. Bullying comes in very different ways one of them is cyberbullying. Cyber can happen right there in front of their parents and they would not even know that they are bullied. It does not have any contact but still words hurt sometimes more than contact if you not know that. Verbal bullying is like cyber but they are saying it in their face and sometimes can be personal.

Bullying can be very dangerous take Amanda Todd for example. Her story goes like this. 1 day in grade 7 she was on a chat room and one person told her she was beautiful and she wanted her to flash and she did. 1 year later she got a message on facebook she had idea how he found her. He said if you don't put on a show for me I will send your picture of breast. He knew her address , school, relatives, friends and families names. During Christmas break the police knocked at her door her photo was sent to everyone. After that she got sick with anxiety depression etc.... Everyone bullied her it got so bad that she tried to commit suicide 3 times. On the first time she tried she drank bleach and she went to the hospital. had to flush her stomach she was in the hospital for 2 days. The second time she tried she dose on her depression pills. The 3rd time she tried she hung her self.

There are lots of people involved in bullying like. The bully he/she could bully someone by contact, verbal, cyber and more . The bully won't even see it as bullying more like playing as But news flash its not just playing it is actually bullying and it hurts but even though it is no conflict words hurt to. Then there is the victim, when you get bullied you might even see it playing around and not tell anyone but as time goes on it will get worse. One more person click the bystanders the people that don't do anything to stop it. Next time you see bullying be the bystander please say something, stand up and say something.

Bullying can happen anytime and anywhere. For example at school, it can happen at any time at recess that would be the perfect time because. The teacher doesn't watch us all the Bullying can even happen in their own homes by cyber bullying. With facebook twitter and texting. One more type of bullying is contact. Contact mostly happens during school or after recess and the victim does not say anything.

We can prevent bullying by. Well not being a bully and just being nice to our class mates at other people and tell your kids this. Another way you can avoid bullying is when. You see it happening you can stop it by helping the victim they might even make a new friend.

So in conclusion parents now do you see that bullying comes in many different ways and can happen any place so parents look closely.

By: Chantal Dumoulin

Eat Healthy Like a Sauce Boss

In this article I am going to share my thoughts on healthy eating and share some facts on the subject.

Healthy eating is not just a pain, but it makes you feel great, and look great. In 2009 24.3% of males, and 36.2% of females were obese in Canada. This makes Canada the 6th most obese country in the world. This is sad because many Canadians have access to many healthy foods. If we do not change our ways more Canadians will risk their lives eating unhealthy.

Foods that are healthy such as salmon, fat-free milk, lean beef, broccoli, etc give you the energy that junk food just won't give you. Junk is ok sometimes, but you shouldn't have it too often because too much of anything is bad for you, even healthy foods. You should eat from a variety of foods so you can get the different nutrients each food offers.

In conclusion eating healthy is good for you and you should fit it into your life.

By: Ronny Yu

Don't Be The Victim

This article is going to inform you on what goes on in some kids lives associated to bullying. Bullying is now considered as to use superior strength to intimidate (someone), typically to force him or her to do what one wants. You can also be bullied verbally, mentally and on the internet.

Bullying is very damaging and dangerous if it is continuous and severe. People that are adults now that were bullied when they were kids sometimes moves on, but some of them don't. An adult or child that was bullied may be depressed, consider suicide, be very withdrawn and have low self esteem.

When there is bullying, there are usually three types of people at the scene. There is the bully, the victim and the bystanders. There are good bystanders and bad bystanders. The bad bystanders would just watch or help the bully while the good bystanders would step in and help the kid being bullied. A bystander can stop bullying in 30 seconds if they take the initiative.

Bullying takes place everywhere. Everybody has been bullied at least once in their lives. It happens all the time and something as simple as name calling is considered bullying. A lot of the time bullying happens in school. Bullying happens at school when the teacher isn't in the room, but sometimes it even happens when the teacher is in the room. It happens in the cafeteria or the lunchroom and at recess.

It is very easy to step in and stop bullying. All you have to do is get help or tell the bully to stop. It doesn't matter if you take a while or you prevent it, any help is good. You should do this because the student being bullied probably will have low self-esteem so they won't try to reach out for help.

Coht Ronholm