

# NO NAME-CALLING WEEK 2019

This year, **NO NAME-CALLING WEEK** will be observed at East Coldenham Elementary from **Tuesday, January 22nd** thru **Friday, January 25th**. (Monday of that week is MLK Day.) Following is a list of activities focused on reducing the incidence of name-calling and other bullying behaviors, and **ALL STUDENTS ARE STRONGLY ENCOURAGED TO PARTICIPATE!**

## Tuesday (1/22): "SOCK IT TO BULLYING" DAY

All are invited to **wear silly socks** as a visual demonstration of our trying to "sock it" to bullying - and get rid of it for good! The sillier the socks, the better!



## Wednesday (1/23): "GOLDEN RULE" DAY



All are asked to **wear "gold" (yellow)** to demonstrate our commitment to living the Golden Rule—that is, to treat others the way we wish to be treated! Practice treating others the way **YOU'D** like to be treated today!

## Thursday (1/24): "UNITED WE STAND AGAINST NAME CALLING" DAY

All are invited to **wear RED, WHITE, AND BLUE** to show that East Coldenham stands united against name calling and all forms of discrimination. Name calling causes others to feel badly about themselves. If we work together and act as upstanders, we can put an end to name calling!



## Friday (1/25): "BE A BUDDY, NOT A BULLY" DAY



Each class is invited to **choose their own clothing theme** for the day! You may all decide to wear the same color (blue, green), pattern (stripes, polka dots) or theme (superheroes, sports teams), but do it together! Let's show that we're buddies, not bullies!