



Middle and High School

Kentucky Safe Schools Week Daily Announcements 2019

(School announcements to encourage involvement in Kentucky Safe Schools Week)

Day 1

The Kentucky Center for School Safety announces Kentucky Safe Schools Week, October 20–26, 2019.

This year's theme is “Our Safety Story!”

To keep Kentucky schools safe places in which to learn and work, please take the pledge to be:

Strong enough to show empathy for others who need help at school.

Awesome, as I strive to use tolerance to create unity at school.

Friendly, showing kindness to others of all ages.

Encouraging, promoting a feeling of community and friendship throughout my school.

This year’s campaign highlights the word “SAFE” and the qualities necessary to bring a safe learning environment into our schools.

S-Strong, A-Awesome, F-Friendly, and E-Encouraging!

Please show your support and take the online pledge at www.kysafeschool.org and promise to help us make all environments in our school safe.

Today we will talk about the following line of the pledge:

I will be - **Strong enough to show empathy for others who need help at school.**

Everyone needs to know that others care and understand them. Empathy or listening to another person and putting yourself in their shoes is hard to do. Have you ever seen someone in a bullying situation and wanted to help them? This means you are feeling their pain and that is empathy. When we care about others and want the best for them we share in their feelings and that is what makes the world a better place. If a person laughs because someone is hurting or in trouble that is a sign that they have not learned what empathy is all about. We should never want anyone to feel unwanted, unloved, or unimportant. We can show our empathy by sitting with someone that is alone, or talking to someone when they are worrying and telling them we understand. Empathy moves us to help others as we try to put ourselves in their place and listen instead of always talking and being the one that is in charge. Use your empathy skills and realize the world needs everyone to think more of others and not be so wrapped up in themselves. When

other people's feelings become important their safety and well-being will be a priority. Show empathy and it will not only help someone else, but it will make you feel better about yourself.

Day 2

Remember this is Kentucky Safe Schools Week and we want you to join in and be part of the solution in our school to make it safe and enjoyable for everyone.

Please show your support and take the online pledge at www.kysafeschool.org and promise to help us make all environments in our school safe.

Today we will talk about the following line of the pledge:

I will be – **Awesome, as I strive to use tolerance to create unity at school.**

Every person is unique and that is so wonderful, but you should never tease or make fun of anyone because of the way they dress, fix their hair, or anything else. Many times, others make fun of someone because they are jealous and really want to be like that person. If someone is being mistreated in any way, you should put yourself in their shoes, and you will realize that you would not want to be treated negatively and it will give you a totally different attitude. It is easy many times to either join in or sometimes ignore an unpleasant situation, but with your initiative you can help that person feel safe at school. The bonus is that in turn you become a better person. Remember, we all have to realize and accept others because nobody is just like us and we wouldn't want them to be. As we appreciate others we are helping ourselves grow and mature to be a well-rounded individual that cares for others and the unity that creates is awesome... Wow, how wonderful is that!

Day 3

Remember this is Kentucky Safe Schools Week and we want you to join in and be part of the solution in our school to make it safe and enjoyable for everyone.

Please show your support and take the online pledge at www.kysafeschool.org and promise to help us make all environments in our school safe.

Today we will talk about the following line of the pledge:

I will be: **Friendly, showing kindness to others of all ages.**

Do you like people that are kind to you and worry about your feelings? I think everyone does and if you try to remember that, then you will return that kindness and compassion to others that need it too. When someone makes a mistake don't laugh, but tell that person you understand and that things like that happen to everyone. Make others feel better instead of worse. Also, there are so many times when you see classmates being bullied or mistreated and you don't stop and think about how you can encourage and reassure them that everything will be okay. As we said earlier, there are many options to helping yourself or someone else in a bad situation. A simple

gesture of kindness and caring can go a long way for someone who feels no one cares. Your friendship can mean so much to someone who feels totally alone.

Remember when you are kind – it rubs off on those around you and they are usually better to others too. Join others at your school and keep the word kind in your mind as you move from class to class today. If you have kind thoughts and treat others that way your school will be a safer and more enjoyable place to be.

Day 4

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Today we will talk about the following line of the pledge:

I will be: **Encouraging, promoting a feeling of community and friendship throughout my school.**

What does it mean to encourage someone? Most of us want someone to notice if we need help or encouragement when we are struggling. A strong support group with friends and a feeling of belonging or community is so essential to being a well-rounded individual. Have you ever had to do something by yourself when other people around you have friends that are helping them? Or have you had to sit by yourself because everyone else seemed to belong to a group? It is not a good feeling and can make you sad. When you encourage someone, who is struggling and make them feel that you are their friend and that they can be a part of the group or community, in turn it will make you feel better about who you are and the standards you possess as an encourager. The inward rewards will make you feel important because you have an encouraging heart. Wow – how great is that?

Day 5

Remember this is Kentucky Safe Schools Week and we want you to join in and be part of the solution in our school to make it safe and enjoyable for everyone.

Please show your support and take the online pledge at www.kysafeschool.org and promise to help us make all environments in our school safe.

Today we are going to go over the words of this year's pledge and as it is read please think about how you can be a part of making your school a safe and welcoming environment for everyone! Remember that you can be the friend that others need!

I pledge to be:

Strong enough to show empathy for others who need help at school.

Awesome, as I strive to use tolerance to create unity at school.

Friendly, showing kindness to others of all ages.

Encouraging, promoting a feeling of community and friendship throughout my school.

Thank you for being a part of Safe Schools Week 2019 – We all need to work together and feel that we are a part of our school community. Remember our schools are composed of students/staff with a variety of interests and talents. All of us need to embrace unity, kindness and empathy as we enhance "Our Safety Story".