



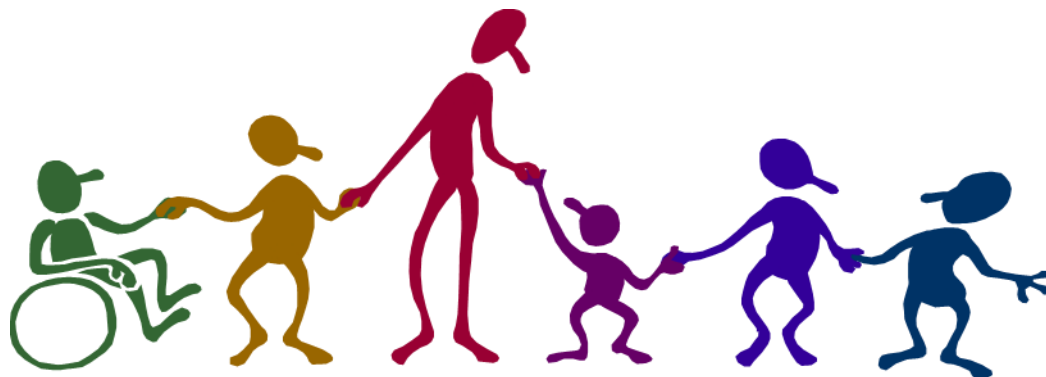
# Reverencing the Dignity of All

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Bullying Awareness and Prevention Week  
November 17-23, 2013

**Resources, Daily Announcements, Reflection Activities, Prayer and Music**

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## Reverencing the Dignity of All-Bullying Awareness Week 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Final Week of the Holy Year of Faith	Be Peaceful	Be Inclusive	Be Noble	Be Kind	Wear Pink for Peace and Prosperity	Final Day of the Holy Year of Faith

***“With reverence for the dignity of all, we can eliminate bullying.”***

**Background:** The theme for Bullying Awareness Week is *Reverencing the Dignity of All*. Our colour for this week is PINK. Pink is the colour of joy. Think of the pink candle in the Advent wreath. The pink candle reminds us of the joy of preparing to welcome Jesus. Jesus is our joy. He lives in the heart of each one of us, and so, we treat each other with reverence and kindness. In this way, our acts of kindness show our reverence for Jesus.

We will use the word PINK to describe the goals of this week: P – I – N – K: We will end bullying by becoming more **P**eaceful, **I**nclusive, **N**oble and **K**ind.

Here is a verse to help us remember the meaning of this week:

*Be peaceful, inclusive, noble and kind.*

*Be of one heart, be of one mind.*

*All of God's children are born to live free;*

*Stand up together for you and for me!*

## Supporting Materials and Documents You May Wish to Access:

### RCCDSB Safe Schools Website

<http://safeschools.rccdsb.edu.on.ca/>

### RCCDSB Religious Education and Family Life Website

<http://religiouseducation.rccdsb.edu.on.ca/>

### Be Peaceful' Resources:

"Work for justice, act with love."

[Catholic theme, "Peace" in EOCCC's Curriculum Support for Catholic Schools](#)

[Section on Peace in RCCDSB Catholic Social Teaching leaflet](#)

[Page on Peace in RCCDSB Catholic Social Teaching Booklet](#)

### Be Inclusive Resources:

"Everybody Belongs" / "Community"

[Catholic Character Theme, "Community" from EOCCC's Our Language, Our Story](#)

[Catholic Character Theme, "Community & the Common Good" in EOCCC's Curriculum Support for Catholic Schools](#)

[L'Arche Canada "I Am" Video](#)

### Be Noble Resources:

"Live as God's image and likeness"

[Cardinal Virtue, "Justice" in EOCCC's Our Language, Our Story](#)

[Catholic Character Theme, "Reverence" in EOCCC's Our Language, Our Story](#)

[Anchor Concept, "Justice" in EOCCC's Curriculum Support for Catholic Schools](#)

[Catholic Character Theme, "Compassion" in EOCCC's Our Language, Our Story](#)

[Anchor Concept, "Human Dignity" from EOCCC's Curriculum Support for Catholic Schools](#)

### Be Kind Resources:

"Opening our hearts to one another" / "Loving as Jesus loved us"

[Theological Virtue, Love in EOCCC's Our Language, Our Story](#)

[Catholic Character Theme, Solidarity in EOCCC's Our Language, Our Story](#)

[Anchor Concept, Solidarity in EOCCC's Curriculum Support for Catholic Schools](#)

### Additional Resources:

[Bullying: A Plague to Combat Together](#) (Catholic Organization for Life and Family, 2013)

[Catholic Character Theme, Stewardship in EOCCC's Our Language, Our Story](#)

[Section on Solidarity in RCCDSB Catholic Social Teaching leaflet](#)

[Page on Solidarity in RCCDSB Catholic Social Teaching Booklet](#)

[Ontario Catholic School Graduate Expectations](#)

[Respecting Difference](#) (OCSTA, 2012)

[A Place of Honour. Reaching Out to Students at Risk in Ontario Catholic Schools.](#) CARFLEO, 2008

## [L'Arche Canada's Inclusivity Resources for Educators](#)

[Belonging: The Search for Acceptance.](#) DVD & Manual. L'Arche Canada, 2003.

### **Ministry of Education Resources:**

[Promoting a Positive School Climate](#)

[Promoting A Positive School Climate - A Resource for Schools](#)

The Bullying Awareness Week website found at <http://www.bullyingawarenessweek.org/> has clips of Jean Vanier speaking on bullying that might be useful to open discussion with older students.

### **Mentor Texts-Suggested Titles**

*Supporting connections and questions for discussion can be found in the RCCDSB HOT document. The titles should be available in each school.*

[The Table Where the Rich People Sit](#) by Byrd Baylor (K-8)

[The Story of Ruby Bridges](#) by Robert Coles (Gr. 1-8)

[The Invisible String](#) by Patricia Karst(K-5)

[Pink!](#) By Lynne Rickards (K-3)

[Lemon the Duck](#) by Laura Backman (K-3)

[Riding the Tiger](#) by Eve Bunting (Gr. 5-12)

[The Garden of Abdul Gasazi](#) by Chris Van Allsburg (Gr 3-12)

### **Art work/Reflection Sheets**

Schools may wish to hold a peace poster contest, starting earlier in the month of November and culminating with the school being a showcase for student works of art. Themes to consider might be "Peace", "PINK", "Do unto Others", "We are Peacemakers". Our Lady of Sorrows holds a poster contest like this each year.

Attached to this package, you will find blackline masters with reflections for the first four days of the week. Teachers may choose to have students complete these individually or to work on them with their classes.

A blackline master of a dove outline has been provided as well. Teachers and students may choose to write or draw on the doves how they are peaceful, inclusive, noble and kind, and the doves could be used to decorate school walls.

## DAY 1-Monday, November 18

### Morning Announcement:

**Be Peaceful**-Today we focus on being Peaceful. Being peaceful ends bullying by building relationships and understanding. Being peaceful means I am not being aggressive or fighting with others. If I am being peaceful, I am playing with my friends and enjoying my time with others. When somebody is being teased or made fun of in the school yard, do I stand by? Do I join in? Do I seek help? Am I a peacemaker?

### **Listen to the words of Jesus in the Gospel of Matthew:**

"Blessed are the peacemakers, for they shall be called children of God." (Mt 5:9)

Jesus calls all of us his friends. He showed us how to live as friends by laying down his life for us. He calls each of us to live his command to love one another, by putting aside unkind words, by never saying or doing anything that would hurt anyone else; by being an example of friendship and welcome with everyone, especially those who feel left out. Let us live in the love of Jesus as friends.

### **Reflection Prayer**

Lord, help us to be Peaceful in our daily thoughts, words and acts. Together, let us pray the prayer of St. Francis and ask for help to be peaceful.

*Lord, make me an instrument of your peace.*

*Where there is hatred, let me sow love;*

*where there is injury, pardon;*

*where there is doubt, faith;*

*where there is despair, hope;*

*where there is darkness, light;*

*and where there is sadness, joy.*

*O Divine Master, grant that I may not so much seek*

*to be consoled as to console;*

*to be understood as to understand;*

*to be loved as to love.*

*For it is in giving that we receive;*

*it is in pardoning that we are pardoned;*

*and it is in dying that we are born to eternal life.*

*Amen*

### **End of the day Announcement:**

Today we focused on being peaceful, remembering the words of Jesus, "Blessed are the peacemakers, for they shall be called children of God". On Friday, we will all wear pink to remind ourselves of the joy that comes from being a community that comes together in the name of Jesus.

### **Together let us pledge:**

'Be peaceful, inclusive, noble and kind.  
Be of one heart, be of one mind.  
All of God's children are born to live free;  
Stand up together for you and for me!'

### **Be Peaceful Reflections**

*Work for justice and love.*

I help build peace in my school when I...

I help build peace in my home when I...

I help build peace in my community when I...

*Blessed are the peacemakers, for they shall be called children of God (Matt 5:9)*

**Tuesday November 19**

**Morning Announcement:**

**Be Inclusive:** Today we focus on being Inclusive. Being inclusive ends bullying by making sure that everyone feels comfortable and accepted, and that no one is excluded or isolated. Being inclusive means that we go out of our way to make connections with all of the people we meet each day, not just those that we count as our friends. If I am being inclusive, it means that I know that each person I meet is important. When someone is being left out, do I try to include them? Do I make the effort to make sure that everyone feels that they belong? Am I including every one as God asks us to do?

**Listen to the words of the prophet Jeremiah. Here, God says to Jeremiah:**

"Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations." (Jer 1, 4-5)

God knew us before we were born. He brought each of us into the world for a special reason. And so, we must always include and treat each other with love and respect, because God has a special place for all of us in his great plan.

**Reflection Prayer**

Lord, help us to be Inclusive in our daily thoughts, words and acts. Together let us pray the prayer of St. Francis and ask for help to be inclusive:

*Lord, make me an instrument of your peace.  
Where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
and where there is sadness, joy.*

*O Divine Master, grant that I may not so much seek  
to be consoled as to console;  
to be understood as to understand;  
to be loved as to love.  
For it is in giving that we receive;  
it is in pardoning that we are pardoned;  
and it is in dying that we are born to eternal life.  
Amen*



### **End of the Day Announcement:**

Today we focused on being inclusive, and remembering to build community with each other by remembering the words of St. Paul to the Romans: 'We are one body in Christ'. On Friday we will all wear pink to remind us of the joy that comes from being members of a community that loves each other as Jesus asks us to.

### **Together let us pledge:**

'Be peaceful, inclusive, noble and kind.  
Be of one heart, be of one mind.  
All of God's children are born to live free;  
Stand up together for you and for me!'

### **Be Inclusive Reflections**

Build community

I am inclusive in my school when I...

I am inclusive in my home when I...

I am inclusive in my community when I...

We are one body in Christ. (Rom 12:5)

**Wednesday, November 20**

**Morning Announcement:**

**Be Noble:** Today we focus on being noble. Being noble ends bullying because if we are being noble, we are careful and respectful of each person's dignity and pride. Being noble means that we do not engage in gossip, cyberbullying or the spreading of rumours that could hurt someone else. If I am being noble it means that I recognize the greatness of all of God's children and that I treat others with the compassion that God treats us with. When I hear a story or rumour about someone else do I repeat it? Do I get involved in destroying the reputation of others or do I act in a noble way and refuse to participate in these activities?

**Listen to the words of Jesus in the Gospel of Matthew:**

"In everything do to others as you would have them do to you; for this is the law and the prophets." (Mt 7, 12)

Jesus tells us that when we treat each other with kindness, we are living by God's law. Let us ask Jesus to help us to live his law of love by treating one another as brothers and sisters, sons and daughters of God.

**Reflection Prayer**

Lord, help us to be noble in our daily thoughts, words and acts. Together let us pray the prayer of St. Francis and ask for help to be noble:

*Lord, make me an instrument of your peace.  
Where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
and where there is sadness, joy.*

*O Divine Master, grant that I may not so much seek  
to be consoled as to console;  
to be understood as to understand;  
to be loved as to love.  
For it is in giving that we receive;  
it is in pardoning that we are pardoned;  
and it is in dying that we are born to eternal life.  
Amen*

### **End of the Day Announcement:**

Today we focused on being noble. If we are noble, then we are living as St. Paul described to the Ephesians, "Be imitators of God, as beloved children." On Friday, we will wear pink to remind us of the joy that comes from being members of a community that treats everyone with compassion as Jesus asks us to.

### **Together let us pledge:**

'Be peaceful, inclusive, noble and kind.  
Be of one heart, be of one mind.  
All of God's children are born to live free;  
Stand up together for you and for me!'

### **Be Noble Reflections**

*Be a compassionate child of God*  
I practice being noble in my school when I...  
I practice being noble in my home when I...  
I practice being noble in my community when I...  
*Be imitators of God, as beloved children. (Eph 5:1)*

**Thursday, November 21**

**Morning Announcement:**

**Be Kind-**Today we focus on being kind. Being kind ends bullying because if I am being kind my actions and words are caring and gentle and others feel safe and secure. Being kind means that I am acting as one who loves others the way the God loves all of us. If I am being kind I am not mocking anyone, making fun of others, or teasing and taunting the people around me in a cruel way. Do I treat everyone I meet with kindness? Do my actions and words come from the love in my heart for others?

**Listen to the words of the Prophet Isaiah. Here God gives these words to Isaiah to say to Israel:**

“Do not fear, for I have redeemed you; I have called you by name, you are mine. ...you are precious in my sight and I love you.” (Is 43 1b, 4a)

God calls each of us by name to be with Him forever, because we are precious in His eyes. Let us ask God to help us use each other's names only in kindness.

**Reflection Prayer**

Lord, help us to be Kind in our daily thoughts, words and acts. Together let us pray the prayer of St. Francis and ask for help to be kind:

*Lord, make me an instrument of your peace.  
Where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
and where there is sadness, joy.*

*O Divine Master, grant that I may not so much seek  
to be consoled as to console;  
to be understood as to understand;  
to be loved as to love.  
For it is in giving that we receive;  
it is in pardoning that we are pardoned;  
and it is in dying that we are born to eternal life.  
Amen*

### **End of the Day Announcement:**

Today we focused on being kind. If we are kind, remembered the words of Jesus spoke in John's gospel, "Love one another as I have loved you." Tomorrow we will wear pink to celebrate the joy that we feel as members of a community that care for others in a kind and loving way as Jesus asks us to.

### **Together let us pledge:**

'Be peaceful, inclusive, noble and kind.  
Be of one heart, be of one mind.  
All of God's children are born to live free;  
Stand up together for you and for me!'

Don't forget to wear Pink tomorrow!

### **Be Kind**

*Love others as God loves them*

I practice being kind in my school when I...

I practice being kind in my home when I...

I practice being kind in my community when I...

*Love one another as I have loved you. (Jn 15:12)*

**Friday, November 22**

**Wear Pink For Peace and Prosperity**

Our week will culminate with a board-wide 'Wear Pink for Peace and Prosperity Day' on November 22nd. We would like to establish this day as one that reflects Renfrew County Catholic's beliefs and that unites all of our students and staff as one voice, supporting the dignity of all in our homes, schools and communities. During the day, students and staff will be asked to consider making a donation to CPAN and to wear their red anti-poverty bracelets as we connect the idea that as Catholics, we are called to be stewards of both the physical and spiritual needs of everyone around us.

"For the Christian it is not enough to work on ourselves. We are called to reach out as people who are peaceful, inclusive, noble and kind. We are called to share what God has given us. Let our light shine, with acts of kindness and acts of peace, not only in our schools, but in our homes and communities."

The prayer service that follows has been developed specifically for our week of 'Reverencing the Dignity of All'. Schools are asked to consider holding a prayer service and/or rally to mark "Wear Pink for Peace and Prosperity Day".



## Prayer Service for Bullying Awareness Week

### INTRODUCTION

Welcome to our prayer service for Bullying Awareness Week. We are here to celebrate the joy of being a community that comes together in the name of Jesus:

- a community that is **peaceful**, with the peace of Christ;
- a community that is **inclusive**, where everyone belongs;
- a community where we treat one another as a **noble** child of God;
- a community that strives to be **kind**.

Please join in our opening song:

(Sugg: *Prayer of St. Francis* CBWII No. 698; *Children of the Light* [Fr. Eugene O'Reilly]; *Open My Eyes, Lord* [Jesse Manibusan] Spirit & Song No. 196; *Blest are They* [David Haas] CBWIII No. 522; *You are the Voice* [David Haas] CBWIII No. 576)

### OPENING PRAYER

Let us begin our prayer with the sign of our faith: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Let us pray. Lord God, we thank you for making us a learning community of faith, united in the peace of Jesus, your Son. Open our hearts by the power of your Holy Spirit, that we might celebrate the gift of each other that comes from you. We make this prayer to you in the name of Jesus, the Lord. Amen.

And now, let us be attentive to God's word.

### READING

A reading from the Gospel of Matthew (Matt 5:14-16)

You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

The Gospel of the Lord,  
Praise be to you, Lord, Jesus Christ.

### REFLECTION

*Litany for Letting the Light of Christ Shine*

The response is: *We are the light of the world.*

(All: *We are the light of the world*)

When we work to build **peace**...

- *We are the light of the world*

By working for justice,

- *We are the light of the world*

By acting with love,

- *We are the light of the world*

When we work to be **inclusive**...

- *We are the light of the world*

By building a community where everyone belongs,

- *We are the light of the world*

By living as one body in Christ, where everyone is valued,

- *We are the light of the world*

When we show our **noble** nature...

- *We are the light of the world*

By being compassionate with one another,

- *We are the light of the world*

By living as God's children with reverence for one another,

- *We are the light of the world*

When we strive to be **kind**...

- *We are the light of the world*

By loving others as God loves them

- *We are the light of the world*

By loving one another as Jesus has loved us

- *We are the light of the world*

**SONG/CHANT:** Be Peaceful, Inclusive, Noble and Kind

Be peaceful, inclusive, noble and kind.

Be of one heart, be of one mind.

All of God's children are born to live free;

Stand up together for you and for me.

**OPTIONAL:** Student Presentation or AV Resource for Bullying Awareness Week

E.g., - Slide show of students involved in peaceful, inclusive, noble or kind activities

- Presentation of artwork, colouring sheets related to the week

- Choir presentation or another song.

- Video clip

- Skit showing vignettes of peaceful, inclusive, noble, kind behaviour

### **PRAYER OF THE FAITHFUL**

Let us pray for the Church. That all who follow Jesus will come to live together in his joy and peace.

We pray to the Lord. *Lord, hear our prayer.*

Let us pray for the world. That people everywhere might discover true happiness living as an inclusive community of God's children.

We pray to the Lord. *Lord, hear our prayer.*



Let us pray for people who suffer because they are involved in bullying or fighting. That they might learn to be noble, by showing reverence for one another, and defending those who cannot defend themselves.

We pray to the Lord. *Lord, hear our prayer.*

Let us pray for ourselves. That we might stand up together and say “yes” to the kindness that flows from Jesus and out through our hearts.

We pray to the Lord. *Lord, hear our prayer.*

Let us pray that we might always say “no” to the things that hurt or keep others from feeling safe and at home in our school community.

We pray to the Lord. *Lord, hear our prayer.*

For the needs of our families and all our personal intentions....

We pray to the Lord. *Lord, hear our prayer.*

Let us now pray together the prayer of God’s children that Jesus taught us: *Our Father...*

#### **CLOSING PRAYER:**

We thank you, O God, for all the blessings you pour out on us through Jesus, your Son. We praise you for the masterpiece of love that each one of us is in your eyes. Help us to see each other as you see us. Help us to be peaceful, inclusive, noble and kind with one another, so that our school might be a safe and welcoming place where everyone feels they belong. We make this prayer to you in the name of Jesus, the Lord. Amen.

And may Almighty God bless us: Father, Son and Holy Spirit. Amen.

#### **CLOSING SONG**

Please join in our closing song...

(Sugg: *Prayer of St. Francis* CBWII No. 698; *Children of the Light* [Fr. Eugene O’Reilly]; *Open My Eyes, Lord* [Jesse Manibusan] Spirit & Song No. 196; *Blest are They* [David Haas] CBWIII No. 522; *You are the Voice* [David Haas] CBWIII No. 576)



### ***Prayer of St. Francis***

*Lord, make me an instrument of your peace.  
Where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
and where there is sadness, joy.*

*O Divine Master, grant that I may not so much seek  
to be consoled as to console;  
to be understood as to understand;  
to be loved as to love.  
For it is in giving that we receive;  
it is in pardoning that we are pardoned;  
and it is in dying that we are born to eternal life.  
Amen*

### ***PINK Pledge***

*'Be peaceful, inclusive, noble and kind.  
Be of one heart, be of one mind.  
All of God's children are born to live free;  
Stand up together for you and for me!'*

# Be Peaceful, Inclusive, Noble and Kind

RCCDSB

Voice

Be peace-ful, in - clu-sive, be no - ble-and kind. Be of one heart,  
be of one mind. All of God's chil-dren are born to live free. Stand up to -  
ge - ther for you and for me! Stand up to - ge - ther for you and for me!

Song can be played through in key of C, repeated in key of D, and again in key of E.

# Be Peaceful

***Work for justice and love.***

I help build peace in my school when I...

I help build peace in my home when I...

I help build peace in my community when I...

***Blessed are the peacemakers, for they shall be called children of God.***  
(Matthew 5:9)

Name: \_\_\_\_\_

# Be Inclusive

## ***Build Community***

I am inclusive in my school when I...

I am inclusive in my home when I...

I am inclusive in my community when I...

***We are one body in Christ.***

(Romans 12:5)

Name: \_\_\_\_\_

# Be Noble

***Be a compassionate child of God***

I practice being noble in my school when I...

I practice being noble in my home when I...

I practice being noble in my community when I...

***Be imitators of God, as beloved children.***

(Ephesians 5:1)

Name: \_\_\_\_\_

# Be Kind

***Love others as God loves them.***

I practice being kind in my school when I...

I practice being kind in my home when I...

I practice being kind in my community when I...

***Love one another as I have loved you.***

(John 15:12)

Name: \_\_\_\_\_

