

School News from the Catholic District School Board of Eastern Ontario

School: St. Finnan's, Alexandria
Date: November 16, 2007
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Anti-Bullying Week Kicks off in Alexandria with the Power of One

Alexandria, ON – Students at St. Finnan's Catholic School in Alexandria kicked off Anti-Bullying Week a little early by hosting the anti-bullying show, *The Power of One* on November 15, 2007.

The show, put on by Krista Marchand and Nick Smith, teaches kids how to break the bullying cycle by breaking the silence.

The show discusses the roles of the bully, the target and the bystander, and teaches kids what they can do to prevent bullying to make their school and community safer for all. The show accomplishes this with a series of skits that demonstrate different types of bullying and their effects on everyone involved.

Audience volunteers are also included in the performance as different types of bystanders. The show concludes with the meaning of *The Power of One* being revealed. "The message is that each individual has the power to stop bullying," said Mr. Smith. "Each and every one of us is responsible to tell a teacher or another adult if we are bullied or see someone being bullied. That is the true power we each have - *The Power of One*."

The Power of One is a national production put on by Sorenbrick Productions that has been performed in hundreds of schools across Canada.

St. Finnan's Principal Sylvie Bedard said she believes the children got the message. "The kids were very active in the performance, cheering and laughing, but also listening to the message being delivered. We are so happy to have *The Power of One* visit our school to solidify the message that we are teaching our students through our Gospel values."

At the end of the performance the school was presented with *The Power of One Anti-Bullying Oath* which will be signed by every student in the school. It states "I will not bully others. I will not stand by while others are bullied. I will report bullying whenever I see it because I have *The Power of One!*" Once the poster is signed, it will be hung in the school as a reminder to the students' commitment to keep St. Finnan's a bully-free environment.

For more information, please contact CDSBEO Communications Officer Bob Perreault at 613-258-7757 ext. 206 or 613-859-0678 (mobile).

The Catholic District School Board of Eastern Ontario operates 40 elementary and 10 secondary schools across 8 counties. The CDSBEO offers excellence in Catholic education through provincial-leading programs to approximately 15,000 students.

Attached Photo: St Finnan's Anti-Bullying – The Power of One's Krista Marchand and Nick Smith and St. Finnan's Catholic School students Kyre Lobb, Shae-Lynn DiCaire and Damian Lacombe show off The Power of One Anti-Bullying Oath presented to the school

