Issue #3 Term 2, 2025

MAHA BODHI SCHOOL Well-Being Watch

Together We Rise: Creating a Bully-Free School Community Where Everyone Belongs."

At Maha Bodhi School, we are committed to nurturing a culture of kindness, respect, and well-being for every pupil. We celebrated Well-Being (Bully Free) Week 2025 with meaningful activities designed to strengthen friendships and build a caring community.

Theme for Bully-Free Week

"Tease Me Not"

"Tease Me Not" - Standing Strong Against Bullying, Together

Wonder what our Peer Support Leaders had planned?

Check out our 6 fun-filled activities!

Find out more in our newsletter attachment!

Issue #3
Term 2,
April 2025

MAHA BODHI SCHOOL

Well-Being Watch

ASSEMBLY PROGRAMME

Do you know the difference between teasing and bullying?

Did You Know?

APRIL IS *STRESS AWARENESS MONTH* IN SOME PARTS OF THE WORLD!

Well-Being Week (Bully Free), anchored on the theme "Tease Me Not", encouraged all of us to reflect on the impact of our words and actions. While teasing is often playful, bullying involves repeated behavior with the intention to hurt, humiliate, or exclude someone.

To kick off the week, the school assembly programme set the stage for deeper reflection. Students were guided to differentiate between teasing and bullying and encouraged to carefully consider the impact of their words on others.

Through this assembly programme, students learnt that everyone has the power to contribute to a school environment that is safe, supportive, and inclusive for all.

Thinking Point:

Knowing the difference between teasing and bullying, how can pupils behave more responsibly?

Issue #3
Term 2,
April 2025

MAHA BODHI SCHOOL
Well-Being Watch

Beyond the assembly programme, booth activities were planned to promote a bully-free environment.

Booth Activity 1

Fish Out the Bullies!

Game objective:
Think like a hero: be respectful, kind, and take positive action!

Through a board game, pupils "fished out" examples of bullying behaviours and explained how they would prevent them from happening.

Booth Activity 2

Hurtful Behaviours: I Spot You!

Game Objective: When we spot hurtful actions, we stand up, speak up, and make a positive difference!

Pupils used beanbags to knock down bottles labelled with different hurtful behaviours. The game symbolised pupils' commitment to recognising, confronting and breaking the cycle of unkind words and actions.

MAHA BODHI SCHOOL
Well-Being Watch

Issue #3
Term 2,
April 2025

Booth Activity 3

Obstacle Challenge: Choose the Right Path

Game Objective: Learn to make the right choices when faced with challenges!

Pupils tackled an obstacle course. At each challenge point, they explained how they handled the situation before moving forward – pupils conquered all challenges to complete the obstacle course!

Booth Activity 4

Throw Me a Raft!

Pupils tossed rubber quoits onto cones marked with the acronym C.H.E.E.R. – a reminder of the steps they should take when supporting a friend in need.

C.H.E.E.R. stands for:

- **C**alm them down
- **H**ear them out
- **E**mpathise and lend a listening ear
- **E**ncourage help-seeking
- **R**efer to a trusted adult

MAHA BODHI SCHOOL
Well-Being Watch

Issue #3
Term 2,
April 2025

Booth Activity 5

Bully-Free Zone: The Upstander Pledge

Pupils had taken the Upstander Pledge—now it's their time to act! When pupils see bullying, they'll step up, speak out, and be the change as upstanders! ⭐

The pledge was recorded on video or through photos, capturing pupils' commitment to creating a bully-free environment.

BULLY-FREE ZONE

Booth Activity 6

Kindness Chatterboxes

Pupils created their own Kindness Chatterbox to spread positivity!
A kind word or action each day makes everyone's mood better than okay! ⭐