



BULLYING - OUR POINT OF VIEW

Bullying is a serious issue that affects people of all ages. It involves using power to harm or intimidate others repeatedly. This can happen through physical violence, verbal abuse, exclusion, or online bullying.

The consequences are severe, leading to mental and emotional harm, low self-esteem, and even physical injuries. To address bullying, we must raise awareness, promote empathy, and implement effective measures to create a safe and inclusive environment for everyone.



As a spectator, I witnessed the distressing effects of bullying on a young teenager. They faced relentless teasing, insults, and social exclusion from a group of peers. It was heartbreaking to see the toll it took on their self-esteem. Fortunately, compassionate friends and supportive adults offered comfort and guidance.

Witnessing their resilience and eventual escape from bullying reinforced the importance of standing up, offering support, and fostering a culture of kindness. Together, we can create a safer, more inclusive environment.





HOW DO YOU DEAL WITH STRESS? 1/2

The school year is about to end and the summer holiday is getting closer, yet, this is the season when most of the students are stressed out and it is mainly connected to the end-of-the-school-year exams.

We asked our students how they feel and about their tips on how to deal with stress. Check up on their ideas!



As the end of the school year approaches, managing stress becomes a top priority. I have developed a routine that helps me navigate this challenging period.

Firstly, I create a detailed schedule, breaking down tasks into smaller, manageable chunks. This helps me to stay organized and focused. Taking short breaks between study sessions allows me to recharge and prevent burnout.

Also, engaging in physical activity, such as going for a walk or practising yoga, helps me release tension. I also make sure to prioritize self-care by getting enough sleep, eating nourishing meals, and spending time doing activities I enjoy.

Lastly, I remind myself to maintain a positive mindset and celebrate my accomplishments along the way. By implementing these strategies, I can effectively deal with stress during the end of the school year.

Jacob, 2.B



HOW DO YOU DEAL WITH STRESS? 2/2

To be honest, I just do not care too much about school. I care only when I know, that for example, I have bad grades, so I start doing something with it.

But when I am stressed, I go to a gym or spend time with some friends.

Actually, I think people are always stressed from something that is happening to them and are scared or worried because they do not know what to expect.

So, when I go to the gym or out with my friends, I am relaxed but the minute I come to school I get that feeling that I am going to get bad grades again and I am stressed again.

Felix, 2.B



Considering the outdated school system from 1869, it is not surprising that many students are stressed because of school, a lot should change in education so that schools entertain students more than now because then students lack motivation and stress builds up.

I deal with stress, for example, by spending time with those who are closest to me, or I also like to work out in the gym, cook my favourite food, or sleep it off.

Overall, it is important not to stress about things that are not worth much, not only with school but simply in general, not to worry too much about everything and simply leave some things and problems to fate.

Jon, 2.B