



The HUSKIE HERALD

A weekly newsletter to help keep you entertained and healthy while self-isolating



#Pinkshirtday

Anti-bullying matters to me because I believe all the people in the world are unique and we make a life by what we give to others. - VW

Antibullying matters to me cause who is being bullied feels afraid and uncomfortable. -AN

Being bullied isn't just a day or two things. It lasts with you for a long time and in a way, it shapes you as a person. An environment without bullying promotes the healthy expression of individuality and innovative ideas. -AS

Anti-bullying matters to me because no one should have the right to humiliate others or take opportunities from them. -PK

Bullying serves no purpose it makes you look bad and people dislike you and makes everyone around you miserable. - MM

I had worn my pink shirt and did my pink experiment to prove that I respect anti bullying. I am against violence and bullying because I believe we were born to live and love not to bother others. -OM

what is pink shirt day?

Pink shirt day started in Nova Scotia, after a high school boy was bullied for wearing pink. Two other teen boys saw this, went out and bought a bunch of pink shirts, and messaged people to tell them about their plan. The next day, the two boys brought all the pink shirts to school and gave them out to all the other boys at school to wear as an act of support to the bullied student and an act of defiance to his bullies. The bullies were not heard from again after this day. Pink shirt day raises awareness of bullying and by wearing a pink shirt on Pink Shirt Day, you can take a stand against bullying.

As a person who faced several bullies during my school because of being overweight and nerdy, I know that bullying severely affects the bullied person's self-confidence, and it might take several years to realize that those bullies were not reflecting the truth. Therefore, anti-bullying matters to me, and I try to point out people's positive characteristics when someone starts to bully them. Additionally, I think most people realize that bullying is wrong after being mature. After that, instead of assuming that the past is past and you cannot correct your past behaviour, apologizing is the better option to admit to the wrong behaviour and try to make things right. -MM

Anti-bullying matters to me because this behaviour is annoying not only for the people around us but also for ourselves. Instead of this negative behaviour, we can use our abilities to help each other, because, in my opinion, nothing is more enjoyable than helping others. -MMA

I think everyone deserves a chance at life and shouldn't get picked on no matter what. -TI

Anti-Bullying matters to me because I want everybody to feel comfortable and confident in their lives! - MF

I have never been bullied in my life but I can sense the feeling after being bullied. I hope this movement bring an end to bullying. -AJ

We all have the freedom to live in a peaceful and respectful environment. Someone's misbehavior can make others uncomfortable and could have a long-term impact on mental health. So, anti-bullying matters to me. -SS

Antibullying matters for me because respect is the essence of every functional society. -JCC

Thank you to these awesome members of our Residence Pack for wearing your shirts this year and submitting these quotes



THE PRINCESS SHOP

The Princess Shop creates an enhanced graduation experience for female-identified students in need, and provides them with mentorship, support, and the tools to pursue success after graduation. Young women graduating from high school and other recognized education graduation programs are provided with a graduation dress, accessories, and services donated by our community. Visit <http://www.theprincessshop.ca>



DRESS FOR SUCCESS

The mission of Dress for Success is to empower women to achieve economic independence by providing a network of support, professional attire and the development tools to help women thrive in work and in life. Learn more about this organization and how to contribute at: <https://saskatoon.dressforsuccess.org/get-involved/donate/>



The Lighthouse Supported Living provides emergency shelter, supported living, and affordable housing to those in need in Saskatoon. You can donate food, money, items, or your time to The Lighthouse. Visit their website to learn more at <https://www.lighthousesaskatoon.org>



At the Inn, people access breakfast, lunch, a family worker, as well as information on topics ranging from health to the law. We offer programs such as a weekly cribbage tournament, tutoring for kids, and parenting classes. The Friendship Inn serves between 200-350 meals each day at breakfast; and between 400 and 700 meals for lunch. Learn more at <https://friendshipinn.ca>

Charities in Saskatoon



SASKATOON FOOD BANK & LEARNING CENTRE

The Saskatoon Food Bank & Learning Centre is committed to ensuring a food secure community wherein all people have access to safe, affordable, and nutritious food. The programs and strategic partnerships aim to address the underlying issues contributing to hunger and poverty. Check out <https://saskatoonfoodbank.org>



Is your apartment filling up with empty cans and bottles? If so - consider donating your recycling to the 5 Days for the Homeless charity! All funds raised will go towards helping youth in need who are experiencing homelessness in Saskatoon. Donating is easy - simply take your rinsed and bagged recycling to a Sarcan Drop n' Go location and tag your recycling as Change for Youth.

Ready Reads

Neverwhere
by Neil Gaiman

The Power of Kindness
with Raegan Hill

https://www.ted.com/talks/raegan_hill_the_power_of_kindness/up-next

Shameless Showtime

Canine Intervention
On Netflix

Manitoba Merv predicted an early spring on this year's Groundhog Day

Thoughtful Thinking

Fact of the week