

N.E.R.D.S.



Newly Empowered Really *Dope* Students

Have you ever been bullied, felt lonely, been called names like nerd or even considered yourself a NERD?? Well Bancroft has a club for you!!!

When: Online (anytime)
Where: Schoology (See group code below to join!)
Why: To create, confident, courageous, cool students!!
Open to: Everyone!!

Topics/Activities:

- **Developing Resilience**
- **Developing a positive mindset (optimism)**
- **Ways to deal with bullies**
- **Understanding the Art of a Good "Comeback"**
- **Motivational speakers; "Ted Talks" for teens**
- **Watch inspirational movies with characters/situations that reflect resilience.**

Join online and learn why it's cool to be a N.E.R.D!!

Sponsor: Ms. Lawrence

N.E.R.D.S. Online Group Norms:

- ✓ Post comments/questions that are respectful, helpful and positive. Know that it takes great courage for a person to share their thoughts so be kind.
- ✓ You may disagree with others but do not attack or be rude.
- ✓ I (Ms. Lawrence) am here to help. Everything you say will be kept here within the online group discussions, **unless** you share something that means you or another student is being harmed, or is in danger of being harmed. **Then I am required to report it.**
- ✓ Be mindful that our group is open to everyone here at Bancroft (including the faculty and staff). So far we only have 44 members which consist of mostly students and 2 teachers (myself and Ms. Salazar) but know that other staff may join in as well. Hope that's okay with everyone!

--Ms. Lawrence

