



Health and Wellness Tip of the Week

Week 43 – October 21, 2019

Preventing Bullying

There are many efforts parents, teachers and caregivers can use to help stop bullying. One of those is to keep the lines of communication open. Check in with your kids and ask about their day at school. It is important to know who their friends are and sense when they have concerns about something that may be going on at school.

Source: Stopbullying.gov

City of Mission

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Our mission is to promote health awareness and encourage healthy lifestyles.

www.missiontexas.us

