

NOV, 2025



Madinaty Integrated  
Language Schools



MONTHLY HIGHLIGHTS  
VOL 3

# NEWSLETTER

## This Month's Theme: Anti-bullying

Dear Parents,

At MILS, we have chosen "Anti-Bullying" as our theme for this month to raise awareness about the importance of creating a safe, respectful, and supportive environment for all our students. Our goal is to help children understand kindness, recognize bullying behaviors, and learn how to respond safely and confidently.

"Click here to read the Safeguarding Policy:

<https://www.mils-egypt.com/For-Parents/Safeguarding-2025>



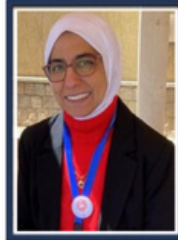
### MILS' Safeguarding Team



Mrs. Maha ElKhamissy  
School Principal  
Allegations Manager



Mrs. Mona Soliman  
Primary Stage HOS  
Deputy Allegations Manager



Mrs. Faten Massoud  
STEAM & Innovation Lead



Mrs. Enas Abdullah  
Deputy Head of  
KG Stage

Deputy Designated  
Safeguarding Lead  
(DDSL)



Mrs. Marwa Mousa  
Deputy Head of  
Primary Stage

Deputy Designated  
Safeguarding Lead  
(DDSL)



Mrs. Assmaa Hamad  
Deputy Head of  
Preparatory Stage

Deputy Designated  
Safeguarding Lead  
(DDSL)



Ms. Essraa Alaa  
Deputy Head of  
Secondary Stage

Deputy Designated  
Safeguarding Lead  
(DDSL)



### French School



Mme. Nabla Mostafa  
Head of French School

Deputy Designated  
Safeguarding Lead  
(DDSL)



### ♥ Our Message to Parents

Together, we can ensure that every child at MILS feels safe, valued, and respected. Your support at home plays a major role in helping students build confidence, empathy, and resilience.

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## Highlights from Student Activities

Here are some photos showcasing students participating in activities that promote kindness, respect, and awareness about anti-bullying.



## What Students Learned This Month

### What Is Bullying?

- Understanding the difference between conflict and bullying
- Types of bullying: physical, verbal, social, and cyberbullying
- Recognizing signs of bullying in themselves or others

### How to Act with Kindness

- Using kind words
- Including others
- Supporting classmates

### How to Respond if They See or Experience Bullying

- Speak up safely
- Tell a trusted adult
- Report to school counselor
- Avoid staying silent

## Recommended Videos and Resources

-  English Videos:
- What is Bullying? (Kids Friendly):

<https://www.youtube.com/watch?v=bZtpHPxB7io>

How to Stop Bullying – Childline:

## Arabic Videos:

ما هو التنمر؟ – فيديو للأطفال:

- <https://youtu.be/H8AHyT4oaTM>

كيفية التعامل مع التنمر – يونسف:

<https://https://youtu.be/asTti6y39xl?t=3>

1.

## Helpful Resources for Parents

StopBullying.gov (Parent Guides)

<https://www.stopbullying.gov>

UNICEF – Protecting Children from Bullying

[https://www.unicef.org/egypt/ar/bullying?](https://www.unicef.org/egypt/ar/bullying?utm_source=chatgpt.com)

[utm\\_source=chatgpt.com](https://www.unicef.org/egypt/ar/bullying?utm_source=chatgpt.com)

Internet Matters – Cyberbullying Tips

<https://www.internetmatters.org/issues/cyberbullying>



What children need to know about

# ONLINE BULLYING

## What is online bullying?

ONLINE BULLYING – ALSO KNOWN AS CYBERBULLYING – IS BULLYING THAT TAKES PLACE ON THE INTERNET OR VIA ELECTRONIC DEVICES AND MOBILE PHONES. IT CAN INCLUDE:

1. SENDING SOMEONE MEAN OR THREATENING EMAILS, DIRECT MESSAGES OR TEXT MESSAGES
2. HACKING INTO SOMEONE'S ONLINE ACCOUNT
3. BEING RUDE OR MEAN TO SOMEONE WHEN PLAYING ONLINE GAMES
4. POSTING PRIVATE OR EMBARRASSING PHOTOS ONLINE OR SENDING THEM TO OTHERS
5. CREATING FAKE SOCIAL MEDIA ACCOUNTS THAT MOCK SOMEONE OR TRICK THEM
6. EXCLUDING SOMEONE FROM AN ONLINE CONVERSATION OR BLOCKING THEM FOR NO REASON

## BE KIND ONLINE

BEFORE PRESSING 'SEND' ON COMMENTS, ASK YOURSELF THESE 3 QUESTIONS...

1. WHY AM I POSTING THIS?
2. WOULD I SAY THIS IN REAL LIFE?
3. HOW WOULD I FEEL IF SOMEBODY SAID THIS TO ME?



National  
Online  
Safety

#WakeUpWednesday



## Why does it happen?

GOING ONLINE MAKES IT EASIER FOR PEOPLE TO SAY AND DO THINGS THEY PROBABLY WOULDN'T DO FACE TO FACE. ONLINE BULLIES DON'T GET TO SEE THEIR VICTIMS' REACTIONS IN REAL LIFE, SO THIS CAN COOON THEM FROM THE REAL DAMAGE THAT THEY ARE DOING. QUITE OFTEN, PEOPLE BULLY BECAUSE THEY ARE GOING THROUGH SOMETHING DIFFICULT THEMSELVES AND TAKING IT OUT ON OTHERS IS THE ONLY WAY THEY KNOW HOW TO GET CONTROL OF THEIR OWN EMOTIONS.

## How does it feel to be bullied?

BEING BULLIED CAN IMPACT ON YOUR SELF-ESTEEM, CONFIDENCE AND SOCIAL SKILLS. BECAUSE IT HAPPENS ON YOUR PHONE, TABLET OR COMPUTER, IT CAN FEEL LIKE YOU ARE UNDER THREAT EVEN WHEN YOU'RE IN A SAFE ENVIRONMENT, SUCH AS YOUR BEDROOM. DON'T FORGET...IT IS NOT YOUR FAULT IF YOU'RE BEING BULLIED.



## Am I an online bully?

SOMETIMES IT ISN'T OBVIOUS THAT WHAT YOU ARE DOING IS WRONG, BUT IF YOU USE DIGITAL TECHNOLOGY TO UPSET, ANGER OR EMBARRASS SOMEONE ON PURPOSE, THIS MEANS YOU'RE INVOLVED IN ONLINE BULLYING. IT MIGHT BE AS SIMPLE AS 'LIKING' A MEAN POST, LAUGHING AT AN ONLINE VIDEO, OR SPREADING A RUMOUR. BUT THE PERSON BEING BULLIED COULD FEEL LIKE THEY ARE BEING GANGED UP ON. THINK ABOUT HOW IT WOULD MAKE YOU FEEL IF IT HAPPENED TO YOU. EVERYONE CAN MAKE MISTAKES, BUT IT'S IMPORTANT TO LEARN FROM THEM – GO BACK AND DELETE ANY UPSETTING OR NASTY POSTS, TWEETS OR COMMENTS YOU'VE WRITTEN.

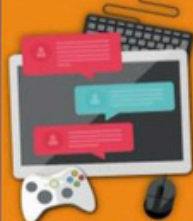
## Who do I tell?

YOU DON'T HAVE TO DEAL WITH THE BULLYING ON YOUR OWN. TALK TO AN ADULT THAT YOU TRUST – A PARENT, GUARDIAN, OR TEACHER. MOST WEBSITES, SOCIAL MEDIA WEBSITES AND ONLINE GAMES OR MOBILE APPS LET YOU REPORT AND BLOCK PEOPLE WHO ARE BOTHERING YOU. YOU COULD ALSO CONTACT CHILDLINE (WWW.CHILDLINE.ORG.UK), WHERE A TRAINED COUNSELLOR WILL LISTEN TO ANYTHING THAT'S WORRYING YOU – YOU DON'T EVEN HAVE TO GIVE YOUR NAME.



## How do I prove it?

WHEN CYBERBULLYING HAPPENS, IT IS IMPORTANT TO DOCUMENT AND REPORT THE BEHAVIOUR, SO IT CAN BE ADDRESSED – RECORD THE DATES AND TIMES WHEN CYBERBULLYING HAS OCCURRED, AND SAVE AND PRINT SCREENSHOTS, EMAILS, AND TEXT MESSAGES.



## How can I stay safe?

MAKE SURE YOUR PRIVACY SETTINGS ARE SET SO THAT ONLY PEOPLE YOU KNOW AND TRUST CAN SEE WHAT YOU POST. NEVER GIVE OUT PERSONAL INFORMATION ONLINE, SUCH AS IN PUBLIC PROFILES, CHAT ROOMS OR BLOGS, AND AVOID FURTHER COMMUNICATION WITH THOSE SENDING THE MESSAGES. KEEP AWARE OF FAKE PROFILES AND INTERNET USERS PRETENDING TO BE SOMEONE THAT THEY ARE NOT.

