



**ST. CLAIR CATHOLIC
DISTRICT SCHOOL BOARD**

Lighting the Way ~ Rejoicing in Our Journey

Q-Mack Brings Anti-Bullying Message to Students at St. Anne Catholic School, Blenheim

In recognition of Bullying Awareness and Prevention Week in Ontario, students across the St. Clair Catholic District School Board participated in a variety of school events – from signing school-wide pledges to wearing pink to anti-bullying presentations from a variety of experts.

At St. Anne Catholic School in Blenheim, Q-Mack, Canada's only professional basketball freestyler, and J-Box, Canada's award-winning beat boxer, brought their message about respect and saying 'no' to bullying to a school assembly. Q-Mack has performed his dazzling display of basketball tricks and brought his "dare to be different" message to students at more than 3,000 schools in Canada.

Q-Mack and J-Box focus their show on making students aware of various forms of bullying, such as physical, verbal, and cyber-bullying. They demonstrate how insults and exclusion can bring down our confidence levels, and then offer a solution.

When we're good at something – that boosts our confidence level. Q-Mack and J-Box are experts in basketball and beat boxing; but students can also work hard at reading, writing, math, language, music, the arts, fitness. Anybody can be really good at anything!

Q-Mack's message is "never give up" and always work hard to achieve your dreams! Students are also encouraged to *Increase the Peace* by taking a clear stand against bullying; and not just standing by.

Q-Mack is also the author of the book *Dare to Be Different*, which was published in 2003.

In the photo above, students of St. Anne Catholic School pose with Q-Mack and J-Box, following their presentation in the school gym.