

February 4, 2025

Dawtmi siangngakchia le nulepa/zohkhenhtu hna,

**A konglam: February 6, Cawn Nilini ah Nekngaih Dohnak Kong Cawnnak**

Na fa cu February 6, Cawn Nilini ah Backflip Against Bullying Incursion ah aa tel lai ti thawng kan in thanh.

- **Year 7 Students – Period 2**
- **Year 8 Students – Period 3**

Nekngaihna Dohnak (Backflip Against Bullying) program cu siangngakchia hna caah intuarhawhna le ttha tein nekngaih doh khawhna ah a herhmi thiamna pek awkah a sunglawi tukmi timhtuahnak prokarem a si. Hi kan prokarem nih aa timhmi cu, colcanghna phun phun le biaruhnak hna hmangin, siangngakchia hna cu a hersatna zatlang nun dirhmun chung an um tika colcang thiamna ding caah a herhmi hngalhnak le he thazaang pek ding hi asi.

Nekngaihna nih ngakchia an thinlung-taksa-zatlangnun ngamdanna le sianginn kainak ah hnahnawhna a ngan pi pek khawh mi asi. Hi prokarem ah i telna thawngin, na fa nih inntuar khawhna, fek tein dir khawhna le pehtlainna ttha ngeih khawhna ding caah aherhmi timhtuahnak hna cu a cawng lai. Hi thiamna hna hi bawmhanna le upatna a ngeimi sianginn pawngkam sernak ding caah a biapi tukmi an si.

Nekngaihna tawlna caah athatna lei kalpi mi lam in tuahsanna hi sianginn nunphung ttha thanchoterna ah a biapi tukmi a si tiah kan zumh. Nekngaihna Dohnak Prokarem cu kan siangin i biakanna pakhat asi mi siangngakchia vialte caah a himmi le a cawmkenmi cawnnak pawngkam pek ding timi he aatla mi thil asi.

Na fa i telna kong he pehtlai in biahalna le lungretheihna na ngeih ahcun zalong tein pehtlai khawh kan si. Kan siangngakchia hna nih hnahnawhna doh khawhna ding caah a herhmi thiamna an ngeih khawhna hnga le lungrua tein sianginn zatlang nun ah bawmhna an pek khawhna hnga na bawmhna cungah kan i lawm.

Hi hmuhtonna thawngin kumkhat chung sianginn kai nak lawng asi loin chungkhar chung biaruhnak zongah thazaang peknak le bawmhna in nan pehzulh piak ding in ruahchanna kan ngei.

Theihthiamna le nan kan bawmhanna cungah kan i lawm.

Upatna he,

Mr L. Tobin

Wellbeing for learning Leader