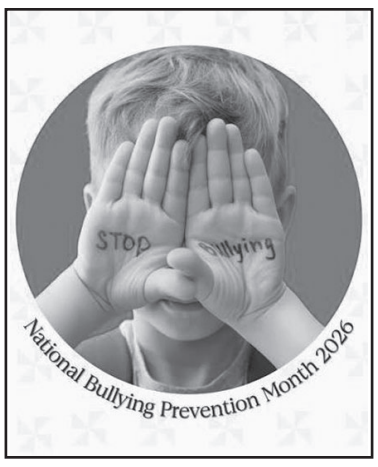
October 2026: Turning Bullying Awareness into Action Building safer, kinder, and more inclusive communities

Each October, National Bullying Prevention Month brings students, families, educators, and community members together to raise awareness and prevent bullying. The observance is more than a campaign: it is an invitation to create environments where every young person feels safe, respected, and included.

Bullying can happen in classrooms, hallways, neighborhoods, activities, group chats, social media, and online games. It may be physical, verbal, social, or digital. Although conflicts and unkind moments should be addressed, bullying is distinguished by aggressive behavior involving a real or perceived power imbalance and repetition—or the likelihood that the behavior will be repeated.



Why Awareness Matters

Bullying can affect a young person's sense of belonging, emotional well-being, attendance, concentration, and ability to learn. Its effects can also reach witnesses and the students engaging in the behavior. Prevention works best when adults respond promptly and consistently, expectations are clear, and young people know how to ask for help.

Awareness begins with listening. Warning signs may include sudden reluctance to attend school, unexplained injuries or missing belongings, changes in friendships, sleep or mood, declining academic performance, or distress after using a device. These signs do not prove bullying is occurring, but they should prompt a calm, private, and supportive conversation.

Studies from Yale University and other institutions indicate that **students who are bullied are 2 to 9 times more likely to consider or attempt suicide than students who are not bullied.**

From Bystander to Upstander

Young people who witness bullying can make a meaningful difference without placing themselves in danger. An upstander may interrupt safely, invite the targeted person to leave with them, refuse to participate or share harmful content, document and report cyberbullying, and check in afterward. The goal is not confrontation; it is to reduce harm and connect the people involved with trusted support.

What Each of Us Can Do

Students

- Tell a trusted adult when bullying happens to you or someone else.
- Save evidence of cyberbullying, block harmful accounts, and use platform reporting tools.
- Include peers who are isolated and avoid liking, forwarding, or commenting on humiliating content.

Families and Caregivers

- Listen without blame, thank the child for speaking up, and ask what would help them feel safe.
- Keep a factual record of incidents and work with the school or program on a response plan.
- Model respectful communication and establish clear expectations for digital behavior.

Schools and Youth Organizations

- Teach and enforce clear, consistent rules for in-person and online conduct.
- Provide accessible reporting channels, protect privacy, and follow up with everyone involved.
- Build belonging through student leadership, peer mentoring, inclusive activities, and staff training.

Communities

- Partner with schools, libraries, sports programs, and local organizations to share prevention resources.
- Promote kindness, acceptance, inclusion, and digital citizenship throughout the year.
- Ensure young people know where to find trusted adults and mental-health support.

Unity Day 2026

On Wednesday, October 21, 2026, Unity Day offers a visible way to stand together against bullying. Wearing and sharing orange communicates a simple message: every child deserves kindness, acceptance, inclusion, and safety. Schools and communities can also create unity chains, host student-led discussions, display pledges, or organize service projects that strengthen connection.

A Commitment Beyond October

Bullying prevention cannot end when the calendar turns to November. Lasting change grows from daily choices: speaking respectfully, responding consistently, welcoming difference, and seeking help when harm occurs. During October 2026, let awareness become action—and let that action become a year-round culture in which everyone belongs.

If someone is in immediate danger, contact emergency services. Otherwise, report the situation to a trusted adult, school leader, program administrator, or appropriate online platform.

BREAKING: 49TH DISTRICT BOYS' BASKETBALL VOTES TO SEED TOURNAMENT

With the 13th Region Boys' and Girls' Basketball Tournaments moving to the new Super Region format, the 49th District met Monday morning to revisit its seed/draw format for the boys' district basketball tournament.

By a 3-2 vote, the district approved moving to a seeded tournament format under a two-year agreement.

Under the agreement, each district team will play every other district opponent once during the regular season, with those results determining seeding for the postseason district tournament.

The decision marks a change for the 49th District as teams prepare for the new Super Region postseason format.

2027 American Rally Association National Championship Coming to McKee

From a regional rally to the final round of the national championship.

The Boone Forest Rally will close out the 2027 American Rally Association National Championship November 11–13 in London and McKee, Kentucky!

This milestone belongs to the volunteers, communities, competitors, and partners who helped build it. Their work has brought a national spotlight to Eastern Kentucky's roads, hospitality, and passion for motorsports.

Mark the calendar. The road to the championship ends in Appalachia.

JC Cross Country End Season on a High Note

Jackson County finished the season on a high note at Monticello. 19 runners got a PR peaking at the last race of the season. Both girls and boys team placed 3rd. Congratulations to Tatum Truett (2nd), Samuel Bowling (4th), and Colton Berry (5th) for medaling. It has been a fun season.

10/17/16 Cave Lake Fall Classic Results
Monticello, KY

Middle School Girls 3K
19th - Frankie Todd 20:16 PR
K-3rd Girls 1 Mile
Team - 3rd Place
2nd - Tatum Truett 7:15 PR
12th -Kalli McQueen 8:25 PR
14th - Jayde Howard 8:32 PR
31st - Everleigh Coffey 9:34 PR
39th - Kami Todd 10:46 PR
4th-6th Girls 1 Mile
51st - Harper Todd 9:34
52nd - Kyrie Summers 9:35 PR
K-3rd Boys 1 Mile
Team - 5th
23rd - Eason Kirby 7:48
24th - Jax Spurlock 7:50
29th - Slone Bingham 7:58
70th - Josiah Shannon 9:39 PR
82nd - Creed McQueen 10:42 PR
4th-6th Boys 1 Mile
Team - 3rd
4th - Samuel Bowling 6:30
5th - Colton Berry 6:31
15th - Rhett Kirby 6:57
17th - Westin Rose 7:03 PR
20th - Easton Fowler 7:09 PR
25th - Montgomery Bingham 7:13 PR
33rd - Kade Coffey 7:26 PR
35th - Cason McQueen 7:31
45th - Maxon Ayers 7:50 PR
52nd - Grant Montgomery 8:00 PR
58th - Parker Boggs 8:22 PR
62nd - Aden Miles 8:44 PR
70th - Sawyer Coyle 9:12 PR
76th - Jeriko Abney 9:28 PR
78th - Asher Nichols 10:24





Classifieds

Jackson Valley Apartments is now accepting applications for 1 bdr, 2 bdr and 3 bdrm apartments. Rent is based on income. Garbage and water included. On Site laundry and playground area. Units available for immediate move in upon approval. Applications may be picked up at the office Monday, Tuesday, Thursday and Friday. Hours 9-12 and 1-4 Office closed on Wednesdays 1-606-287-7677 (TTY 1-800-648-6056 Hearing/Speech Impaired Only) Equal Housing Opportunity

FOR RENT

ACCEPTING APPLICATIONS FOR APARTMENTS
They are painted and clean.
NO application fee.
Fast, friendly service. Check with us. Your rent could be cheaper at the Housing Authority of McKee (Rocky Hill Heights Apts.)
Laundry on site, Two playgrounds and basketball court. Rent based on income. Call today.
(606) 287-8777
Housing Authority of McKee, Rocky Hill Heights, 1405 Roberts Ct., Ofc., McKee, Ky 40447
NOW TAKING APPLICATIONS
9 AM TO 1 PM MONDAY - FRIDAY

LEGAL

hereby given that Michael Angel, Executor for Brenda P. Robinson, deceased, has filed a final settlement with the Jackson County District Court. Any exceptions to same must be filed before the hearing date of 10/19/2026.
Case #: 25-P-00131

Notice is hereby given that Laura Bingham has been appointed Executrix of the estate of Alva Jean Fox by the Jackson County District Court. All persons having claims against the estate of Alva Jean Fox are requested to present same, verified according to law, to said Executrix within 6 months from 10/5/2026.
All persons indebted to said estate are notified to pay said indebtedness to the Executrix.
Case #: 26-P-00119

Notice is hereby given that James Wade Singleton has been appointed Administrator of the estate of Vickie Lynn McWhorter by the Jackson County District Court. All persons having claims against the estate of Vickie Lynn McWhorter are requested to present same, verified according to law to said Administrator within 6 months from 10/5/2026.
All persons indebted to said estate are notified to pay said indebtedness to the Administrator.
Attorney: Hon. Ross Murray
Case #: 26-P-00118

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