

LEP-EZE NEWSLETTER



The Promise Children | Les Enfants de la Promesse

What is bullying?

By Keilah Delille

Bullying is when someone harassed verbally or physically continuously. Bullying is not a good thing because it would hurt the victim's feelings and could make them think about themselves badly. If I was bullied I would stand up for myself and tell the teachers and my parents about it. If I saw someone getting bullied then I would tell a teacher about it and help the victim out of the situation. I would also stay close with that person so they wouldn't think negatively about themselves. I would also encourage that person to stay strong and courageous.

When I got Bullied

By Naomi Jean

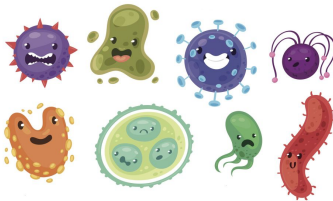
It all started on November 15. So we had a family tree project for school. It was my turn to present and I showed them my eyes when I was born. And a girl in my class made a big laugh and that's my story.

Talking

CORONAVIRUS

with Children

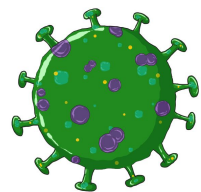
What is a Virus



A virus is a teeny tiny germ that you cannot see. They cannot do anything on their own, so they must live inside another creature. Virus can make you sick by entering your cells. It causes colds, chicken pox, flu and other diseases.

What is Coronavirus

Corona means Crown in latin. The virus looks like a spiky crown. It can also be called COVID-19. Older people and people who have other sickness can get very sick from it.



It makes people cough, feel tired, and have a fever. It can be like getting the flu.

How do you catch Coronavirus?

If a person who has the coronavirus sneezes or coughs, bad germs that are inside the body come outside the body. When the germs go in the air, it can travel up to 6 feet-that's further than most children height. That is why it is important to stand six feet apart from people that is not your family or live in your house. You don't want to breathe in air with bad germs. The germs might land on surfaces such as table, remote control, and live there for many days.



Bully make you sad

By Laura Delille

Bullying is when someone is doing something mean to you over and over again. Bullying is bad because of someone bullied you a lot of times, then you will get really sad. If I was bullied by someone, I wouldn't listen to them. If I saw someone getting bullied, I would tell somebody, like a teacher.



Bullying causes death

By Niela Jean

I am in 7th grade and over the years I have experienced bullying. I stand up to a bully and I see bullying like everyday at school, like at lunch, class time, and in the hallway. In my opinion I think bullying is the most worst thing to do to a person beside killing. Bullying has taken so many soul and it's proven that people who get bullied are likely to sit suicide or have depression. It's bad, don't do it.

How does it make people sick?

The virus enters human cell using doors like your nose, mouth, eyes. It also needs a special key to get into your cells, the spikes on its surface. Once inside the body, the virus makes many copies of itself. Those copies infect other cells making them not work properly.

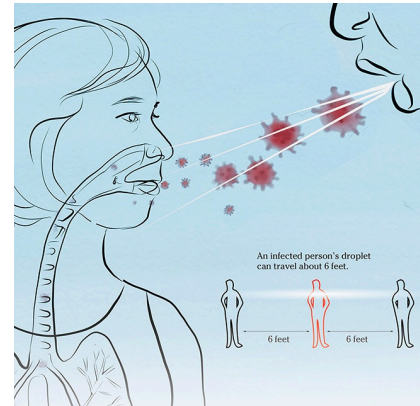


Illustration by Martha Hernandez

What can I do to help?

Wash your hands with soap and water for 20 seconds, singing happy birthday or ABCD.



Sneeze or cough into tissue or elbow.

Try to keep your hand out of your mouth, eyes, and nose.



Clean and disinfect your toys, game, and other surfaces

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I've been bullied

By Judelyne Neus

I think bullying should stop because it causes people to commit suicide. I've been bullied on the bus. This guy kept pushing me and said, "i'll knock your teeth out" and that's when I said stop.

Demolish Bullying

By Richard Romain

Bullying is something that will make you feel bad and you mostly get bullied at school. It is really annoying and it will be way more annoying if you are a boy and a girl is bullying you. One time they did that to me and I roasted them and all her friends were trying not to laugh. To conclude this we should come together and unite to demolish bullying.

Shout Out!

A BIG! Thank you to the church families who help organize the online service during this hard time, the Pastors, the media department, and the Worship Team. May God continue to bless and use you!

What is being done to keep us safe?

- ❖ Doctors and scientist are working hard to make a coronavirus vaccine, kind of like the shots we get at the doctor's office.
- ❖ School will close so they can clean it up to get rid of all the germs. You will complete school work at home
- ❖ Government officials ask us to cancel activities like sports, birth day parties. It may be hard to see your friends, but get creative. You can stay in touch online



Image credit: Shutterstock

Should I worry?

No need to worry, remember that God is in control. Adults are working really hard to keep kids safe. Even if kids get the virus they don't usually get very sick. But remember you have a special role to play to keep your mom, dad, grandma and grandpa safe, that means washing your hands and staying home.

Events!

All events are POSTPONED until further noticed.

April 2020							April
SUN	MON	TUE	WED	THU	FRI	SAT	
			1	2	3	4	12 Easter Sunday / dimanche Paques
5	6	7	8	9	10	11	15 Tax Day
12	13	14	15	16	17	18	19-24 Church Revival / Reveil de l'Eglise, LEP Fund Raising
19	20	21	22	23	24	25	26 Church Anniversary / Anniversaire de l'Eglise
26	27	28	29	30			

What to do while Social Distancing!

Watch the Sunday service online as a family

<http://ebenezerofwestbury.org>

In the middle of the page, click the link "Watch Live"



Stop Bullying

By Emmanuel Derosier

I am the Treasurer of The Promise Children. I think we should stop bullying because it causes major problems in kids lives and can lead to as far as death. Bullying is mainly a target to kids, and most of them end up depressed because of it. However, I think if bullying is not stop anytime soon, which is the topic, then many children will end up scared, injured, or maybe even dead.

Help someone

By Esther Delille

Bullying is when you are mean to someone, like you pick on them. You can insult them, for example you can say "You look ugly today.", or "Your clothes are stinky!". I think bullying is bad because you can hurt people's feelings. If I was bullied, then I could defend myself but not with fighting. I would use my words to make them not bullies. If I saw someone getting bullied, then I would be an up-stander and tell a teacher or help the person being bullied by telling the bully to stop.

On our Facebook page: [ebenezerofwestbury](https://www.facebook.com/ebenezerofwestbury)

YouTube at: <http://live.ebenezerofwestbury.org/>

You can also dial in (646)992-2010 Access Code: 623 346 350##

Break out the board games!

Scrabble, Monopoly, Candy Land, Chutes and Ladders

Learn a new recipe with your parents!

Ingredients

3 free-range eggs

1 tbsp milk

1 tsp butter

1 tomato, finely chopped

2 tbsp grated cheddar

1 tbsp finely chopped fresh parsley or 1 tsp dried parsley

2 thin slices good-quality ham

salt and pepper



How to build your immune system

Large handful of watercress

2 celery stalks

2 apples

1 inch fresh ginger, peeled

1 orange

Wash all produce well. Combine all into a juicer, Enjoy!

