



The week beginning 16th November is Anti-Bullying week and the children in school will be undertaking lots of different activities related to this very important issue, with the focus on friendships.

The theme for this year's Anti-Bullying Week is '**United Against Bullying**'.

This year, more than ever, we've witnessed the positive power that society can have when we come together to tackle a common challenge.

Anti-Bullying Week is no different. Bullying has a long-lasting effect on those who experience and witness it. But by channelling our collective power, through shared efforts and shared ambitions, we can reduce bullying together. From parents and carers, to teachers and politicians, to children and young people, we all have a part to play in coming together to make a difference.

We're all a piece in the puzzle, and together, we're united against bullying.

The theme 'United against Bullying' is aimed to support schools and other settings to help children and young people, school staff, parents and other professionals who work with children to understand:

- *the importance of working together to reduce instances of bullying.*
- *that together, we must look, listen and work together to notice bullying.*
- *we must tell a responsible adult whom we trust.*

We will be starting activities by coming to school wearing odd socks on Monday 16th November. Each class will have an assembly to introduce the theme and emphasise the importance of friendships and being united.

CBeebies star Andy Day and Anti-Bullying Alliance patron, along with his band 'Andy and the Odd Socks', are supporting Anti-Bullying Week again this year. They have written another amazing toe tapping song for Odd Socks Day 2020. It's called 'The Kids are United' and it encompasses why we do Odd Socks Day and this year's theme. <https://www.youtube.com/watch?v=c6hR6rTHFSk>

Odd Socks Day is designed to be fun! It's an opportunity for us all to express ourselves and celebrate individuality. There is no pressure on the children to wear the latest fashion or for parents to buy expensive costumes. All they have to do to take part is wear odd socks to school, it couldn't be simpler!

Throughout the week all classes will be working on friendship / anti-bullying issues and be completing work in various forms. For example, they may be:

- _ making posters to encourage friendships and asking for help
- _ role playing scenarios
- _ reinforcing the term respect and respecting others
- _ recognising and celebrating differences / individuality



- _ participating in circle time
- _ producing art work
- _ sharing the school's Child-Friendly Anti-Bullying Policy
- _ using P.S.H.E. to discuss different aspects of this year's theme
- _ reading / writing stories / poems
- _ baking cakes with blue icing (blue to show unity against bullying)
- _ making displays to promote friendships and positive attitudes

The week will end on Friday 20th November by inviting all members of the school community to come to school wearing blue to celebrate Blue Friday and show unity. **#WearBlue4Wellbeing.**

The following websites offer further information, help and support on this important issue.

<https://www.anti-bullyingalliance.org.uk/>

<https://anti-bullyingalliance.org.uk/anti-bullying-week/parents-and-carers>

<https://www.childline.org.uk/>

<https://www.nspcc.org.uk/services-and-resources/childline/>

<http://www.endbullying.org.uk/anti-bullying-week-2020/>



If you have any questions about the week, please speak to your child's teacher or member of SLT.

Kind regards,

Miss Hendry

(PSHE Lead)

What should I do if I'm being bullied?

Start Telling Other People

DO:

- Ask them to STOP, if you can.
- Use eye contact and tell them to go away.
- Ignore them and walk away.
- Act as though you don't care what they say or do.
- Be brave and TELL SOMEONE.
- Talk to a friend.
- Tell someone and get help straight away.
- Use the classroom 'Listen to Me' Box if you are too worried to speak openly about what is happening.
- Remember it is NOT your fault.

DONT:

- Get angry or fight back - try not to react.
- Hit them or try to get them back.
- Think it's your fault.
- Hide it.
- Think it's wrong to tell an adult.
- Do as the bully says.

Speak To Other People

What should I do if I see someone else being bullied?



BULLIES

- Tell an adult straight away. Don't stay silent or walk away because the bullying will keep happening.
- Tell the bully to STOP if it is safe to do so. However, don't get too involved as you might get hurt or could end up in trouble yourself.
- Comfort the person who has been a victim of bullying and tell them to speak to someone. Reassure them that it isn't their fault.

When is it bullying?

Several Times On Purpose




Child-Friendly Anti-Bullying Policy

Be a Buddy Not a Bully



Stonewall SCHOOL CHAMPION

We will all work together to S.T.O.P. bullying.



We want to make everyone feel safe and happy. Bullying can make people feel frightened and unhappy.

To deal with bullying, we will help everyone:

- To get on well together.
- Respect and understand each other.
- To understand that everyone has the right to be who they are.

Everyone at Holden Clough will work together to:

- Make our school a place where everyone can feel safe and happy. That means no bullying allowed.
- We will help everyone to get on with each other and we believe that everyone has the right to be who they are.

What is bullying?


In our school, a bully is someone who hurts someone more than once, by using words or behaviour which is meant to hurt, upset or frighten them.

- Emotional: Hurting people's feelings, leaving you out, being bossed about, telling lies about you, pressurising you to do something.
- Physical: Punching, kicking, spitting, hitting, pushing.
- Through a 3rd person: Sending a friend with horrid messages.
- Verbal: Being teased, name calling, rude comments.
- Racists: Saying nasty things about you because of the colour of your skin, your religious beliefs or your culture.
- Cyber: Saying unkind things by texts, e-mail or online messages or photographs.

Bullying is not:

- A 'fall out' with a friend.
- An accident.
- Something that happens only the one time.
- A one off physical act of aggression e.g. pushing someone.

Who can I tell when I need a Helping Hand?



We will always treat bullying seriously at Holden Clough so everyone feels safe.

We will talk to the bully and explain that they MUST stop being unkind to you. We will give out warnings or sanctions (punishments) and will talk to parents. Hopefully the bully will realise that he or she is being unkind and will show that they are able to behave more kindly towards others so that you can feel safe and happy in school. Your teacher will check with you that things have been ok.