



Dear Parents / Guardians

9th November 2018

Anti - Bullying Week: Commencing Monday 12th November 2018

We take all aspects of bullying very seriously and will be assisting Southampton City Council in their quest to promote Anti - Bullying Week - starting next week.

Schools are continually encouraged to consider how preventing and responding to bullying, harassment and discrimination, keeps children safe and supports cohesion. The Anti-bullying Alliance defines bullying as: **the repetitive, intentional hurting of one person or group by another person or group**, where the relationship involves an imbalance of power. It can happen face to face or through cyber space. This is how we, as a school, explain and define bullying to the children.



The focus for this year is: **'Choose Respect'**

The aims of this week are 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 definition of respect
- That bullying is a behaviour choice
- That we can respectfully disagree with each other i.e. we don't have to be best friends or always agree with each other but we do have to respect each other
- That we all need to choose to respect each other both face to face and online

We believe that together we can support our children in their understanding of bullying. We hope this week will help parents /carers and our school to work together to talk with children about bullying, difference and equality (UNICEF, Article 30)

Through this week we want to encourage all members of staff to celebrate what makes us 'all different, all equal' and celebrate difference and equality. Further strengthening our ethos to allow for individual and collective action to prevent bullying, creating safe environments where children can be themselves (UNICEF, Article 3 & 23)

We hope the school's and wider community understand the impact of bullying on children's lives if they don't tell anyone it's happening – or if they are not given appropriate support. In recent years the Anti-Bullying Alliance has had an additional focus on the impact on mental health and children with additional needs. We hope to help our children to understand how important it is that every child feels valued and included in school, able to be themselves, without fear of bullying (UNICEF, Article 14).

This focus is already embedded within the schools PSHE and computing (for cyberbullying) curriculum and will allow the children to learn about new experiences and draw upon previous learning too. Crucially, Anti-Bullying Week is a chance to focus on improving our responses to bullying that may arise from perceived, or actual, difference or instances where bullying behaviour may be underpinned by prejudicial attitudes or values. Anti - Bullying Week is all about valuing the role that children and young people play in reducing bullying; the slogan is always:-



“See it. Get help. **Stop it.**”



Friday 16th November will be our celebration of children and their voice to choose respect! This year we will be supporting Children In Need. 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 anything spotty to school, it couldn't be simpler! This will take place on the last day of Anti Bullying Week, Friday 16th November to help raise awareness for Children In Need. A suggested donation of £1 will be gratefully received.

So please wear as many spots as you can to school on Friday 16th November.

Anti-Bullying Week in school will be about celebrating the vital contribution children and young people can play in addressing this issue. Our children will be participating in a variety of activities throughout the week e.g.

- Circle times where we will discuss:-
 - What is a friend? / Being a good friend / Quarrels / Making up /
 - How can we tell how people are feeling? / feeling afraid – what can we do?
 - Good persuasion / Say **no** to bad persuasion.
- Philosophy sessions.
- Drama session related to key books.
- The School Council will meet to discuss play within the playground.
 - Promoting Bubble Time - where children can ask to speak to an adult about their worries.



We do appreciate that all aspects of bullying cannot be dealt with in one week, however, we wish to use this particular week as a stepping stone to our commitment to long term measures; to continue to prevent and deal with bullying.



Unfortunately, bullying is something that **repeatedly** happens on a **daily basis** to someone somewhere and is very different to a disagreement / or a “falling out” in the playground.

There are several misconceptions about bullying and we would just like to emphasise the facts:-

- Bullying is a subjective experience that can take many forms. From accounts of children and young people and research on the topic, the Anti-Bullying Alliance defines bullying as ***the intentional, repetitive or persistent hurting of one person by another, where the relationship involves an imbalance of power.*** Bullying can be done face-to-face, through third parties, or through sending messages or images by e-mail, text, or over the internet.
- Bullying can be physical, verbal and emotional. It includes behaviour such as:-

Name calling

Taunting

Threats

Making offensive comments

Kicking

Texting

Hitting

Pushing

Taking and damaging belongings

Excluding people from groups

Spreading of rumours

Misuse of social network sites



Children and young people can both bully and be bullied at the same time. Although, some children and young people are vulnerable to bullying because of physical characteristics (i.e. height, weight or hair colour) or social characteristics (i.e. where they live, ethnicity, religion, disability or sexuality), anyone can be bullied for any reason or difference.



Cyberbullying is becoming more and more common. We ask that you monitor this with your children and their friends when using the Internet or mobile phones. There are guidelines on the website to support you with this.

For further information please access the web-site www.antibullyingalliance.org.uk. Be aware of Cyberbullying and how it can happen by reading more on “Cyberbullying: A whole-school community issue” at <http://www.digizen.org/cyberbullying/overview>

In anticipation of your support during Anti-Bullying Week and our long term commitment to this issue, thank you.

Yours sincerely.



Cate Gregory
Head of School

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P.S.H.E. Leader

