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Tuesday 7th November 2017

Dear Parents/Carers,

Say NO to bullying

As in past years, we shall be holding an anti - bullying week, which this year takes place from 13 – 17 November. The theme this year is 'All Different, All Equal'.

The content of this week will be introduced to the children in a whole school assembly. The purpose of the activities is to equip every child with strategies to enable them to challenge acts of bullying. We shall be reminding them of the definition of bullying:

- That it goes on for a while, or happens regularly
- It is deliberate. The other person wants to hurt, humiliate or harm the target
- It involves someone (or several people) who are stronger in some way than the person being bullied. The person doing the bullying has more power; they are older, stronger, there are more of them or they have some 'hold' over the target (eg they know a secret about them)

Because these three things have to happen together for something to be called 'bullying', they will learn that bullying is not:

- A one - off fight or argument
- A friend sometimes being nasty
- An argument with a friend

As a school we believe in talking openly about what bullying is and how it feels to be on the end of it. This enables children to talk about bullying if they are concerned– we let them know that we won't make them feel silly whatever their worries and, as an inclusive school, that we deal robustly with incidents of bullying. We ensure that we teach them how to avoid cyber bullying and that name calling or leaving someone out can be just as hurtful and humiliating as physical bullying. We also cover how to support someone who is being bullied: by encouraging a child to befriend them; to challenge bullying, if it is safe to do so; and by telling an adult.

If you would like support with any of the activities or issues raised during our anti - bullying week, please speak to your child's teacher.

Yours sincerely

Tracy Meadows

PSHE Subject Leader

