



# Anti-Bullying Week 2021

Dear parents and carers,

Anti-Bullying Week is coordinated by the Anti-Bullying Alliance and takes place this year from **15th - 19th November**. Kindness is more important today than it has ever been. The isolation of the last year has underlined how little acts of consideration and kindness can break down barriers and brighten the lives of the people around us. This is one of the reasons that **'One Kind Word'** has been chosen as the theme of Anti-Bullying Week. One Kind Word can be a turning point. It can change someone's perspective. It can change their day. It can change the course of a conversation and break the cycle of bullying. Best of all, one kind word leads to another. Kindness fuels kindness. We can all play a part in a chain reaction that powers positivity.

The aims of this week are:

- To explore the idea of kindness and how we can spread kindness throughout school life.
- To think about how you can support someone you see being bullied.
- To understand the school definition of bullying



**Odd Socks day** will take place on the last day of Anti Bullying Week, **Friday 19th November** to help raise awareness for Anti-Bullying Week. Odd Socks Day is designed to be fun! It's an opportunity for children to express themselves and appreciate individuality and uniqueness. All they have to do to take part is wear odd socks to school.

Children in years 4, 5 and 6 will be completing the **'Safe and Well at School Survey'** between 19<sup>th</sup> November to early December. The information is confidential and all children completing the survey do it anonymously.

Please do not hesitate to contact us about any of the above if you have worries or concerns.

Claire Campbell PSHE Co coordinator

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