



4th November 2021

Dear Parents/Guardians,

ONE KIND WORD Anti-Bullying Week 15th-19th November

We all want our children to be happy and safe and it is natural to worry about bullying - particularly if we have experienced bullying ourselves, or we think our child may be more vulnerable to bullying.

Every November schools throughout the United Kingdom take part in Anti-Bullying Week. This is an opportunity to shine a spotlight on bullying and consider the steps we can take together to stop it. Anti-Bullying Week 2021 is taking place from Monday 15th to Friday 19th November this year and it has the theme 'One Kind Word'.

Some of the activities the children will be doing include:

- Knowing what kindness is and how we can show kindness to others.
- Finding out what bullying is.
- Knowing how it affects others and the impact it has on people.
- Knowing that bullying can occur via technology through cyber bullying.
- Knowing how to stop bullying happening to us or others and who we can turn to for help.

We would like everyone in school to take part in Anti-Bullying Week by **wearing odd socks on Monday 15th November** to celebrate what makes us all unique! Odd Socks Day marks the start of Anti-Bullying Week and is supported by CBeebies presenter and Anti Bullying Alliance patron Andy Day and his band 'Andy and the Odd Socks.'

Thank you
Rachael Brisby (PSHE Co-ordinator)