



# Anti-Bullying Week at Brookhurst

At Brookhurst we know that wellbeing, physical and mental health are all vital to successful learning. Our belief has always been that if your child feels happy and safe at school then they will enjoy each day and learn at their best.

## Make A Noise About Bullying!

Anti-Bullying Week 2023 is coordinated in England by the Anti-Bullying Alliance. The theme was 'Make A Noise About Bullying' and it took place from Monday 13th to Friday 17th November. The week was kicked off with Odd Socks Day on Monday 13th November, where adults and children wore odd socks to celebrate what makes us all unique.



ANTI-BULLYING ALLIANCE

With the support of

This ANTI-BULLYING WEEK we are holding

ODD SOCKS DAY on MONDAY 13<sup>TH</sup> NOVEMBER 2023

Odd Socks Day

Come to school wearing your odd socks to celebrate what makes us all unique!

If you're worried about bullying you can speak to ...

ANY member of school staff or an adult at home. We will listen and do all that we can to help!

#OddSocksDay  
#AntiBullyingWeek  
#MakeANoise

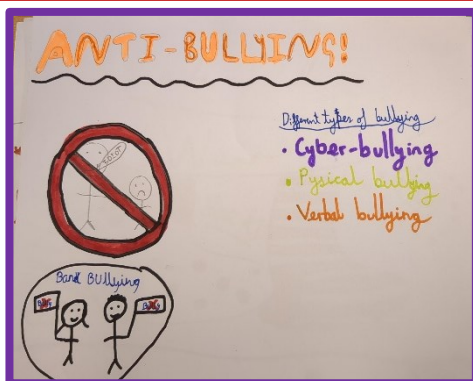
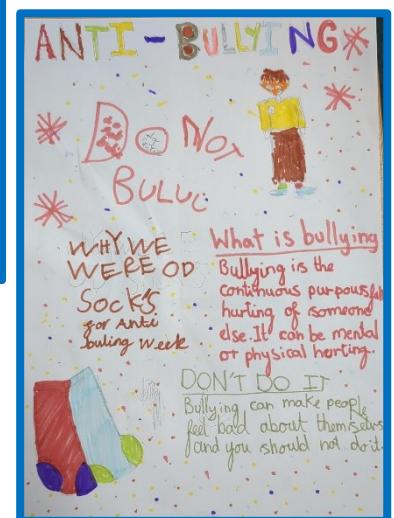
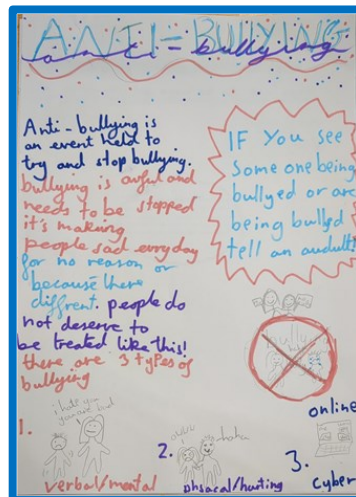
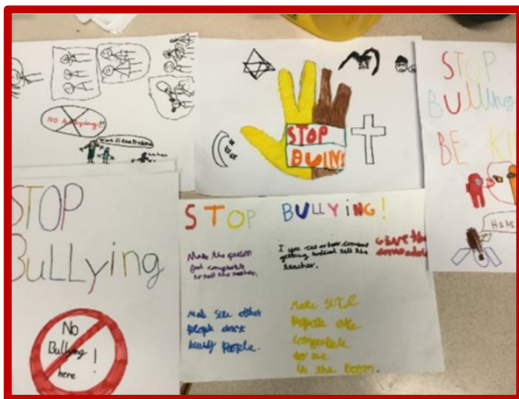
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ANTI-BULLYING ALLIANCE

MAKE A NOISE ABOUT BULLYING

ODD SOCKS DAY

During Learning Partners time each class watched the Anti-Bullying Alliance video discussing the importance of speaking up and finding help if you ever felt you or a friend were being bullied. The children worked together to create anti-bullying posters to display in classrooms and around the school. Here are a few examples from Years 2, 3 and 6.



Bullying is 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 online.

This Anti-Bullying Week, let's make a noise about bullying.

**MAKE A NOISE ABOUT BULLYING**

Monday 13<sup>th</sup> to Friday 17<sup>th</sup> November  
 #AntiBullyingWeek  
 #MakeANoise

# West End in Schools

This week we were incredibly lucky to have the West End in Schools company visit us to deliver some inspiring workshops based on the theme of anti-bullying. The sessions used drama and team-building activities to celebrate children's differences, whilst encouraging them to listen and respond to each other in a considerate way, and to foster kindness within each class.

From celebrating what makes each child fantastic to identifying different kinds of bullying, the sessions took an open, positive and holistic look at anti-bullying. They approached how to deal with being bullied, and how to help peers who are being bullied, in a sensitive way.

Each session used a few examples from children's books to encourage the children to explore the feelings of the characters and empathise with the victims of bullying. Key Stage 1 used books such as *Weirdo* by Zadie Smith & Nick Laird and Hans Christian Andersen's *The Ugly Duckling*, with Key Stage 2 working with books such as *The Boy at the Back of the Class* by Onjali Q Raug, and R J Palacio's *Wonder*. Sessions for Reception and a Year 2 class also included some 'active storytelling', which is where the facilitator told the story through voice and physical expression.

Please take a look at some photographs and feedback from the children below.




I enjoyed the freeze frames where we could suggest how to help people. Theo



I liked it when we had to shape our partners in to an emotion. Leila

My favourite part was when we had to act out what we are good at. Jemima

As a parent or carer, you are a vital piece of the puzzle in tackling bullying. There are many positive steps you can take to help keep your child safe from bullying and harm. This toolkit was developed by the Anti-Bullying Alliance with an aim to give you information about bullying, tips about what to do if you are concerned your child is being bullied and tools to help support you in having these conversations. Please click on the image below to access.



**ANTI-BULLYING ALLIANCE**

**Anti-bullying information tool**

**FREE interactive online information for parents and carers**

ABA has developed an online anti-bullying information tool for parents and carers. The tool will help parents and carers who are:

- Concerned that their child may be vulnerable to bullying at school
- Worried that their child might be getting bullied
- Aware that their son or daughter is being bullied
- Just wanting to learn more

The graphic features the Anti-Bullying Alliance logo, a photograph of a man and a child looking at a tablet together, and a large red arrow pointing towards the bottom right.

At Brookhurst we believe that everyone should take bullying seriously because of the long-term impact it can have on friendships, self-esteem as well as on your mental health and wellbeing. We realise the importance of children knowing what steps to take if they or someone they know is being bullied.

For further information please use the link below to read our school

[Anti-Bullying Policy.](#)



**Anti-bullying is NOT just for Anti-Bullying Week!**

We have to take action all year round to bring an end to bullying.

Anti-Bullying Week - 13-17th November  
#AntiBullyingWeek #MakeANoise

ANTI-BULLYING ALLIANCE

MAKE A NOISE ABOUT BULLYING

The graphic is a pink and purple banner with silhouettes of a boy and a girl, and a speech bubble icon.

# Places to go for Support & Advice

- [Bullying UK](#): call 0808 800 2222, confidential and free helpline.
- [Rise](#): (for children and young people) call 0808 966798 (select option 2)
- [Dimensions Tool](#): offers immediate tailored self-help support and signposting to local services
- [Child Line](#): call 0800 1111
- [Anti-Bullying Alliance](#)
- Young Minds Crisis Messenger: text YM to 85258

## Communicate any concerns with school

If you have any concerns about your child's mental health wellbeing or emotional behaviour please let someone at school know. We will do our very best to support you.

