



Friday 11th November 2022

Anti-Bullying Week 2022

Monday 14th - Friday 18th November 2022

Theme: ['Reach Out'](#)

Dear Parents and Carers,

We are delighted to inform you that Howard Primary School will be taking part in Anti-Bullying Week, which takes place on Monday 14th - Friday 18th November 2022. Last year 75% of schools in the country took part, reaching well over 7 million young people.

The theme for this year is 'Reach Out' and all children will be taking part in a variety of activities throughout the week, thinking about how we can show kindness in order to stand together against all forms of bullying and reach out to everyone, show each other the support we need. Reach out to someone you trust if you need to talk. Reach out to someone you know is being bullied, reach out and consider a new approach. We will be celebrating the ways which we can combat bullying by linking this to our 5 Howard Core Values: [Care, Consideration, Courtesy, Co-operation and Commitment](#).

At Howard Primary School we define 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 online.* (Antibullying Alliance 2017). Our aim for next week is to help children identify and celebrate what makes themselves and others unique and to respect all beliefs and values. We will discuss why it is so important to show others kindness and that every child has the right to feel happy, included and safe in our school.

- On Monday 14th November, we will participate in 'Odd Socks Day'. The aim of 'Odd Socks Day' is to celebrate what makes us all unique individuals.

We are inviting the children to attend wearing colourful or patterned odd socks on that day. The suggested donation amount is £1 per child which we will be collecting towards our First Aid class workshops in Spring Term which helps children keep safe. **We will have buckets at the gate to collect the donations.**

- **Here are some quotes from children who enjoyed last year's First Aid workshop.**

Zynah: "If you see someone on the ground, ask them to say their name or wiggle their fingers to check their responses".

Suvisha: "We learnt about Dr ABC – Danger, Response, Airway, Breathing and Circulation".

No-one ever knows the struggles people are going through inside and we believe that a simple act of kindness can help a person feel empowered to stand up to bullying. We are encouraging everyone to get involved in choosing kindness and support one another's well-being not just during the Anti-Bullying week but throughout the whole year.

Your support is appreciated as always.

Yours sincerely,

Ms R Ramakrishnan

RHE (Relationship & Health Education Leader)

Miss J De Saulles

Headteacher