



# Anti-Bullying Week Newsletter

## 13<sup>th</sup>-17<sup>th</sup> November 2017

This week, in every class, our children have been talking about bullying—what it is, how to recognize it and most importantly how to **STOP** it.

We use the acronym **STOP** to identify bullying; it is something unkind or hurtful that is done to a victim **SEVERAL TIMES ON PURPOSE**.

We also use **STOP** to put a halt to bullying; the most effective way to stop bullying is to **START TELLING OTHER PEOPLE**.

This special edition of our newsletter is to tell you some of the activities the children have been doing this week.

Thank you to those parents who came to our Anti-Bullying Parent Workshop on Tuesday night. The resources we used will be uploaded to our website so those who could not make it can access them.

### Identifying bullying behaviour...

Here is a list of the kinds of bullying that your children have identified this week...

#### Verbal Bullying: the bully says things to you...

Name calling: not just calling you names but calling your loved one names; this can be very hurtful. Threatening you, by saying someone is going to hurt you, or they are waiting for you after school.

#### Physical Bullying: the bully does things to you...

Hitting, kicking, biting, scratching, pushing, and tripping you up on purpose. Anything that hurts you by touching you is physical bullying. This is a criminal offence and **nobody** is allowed to hit you.

#### Indirect Bullying: the bully is unkind in other ways

Ignoring someone, leaving them out or not allowing them to join in a game  
Spreading rumours, talking about you behind your back and saying things that are not true  
'The bad eyes', someone glaring or giving you threatening looks, this is very difficult to prove but can be just as horrid.

#### Cyber Bullying: the bully is unkind from a distance

Encouraging others to take part in bullying by text or online. Using chat rooms to spread gossip and hurt people's feelings  
Sending nasty text messages

### The Apple Experiment:

Mrs Lenton's and Miss Blyth's classes both tried out the apple experiment this week. The teacher asked the children to say or do unkind things to the apple. Every time they did this the apple got dropped. After this they talked about how the apple looks on the outside but when you cut it open, it is bruised and scarred.

They then repeated this with a different apple. The children had to give a compliment and every time they did, the apple got rubbed. By the end the apple was really shiny which represented how a person feels when people are being kind to them.



Step 1: The apple at the start of the experiment looks lovely and healthy; its skin is glowing.



Step 2: Fin is pointing at the apple and saying nasty things to it.



Step 3: Aaliyah hurt the apple by throwing it on the floor



Step 4: The apple still looks healthy and shiny on the outside.



Step 5: But inside the apple has been badly scarred by what was done to it.

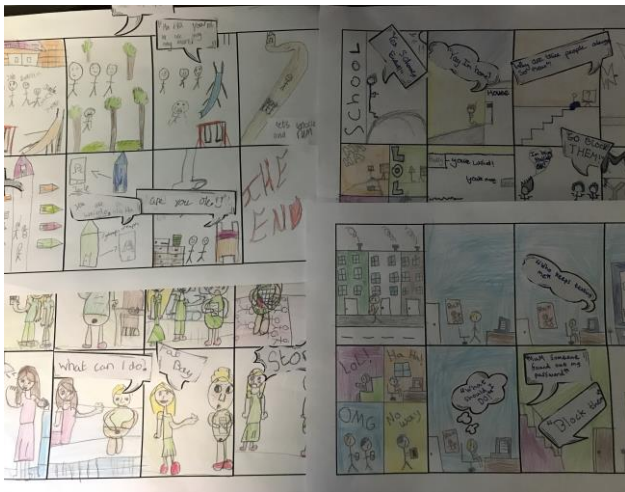
In **Miss Chenery's class** the children used Scratch to create animations about what to do if you are being bullied.



**Miss Starling's class** spent a lesson discussing the theme of this year's anti-bullying week: All Different, All Equal. They talked about how important it is to celebrate what makes us all unique, and not use it as an opportunity to criticise. They found out the impact it can have on someone to hear something positive from another person. To start to celebrate this, they gave each other a 'pat on the back'. They wrote positive comments about what makes their peers unique and special on a post-it note and stuck this on their back. At the end of the lesson they got to read all the positive comments about themselves.

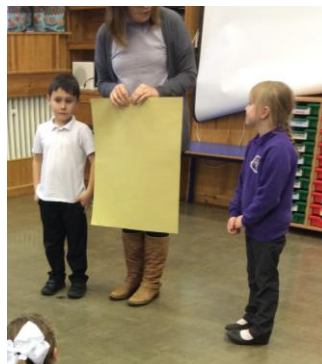
In **Mr Armstrong's class** the children designed their own jigsaw pieces and wrote about what makes them individual. They were then put together as a class display to show they can all come together to be as one.

In their computing lesson they looked at cyber bullying and acted out different scenarios which they then used to put together a comic strip to explain how to deal with it.



In our **Reception classes** the children listened to the story of Squeak who said unkind things to Snappy. They talked about how it feels when somebody is unkind to you and what we should do if someone hurts our feelings.

At Holt Road Miss Anderson led an assembly about how being unkind can feel. She showed a piece of paper being hurt every time someone was unkind to it. When the children complimented it, they fixed it back together, but they noticed that it still looked hurt. The children then talked about how important it was to make sure we always use kind words as anything nasty we might say to someone can have a lasting effect on them.



Step 1: Miss Anderson described the piece of paper as being new and fresh.

Step 2: Miss Anderson asked the children to laugh and say unkind things to the piece of paper. When they did she crunched the paper up a little more each time.



Step 3: The piece of paper had been crunched up so much it was now ripped into pieces.



Step 4: Miss Anderson asked a child to say nice things to the paper and as she did so, Miss Anderson stuck the pieces back together.



Step 5: Even though the piece of paper is back in one piece, you can see that it has been scarred by what happened to it.