

Dear Parents/Carers

From Monday 14th to Friday 18th November 2022 is national Anti-Bullying Week and this year the theme is 'Reach Out'.

"The theme of Reach Out came about following consultation with teachers and pupils by the Anti-Bullying Alliance which coordinates Anti-Bullying Week every year in England and Wales. Teachers and children wanted a theme that empowered them to do something positive to counter the harm and hurt that bullying causes.

**Our call to action:**

Bullying affects millions of lives and can leave us feeling hopeless. But it doesn't have to be this way. If we challenge it, we can change it. And it starts by reaching out. Whether it's in school, at home, in the community or online, let's reach out and 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.

And it doesn't stop with young people. From teachers to parents and influencers to politicians, we all have a responsibility to help each other reach out. Together, let's be the change we want to see. Reflect on our own behaviour, set positive examples and create kinder communities.

It takes courage, but it can change lives. So, this Anti-Bullying Week, let's come together and reach out to stop bullying."

Anti-bullying Alliance Website.

To launch Anti-Bullying week, we be taking part in Odd Socks Day on Monday 14<sup>th</sup> November. Odd Socks Day is a fun way to celebrate your child's individuality and express themselves, reminding everyone that we are all unique. You do not have to buy any special socks, just wear mismatching socks that you already own. Adults can also join in by wearing their own odd socks to work if you wish!



Thank you for your continued support

Miss Gilbert