

Anti-Bullying Newsletter

Gordon School

مدرسة غوردون

ANTI-BULLYING QUALITY MARK-UK



The Diana Award Anti-Bullying Definition:
"REPEATED NEGATIVE BEHAVIOUR THAT IS INTENDED TO MAKE OTHERS FEEL UPSET, UNCOMFORTABLE OR UNSAFE."

In the Spring Term we have:

- Started our journey as a Rights Respecting School
- Participated in whole staff Anti-Bullying Alliance 'Belonging' training – Part 2
- Celebrated Chinese New Year in a whole school assembly and curriculum activities
- Held an 'Everyone Belongs' Celebration Evening
- Are participating in a 'Hero Self' self-esteem programme for small groups across Years 4, 5 and 6
- Continue to hold Young Carers group sessions with the support of Imago
- Held Mental Health in Schools, Social Media and Wellbeing and Managing Anxiety workshops for Year 5, Friendship and Boundaries and Understanding Anxiety workshops in Year 4 and Growth Mindset workshops for Year 6
- Signposted Children's Mental Health Week - Theme: Know Yourself – Grow yourself
- Liaised with parents in school leading the 'Smart Phone Free School' initiative
- Have Participated in the Show Racism the Red Card Competition
- Delivered Teacher Inclusion and Diversity Literacy training
- Marked Safer Internet Day 11th February

We will:

- Complete and submit a 'Belonging' action plan to the National Children's Bureau
- Continue to gather evidence towards the ABQM Silver Award
- Encourage, staff, parents, pupils to become 'Belonging Champions' to steer and shape our belonging work this year
- Collaborate with Eltham Library and their project twinned with the Central Library in Ukraine
- Hold NSPCC assemblies for KS1 and KS2 and hold NSPCC workshops for Years 2, 5 and 6.
- Will be a host School for the Diana Award Anti-Bullying Ambassador regional training in March
- Signpost LGBT+ Month - February
- Signpost International Women's Day 8th March
- Participate in staff training with Child and Adolescent Mental Health (CAMHS)
- Survey Parent/Carers, pupils and staff to gather voice and support the Belonging Action Plan
- Update our Attachment Audit

Anti-Bullying Week

In the Autumn term we participated in Anti-Bullying Week. The theme was to 'Choose Respect'. The Friendship Ambassadors made a film over the week inviting peers to talk about what respect means to them and how we show respect. Friendship Ambassadors promoted how to be an upstander in school.

Mr Taylor held an assembly and Mrs Hagerty worked with all years across the school to make a wonderful recording of the children singing Aretha Franklin's RESPECT song.



Anti-Bullying Week - Respect Post-box

Thank you to those children who designed posters and made beautiful artwork to promote respect in school.



Lebanese Afternoon

Thank you to Jo Choukeir, parent of Anton, Liam and Daniel, for working with Mrs Cullum, Mrs Beattie and Miss Niazi to host a wonderful learning experience for children in the Reception classes and Year 3 classes in the Autumn Term. It was wonderful to see the older children helping the younger children and all just having a wonderful time dancing, trying food, listening to stories, crafting and a fantastic Q & A to learn more about Lebanon. Thank you too to the Friendship Ambassadors for all their help! We are always keen for families to be involved in school life and experiences that represent our school community, so please do let teachers know if you have any ideas or skills to share.



Everyone Belongs Evening



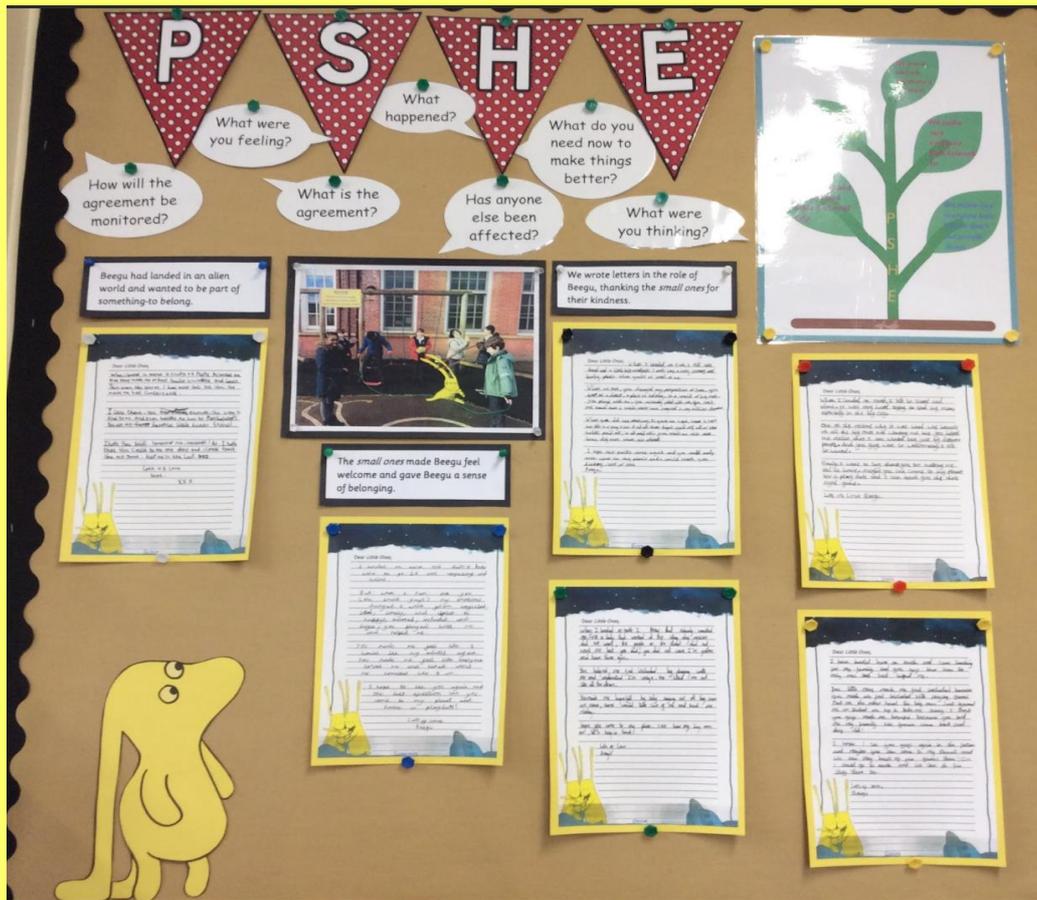
A few photos from our 'Everyone Belongs' Celebration Evening in January. It was lovely to see so many families, and thank you very much for your kindness and bringing and sharing food. You made it such a wonderful evening for everyone. Thank you!

"True Belonging doesn't require us to change who we are; it requires us to BE who we are."

Brene Brown

Showcase: Year 4 PSHE

Reminding children of restorative language to help restore friendship difficulties and using the wonderful book *Beegu* by Alexis Deacon to develop empathy and to reflect on belonging.



NSPCC Workshops

Children in Years 2, 5 and 6 are participating in 'Speak Out Stay Safe' workshops with the NSPCC this term.

All children have the right to:

- ✓ speak out and be heard
- ✓ be safe
- ✓ get help when they need it.



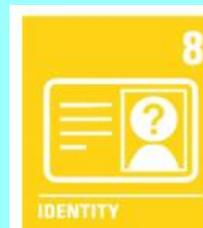
The NSPCC have some great resources for parents too, from early years to managing family life, supporting yourself and how to help children with relationships and friendships and lots of online safety resources to name a few.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

LGBT Month

February is LGBT Month to promote equality and diversity and to celebrate our differences. We have started the month with an assembly celebrating the inspirational work of Alan Turing. He was a pioneering code breaker in the Second World War and his work has since been the basis for computers and Artificial Intelligence. Turing was not recognised for his great work in his lifetime, was arrested and faced much hardship for being gay and sadly died in 1954. We celebrated his amazing contribution to science and society. Turing was granted a Royal Pardon in 2013.

Article 8 of Children's Rights: Identity



Children have the right to their own identity – an official record of who they are which includes their name, nationality and family relations. No one should take this away from them.



Help is available in several languages.

Scan the QR code to see tips on how to deal with bullying in lots of languages.



Kidscape is a registered charity in England and Wales: 326864

Kidscape is a charity organisation that offers anti-bullying help and advice for parents and this can be accessed in different languages www.kidscape.org.uk

We are always looking at ways to help our anti-bullying policy to be more accessible and would be keen to translate an antibullying leaflet for into different languages for parent/carers.

We are also looking to make a 'Welcome leaflet' for new children and families joining the school. Please do let us know if you have any ideas especially if you are new to the school and if there was anything that would be particularly useful.

Please feel free to get in touch if you wish to share any other ideas to support parents with English as a second language or if you would be able to help translate an information leaflet lnewlove@gordon.greenwich.sch.uk



Gordon Primary School
WhatsApp group



You may have heard about the **Smartphone-Free Childhood campaign**. It is a grassroots movement encouraging families to delay smartphone use for children and promote healthier habits. A group of parents have set up a Gordon group to share ideas and support each other in making a difference.

Join our WhatsApp group to get involved and stay connected.

Find out more at smartphonefreechildhood.co.uk.

Join the WhatsApp Group using this link:

www.tinyurl.com/GordonSFC

Anti-Bullying Steering Group and Belonging

We are looking to hold an Anti-Bullying Steering Group Meeting after the half term holiday - date to be confirmed. This will include developing our Belonging action plan. Please contact Ms Newlove if you would like to attend as a Belonging Champion to help us shape the work we do. Please get in touch lnewlove@gordon.greenwich.sch.uk



Children's Mental Health Week

We started the week with a 'Know Yourself Grow yourself' assembly encouraging children to think about self-awareness and how we all have different feelings. We explored that our mental health is as important as our physical health and how connected they are. We thought about having thoughts, feelings and behaviour and how they are connected. We watched a clip from 'Inside Out' to demonstrate empathy and to think about how we all connect to one another and can help each other. Some classes watched Kindness 52 virtual assemblies and Year 6 participated in Growth Mindset workshops with Greenwich Mental Health in Schools Team. Our Friendship Ambassadors will link the 'Know Yourself Grow Yourself' theme to Oracy this term.

Talking Mental Health Sentence Starters

We continue to remind children to talk to trusted adults and to use the class worry box in school. We know for many children it is hard to ask for help or to sometimes know why they feel a certain way. If you notice your child bringing a worry home and keeping it to themselves do let us know so we can support in school as quickly as we can. In school we regularly remind children of these Anna Freud Centre sentence starters to help them have the words to ask for help.

Please help me, I'm really struggling.

I've been having a really hard time lately.

I've got something to say.

Do you have time to speak about something?

I have something important I want to speak to you about.

Anna Freud
National Centre for
Children and Families

shout
85258
here for you 24/7

Feeling overwhelmed?
Struggling to cope?

24
hours a day
7
days a week

Text AFC to 85258

Text the free, confidential textline

All texts are answered by trained volunteers,
with support from experienced clinical specialists

The Anna Freud Crisis Messenger text service is a free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope. The service is staffed by trained volunteers who will work with you to take your next steps towards feeling better. They can help with issues such as anxiety, worry, panic attacks, bullying and depression and are there to talk at any time of day or night. If you need support, you can text **AFC to 85258**.