

Anti-Bullying Newsletter



The Diana Award Anti-Bullying Definition:

"REPEATED NEGATIVE BEHAVIOUR THAT IS INTENDED TO MAKE OTHERS FEEL UPSET, UNCOMFORTABLE OR UNSAFE."



In the Summer Term we:

- continued submitting evidence for UK Silver Award evaluation
- started a half termly Young Carers group
- delivered a presentation with the Friendship Ambassadors to Headteachers from other local schools
- introduced 'friendship benches' in KS1 and KS2 playgrounds
- participated in Red Cross 'Empathy Workshops' for year 6
- signposted PRIDE Month in June
- held a Colourful non-uniform Day on Friday 28th June For Red Cross 'Together' fundraising
- held year 6 Greenwich Mental Health Schools Team Transition Workshops
- participated in Kindness 52 lives assemblies
- Midday Meals Supervisors participated in 'Restorative Approaches in Schools for Children with Additional Needs' refresher course
- Governor visit with an anti-bullying foci to see an assembly and meet Friendship Ambassadors
- Transport for London year 6 presentation - safety

In the Autumn Term we will:

- have an ABQM-Uk silver evaluation visit dtbc
- Hold 2nd Young Carers group session
- further restorative approach training for support staff 26/9/24
- Train an additional cohort of Friendship Ambassadors
- Hold an anti-bullying steering group meeting
- Participate in Anti-Bullying Week
- Raise awareness of World Mental Health Day and World Kindness Day
- Participate in Greenwich Anti-bullying Round Table meeting 11/10/24
- attend Greenwich Schools Peer Power event dtbc

If you have concerns regarding a child's wellbeing, care or safety, including bullying, please contact our Child Protection Team: Mr Taylor, Mrs Cuesta, Ms Newlove or Ms May (GO! Club).

Outside of school hours you can call Greenwich council: 020 8854 8888; the NSPCC: 0808 800 5000 or in an emergency, the police.

Calling Parent/Carers

We are currently looking to build on the opportunity for parents and carers to support the anti-bullying work we do in school as we know we have an amazing supportive, generous and creative parent/carer community.

We are considering having parent/carer class representatives to support new parents and be a general parent contact. At this stage it is just an idea to see if there would be interest?

Please let us know if you would like to know more about the role or if you have any other ideas to help us build on the support of parent/carers for other parent carers.

We are also interested to know if there would be any particular EAL community groups that would like the opportunity to meet each other in school. Please don't hesitate to get in touch.

inewlove@gordon.greenwich.sch.uk

YoungMinds

Youngminds have a really useful guide to help parents have conversations with children about mental health. Please see the link below.

https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/?utm_source=newsletter&utm_medium=email&utm_campaign=360schools&utm_content=july_2024#Activitiesyoucandotosupportconversationswithyourchild



Congratulations to the Friendship Ambassadors for earning the Diana Award Wellbeing Badge for their hard work over the year to support pupil wellbeing in school.

Among other things, this included actions such as giving up their own time to run peer support in KS2 and KS1 playgrounds, running Friendship Friday, making awareness raising films, managing a small circle group and delivering an assembly. Well done Friendship Ambassadors!

<https://diana-award.org.uk/>



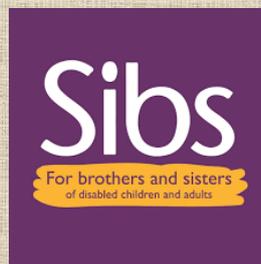
Some of the Friendship Ambassadors work in action!

Young Carers

This term we held the first Young Carers Group session in school.

A Young Carer is a young person who spends time caring for another family member due to illness or disability.

If you think your child might be a Young Carer or if you're not sure and would like to know more, please do let us know so that we can support them. Speak to their class teacher or email: newlove@gordon.greenwich.sch.uk



<https://www.sibs.org.uk/>

We are always really grateful to parent/carers for sharing useful organisations that might be of interest to other parents/carers.

Sibs can provide information and support the siblings and parents of disabled children and adults.

Thank you to parent voice for sharing the details and raising awareness of the charity Sibs to us in school.

Thank you

A big thank you to the amazing team of year six Friendship Ambassadors who are leaving Gordon Primary School to start their new secondary schools – thank you **Ethan, Emily, Harrison, Ruby Floyd, Aylin, Omer-Ali, Summer and James**. We wish you and all your peers every success and happiness for the future.





Support for parents of children experiencing anxiety or exhibiting behaviour that challenges.

Support can be accessed via the Greenwich Mental Health in Schools Team (based at Memorial Hospital, Shooters Hill, Woolwich, SE18 3RG). We offer 6 free sessions of 1:1 Cognitive Behavioural Therapy (CBT) to parents of children who are experiencing anxiety and/or behaviour that challenges. Sessions are facilitated by our Educational Mental Health Practitioners. During the school holidays we offer these sessions virtually or face-to-face at our base at High Point House, Shooters Hill, London, SE18 3RG. During term time we can offer sessions at your child’s school. Parents can self-refer by emailing the following information to the Mental Health in Schools Team (MHST) oxl-tr.gmhst@nhs.net

- Name of child
- D.O.B
- School
- Name of parent/guardian and contact phone number
- Summary of current difficulties

We do not close during the school holidays so if you think you and your child would benefit from our support then please do get in touch via email. Please note that we are not a crisis service, if your child requires urgent mental health support then please attend your local A&E for a psychiatric assessment or contact the Oxleas crisis line on 0800 330 8590 for advice.

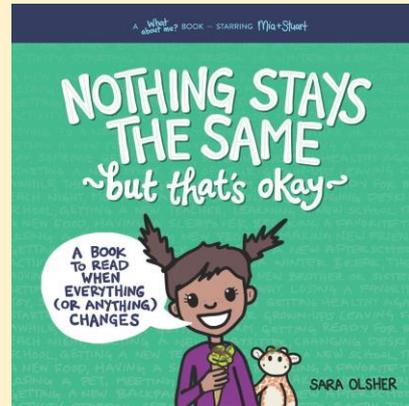


Transition Time

We know that the Summer Term can be an exciting but also worrying time for some children and adults as the school year comes to an end and we look ahead to a new beginning in the Autumn Term.

Changes can make us feel a range of emotions from excited and happy to sad and anxious. It can be a time when it is harder to manage feelings and our relationships.

In school Mr Taylor has given a whole school assembly about change using a lovely book called *Nothing Stays the same “but that’s okay”* by Sarah Olsher. A recommended read.



Greenwich Mental Health in schools Team have delivered transition workshops to year six. There have also been transition small group work and individual support.



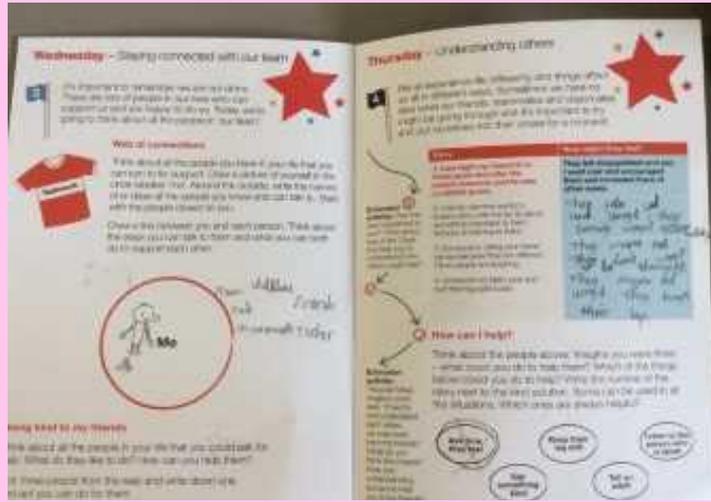
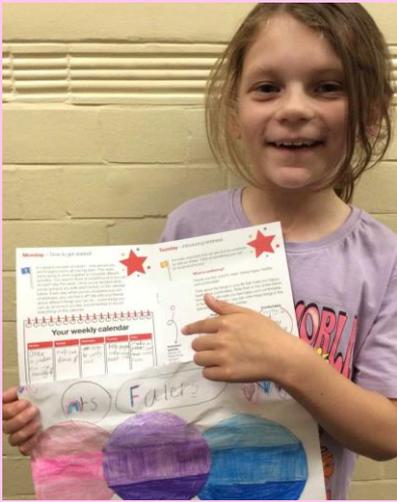
Worry Boxes



A reminder that all classrooms have a worry box for children to let their teacher know if they have something on their mind or need some help and can't find the words. We also encourage children to learn the words to ask for help and have simple sentences on display.

COLOURFUL Non-School Uniform Day

In June we held a Colourful non-school uniform day for children to wear their favourite colours and to express themselves. We raised a brilliant **£437.53** for the British Red Cross using their 'Lets Club Together' kindness activities. Thank you everyone for your support and generosity.



We will be participating in **Anti-Bullying Week** between Monday 11th – Friday 15th November. The theme this year is: **Respect**

Odd Socks Day will be on Tuesday 12th November with children and adults being encouraged to wear odd socks and celebrate what makes us all unique.

Make sure to let teachers or Friendship Ambassadors know if you have any ideas you would like to share to help promote respect in school.