

# Anti-Bullying Newsletter



ANTI-BULLYING QUALITY MARK-UK



## In the Autumn Term we:

- submitted evidence to the ABQM-UK and we have already partially met the criteria towards the Silver Award
- have signed up to the Anti-Bullying Alliance '18 month 'Belonging' programme and will complete an audit
- will conduct Anti-Bullying Alliance Parent, Staff and Pupil surveys
- will participate in Anti-Bullying Alliance 'Belonging' staff training (Part 1)
- We will sign up to the Mayor's Office of Police Campaign (MOPAC)
- will participate in Anti-Bullying Week and Odd Socks Day in November
- participated in Diana Award Inclusion training for the Friendship Ambassadors and they will deliver a campaign to prevent and tackle violence against women and girls
- held the Young Carers Group
- held Greenwich Mental Health in Schools Teams Social Media and Wellbeing and Managing Emotions workshops for year 4
- held whole staff Safeguarding training and the Designated Safeguarding Leads attended refresher training
- are participating in PINs
- used *The Flamingo Who Didn't Want To Be Pink* book to promote inclusion across the school
- made Class Charters
- signposted Inclusion themes in assemblies and PHSE
- carried out a Governor visit with anti-bullying foci

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 will:

- hopefully had an ABQM-UK Evaluation visit
- participate in whole staff Anti-Bullying Alliance 'Belonging' training (Part 2)
- be a host School for the Diana Award Anti-Bullying Ambassador regional training
- hold a Young Carers group (dtbc)
- hold Mental Health in Schools Team Social Media and Wellbeing and Managing Anxiety workshops for year 5 and Friendship and Boundaries and Understanding Anxiety workshops in year 4
- signpost Children's Mental Health Week 3rd -9<sup>th</sup> February
- signpost Safer Internet Day 11<sup>th</sup> February
- signpost LGBT+ Month - February
- signpost International Women's Day - 8<sup>th</sup> March
- participate in Show Racism the Red Card Competition

**In a world you can be anything.  
Be Kind.**

*Clare Pooley*

## Friendship Ambassadors

The Friendship Ambassadors participated in online Diana Award Inclusion training with other primary school this half term. They learnt about Bullying and in particular **Anti-Homophobic**, **Biphobic** and **Transphobic** bullying and how to recognise and respond to it. They learnt what we can all do if we hear or see the key LGBTQ terms being used in a disrespectful way and learnt the difference between being a Bystander and an Upstander.

A **Bystander** is someone who knows about bullying or negative behaviour or words hurting someone but they ignore it, don't take any action to try to help the person being bullied or report it.

An **Upstander** is someone who knows when something is wrong and acts to make it right, they don't ignore it.

Actions of Upstanders can help stop bullying.

An Upstander might say if they see or hear disrespectful or hurtful language or behaviour:

- "That is not okay".
- They might check the person being bullied is okay.
- They might stay with the person being bullied.
- They might go to get help or tell someone.
- 



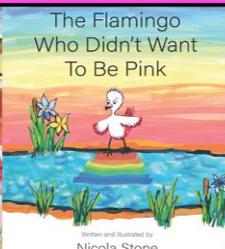
Thank you Friendships Ambassadors for all your thoughtful and reflective participation in the training and for all your ideas to help promote Upstanding in school!

### Whole School Book

We started the Autumn Term bringing the whole school together using a thought-provoking story called ***The Flamingo Who Didn't Want to Be Pink***.

*Across the school children produced some wonderful reflections and ideas in their class discussions, sharing their writing and artwork in an assembly.*

*The story has strong moral messages about self-expression and the importance of choice. Celebrating how we are all special and unique.*



## Example of The Flamingo's Monologue

I don't want to be pink, pink is a ridiculous, ugly colour! Why do flamingos have to be pink it's not a rule...

I also feel really let down by my parents, every morning I have negative thoughts about growing up and being disgusting pink. If anyone is pink I know how they feel!  
**THEY FEEL LIKE ME!!!**

Then I saw the horrible Zebras I asked "Can I be your lovely stripes?"

The rude zebras said "No you silly tiny flamingo, you have to be pink!" And they walked away laughing! I bet the other animals would be much nicer than those bunch of zebras. But the parrots were as bad, I really wanted their colourful bright feathers, they were laughing right in my face!

Then I walked passed a chameleon and he said "hello" I said "Can I be a beautiful flower like you?" He said proudly "Whatever I dream of I can be." And from that day onwards I am having stripy wings like a zebra and colourful body like a parrot.

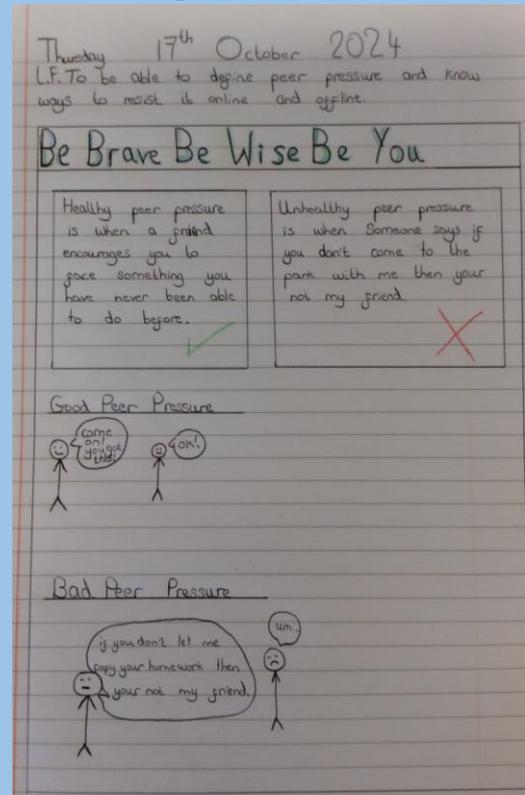


## Reception: celebrating our uniqueness



## Year 6: PSHE

### Thinking about Peer Pressure



## Social Media and Wellbeing

**Thank you** to Greenwich Mental Health in Schools Team (GMHST) for delivering really useful Social Media and Wellbeing workshops to year 4 this term helping them to know how to keep themselves safe online.

We have a calendar of future workshops over the year also including Understanding Anxiety, Growth Mindset, Friendships and Boundaries and Transition across Years 4, 5 and 6.



## NSPCC

In school we regularly signpost and promote Childline to children.

The NSPCC also has some really useful advice, resources and support for parents.

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

## Friendship Benches



Please remind children to help anyone they see alone on the **Friendship-Bench**, always check they are okay and invite them to play. We all have days when we might need a friend!

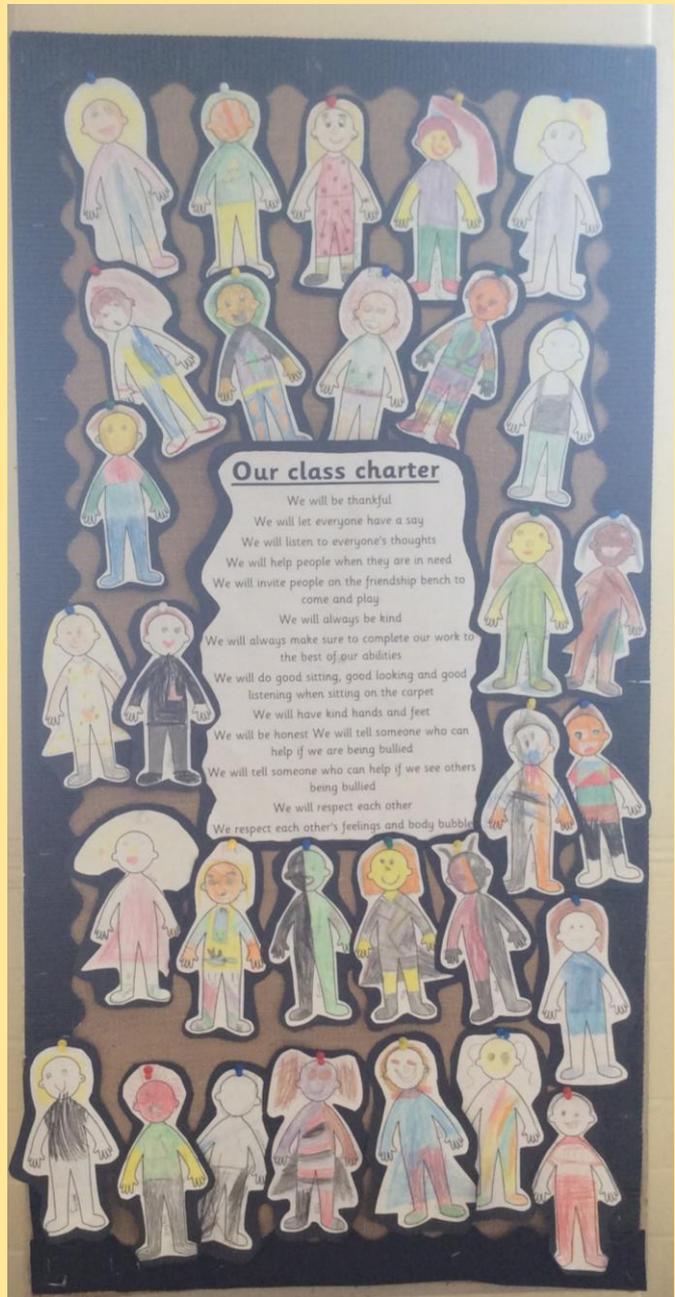
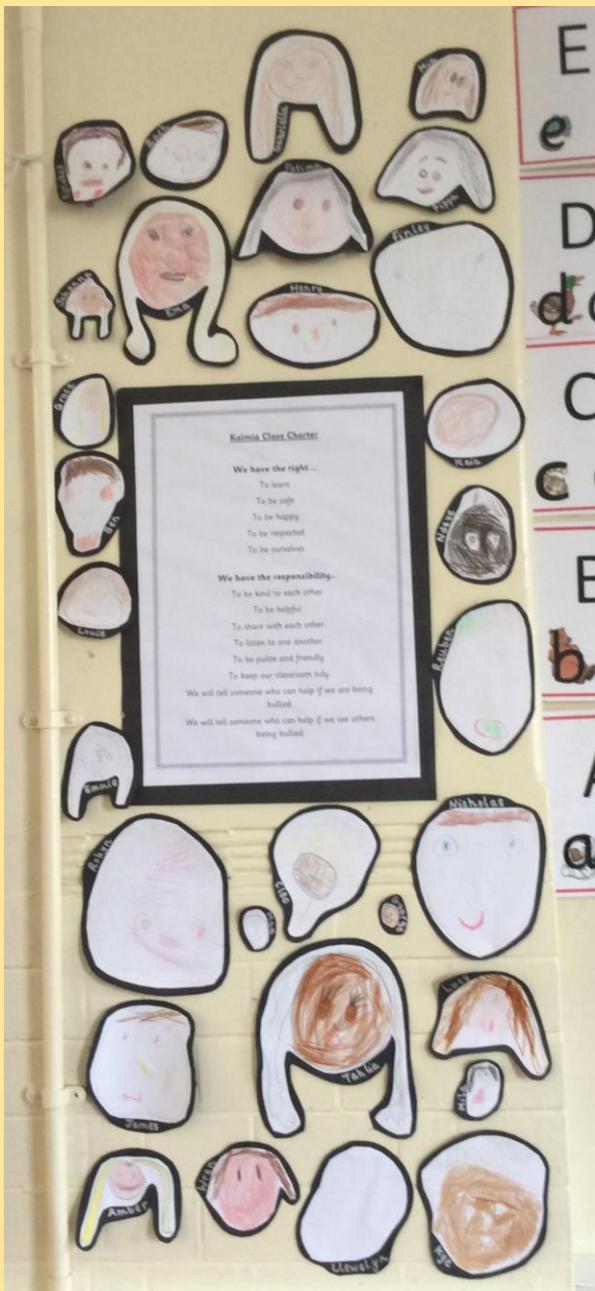
## Class Charters

Starting the new school year this term, all classes in school made **Class Charters** to share ideas on everyone being the 'best they can be' and belonging in their class. Class Charters help children to think about our school rules being respectful, being safe and being ready to learn and how we all like to be treated. This work includes being a good friend and anti-bullying themes such as consent and boundaries.

For example, they could include themes with thoughtful reflection about what these things mean such as

We will:

- be kind to others
- tell someone who can help if we are being bullied
- tell someone who can help if we see others being bullied
- respect each other
- respect each other's feelings and body bubbles





# Is Your Child a Young Carer?

Is your child helping to care for a family member at home with a disability, illness or mental health condition, drug or alcohol problem? It might mean they help with extra caring jobs at home:



Caring for Siblings



Shopping



Emotional Support



Paying Bills



Cleaning & Laundry



Getting Up



Dressing



Communicating



Cooking



Medicines

We have a **Young Carers Group** that meets every half term in school. Please let your child's class teacher or any member of the Safeguarding Team know if think your child might be a Young Carer and you would like them to access more support. Useful Links in Greenwich:

[https://www.royalgreenwich.gov.uk/info/200274/carers/769/young\\_carers](https://www.royalgreenwich.gov.uk/info/200274/carers/769/young_carers)

<https://www.imago.community/Children-and-Young-People/Kent-Young-Carers>



## Safeguarding Team



If you have concerns regarding a child's wellbeing, care or safety including bullying please speak to a member of the school's Safeguarding Team. Alternatively, you can call Greenwich Council (020 8921 3172) or the NSPCC (0808 800 5000).

In the case of an emergency where you feel a child is in immediate danger, please call the police on 999.



Mr Taylor  
Headteacher



Mrs Fabian  
Deputy  
Headteacher



Mrs Cuesta  
Assistant  
Head/SENDco



Ms Newlove  
Learning Mentor  
Wellbeing Practitioner



Ms May  
GO! Club Manager



## Odd Socks Day

on

Tuesday 12<sup>th</sup> November

Don't forget to wear your odd socks to raise awareness of Anti-Bullying and to celebrate all our differences and uniqueness!

educate.against.  
**hate**

educateagainsthate aims to give you advice and support should you have concerns that your child or student may be having, or has been exposed to views that are extremist.  
educateagainsthate.com

**Our school is a place that inspires and engages young minds. Our school believes in democracy and the laws of the country, where every individual has a voice that is heard and respected, no matter what their faith or belief. Our school values discussion, debate and learning from others. Our school believes that division belongs in mathematics, not the classroom. There is no place for **extremism** in our school.**

 Department  
for Education

## Anti-Bullying Week



We will be participating in Anti-Bullying Week and the theme this year is **Choose Respect**.

If anyone wants to share ideas of how we can promote respect in school please speak to a Friendship Ambassador or Ms Newlove. We would love to hear your ideas.

Get creative too - if you want to write about what **RESPECT** means to you or make a poster, design a logo, make a book, write a poem or make a photo story, record a rap or song, do a dance we would really love to share some of these things over Anti-Bullying Week maybe in assembly or a presentation. If you have any spare time over the half term holiday maybe see if you can make something you might like to share.

**We will put a postbox in the middle Hall** for anything that can be posted. If you make something that's too big for the postbox or you have an idea to perform pop a note in the box with your name and class on it and we will find you.

If any parent/carers have ideas they would like to share or make please don't hesitate to contact Ms Newlove: [newlove@gordon.greenwich.sch.uk](mailto:newlove@gordon.greenwich.sch.uk)