



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 Autumn Term we:

- achieved the silver award for our participation in Anti-Bullying Alliance Programme 2022-2023
- continued to work towards the ABQM-Uk award with a view to evaluation
- conducted a Mental Health and Well-being Parent Survey
- participated in Anti-Bullying Week and all KS1 and KS2 children made a badge
- introduced a Peer Support Shed in the KS2 playground
- participated in World Kindness Day assemblies
- Friendship Ambassadors attended a 'Peer Power Event' at Greenwich University
- introduced a new E-Patrol Team
- Participated in safer Internet assemblies and workshops
- participated in Mental Health Centre research as a case study school evaluating Diana Award training
- held Greenwich Mental Health Service Team 'Managing Emotions' Workshops for years 4 and 5
- all staff participated in Greenwich Restorative Approach training
- participated in Attachment and Trauma all staff training
- introduced a Peer Support Shed in the KS2 playground
- have participated in Anna Freud Centre Autism and Well-being training
- liaised with GMHST to hold an online parent workshop on Children's Anxiety

In the Spring Term we will:

- submit evidence to ABQM-Uk
- participate in further all staff restorative approach training
- participate in Metro Charity Inclusion all staff training and audit
- participate in Young Carers all staff training and pupil assembly
- set up a Young Carers group for pupils
- participate in
- hold Mental Health in Schools Team Friendship and Boundaries Workshops for years 4,5 and 6
- participate in Red Cross Empathy Workshops for year 6
- signpost Children's Mental Health Week "My Voice Matters" – 5th - 11th February
- signpost Safer Internet Day 6th February
- signpost LGBT+ Month - February
- signpost International Women's Day 8th March
- Participate in Show Racism the Red Card Competition
- Participate in Greenwich Talking Therapies staff training
- Will use the book 'Lubna and Pebble' to explore belonging, friendship, loss, resilience and empathy across the whole school community



In the Autumn Term 2023 we were awarded Silver for our anti-bullying work participating in the United Against Bullying Programme. We are very proud of everyone in our school for helping us to earn this award.

For context, 331 schools completed the programme with 2% achieving Gold, 14% Silver, 71% Bronze and 12% a certificate of participation.

Anti-Bullying Steering Group



Over the year we have conducted Parent/carer surveys and listened to parent feedback to help us keep developing our anti-bullying work. We would like to hold an Anti-Bullying Steering Group meeting this term and would be very keen to have a few parent representatives to attend. Please let us know if this is something you would like to attend. Email lnewlove@gordon.greenwich.sch.uk if you would like to know more or if you have any suggestions or ideas you would like to share.

Our School Values : REACH

Throughout the Autumn Term to mark the start of a new school year Mr Taylor promoted our school values in assemblies.

Resilience

- I can 'bounce back'
- I can 'move forward'
- I can make mistakes – I am learning!
- It helps change and growth

Empathy

- I can listen to others
- I can empathise how someone else might feel

Ambition

- I have goals and dreams

Curiosity

- I am interested in what happens in the world, my learning and relationships

Honesty

- I can 'own up'
- I can take responsibility for my actions
- I can be trusted



Anti-Bullying Week 2023

In November we participated in Anti-Bullying Week including Odd Socks Day and World Kindness Day promoting positive relationships and anti-bullying. Mr Taylor reminded children in assembly what bullying behaviour is including 'banter' promoting the 'make a noise' theme to tell a trusted adult if anyone is being bullied. We also participated in a 52 days of Kindness assembly to learn a little bit about the science behind kindness and how being kind can make us feel good. Children in years 4, 5 and 6 enjoyed a powerful *Bullying & Respecting Difference* show 'Knowing Me, Knowing You' from the Chain Reaction Charity using drama and music. Part of the show included character hot-seating giving children the opportunity to ask some really thoughtful questions about bullying and how it feels.

The Friendship Ambassadors promoted making upstander pledges and took lots of lovely photos of children in the playground throughout the week to make posters and all children in KS1 and KS2 made upstander badges. The Friendship Ambassadors also attended a Peer Power Event at Greenwich University with other Greenwich primary schools to practice their skills and deliver a presentation taking great courage and confidence. Mrs Hagerty worked across the school to produce a 'Make a Noise' song and film using drumming and percussion with few expressive dance moves to show in assembly at the end of the week. The work continues beyond the week and we will keep threading anti-bullying, kindness, belonging and friendship in school.



Chain Reaction



Peer Power Event



badges

Friendship Ambassadors

Every lunchtime the Friendship Ambassador Team are opening up the Support Shed in the KS2 playground. This means there is a place for children to go to if they need help from a friend or feel alone. Thank you to the Friendship Ambassadors for using some of their lunchtime to do their best to try to support others in school.



Consent and Boundaries

In the Autumn term, two year six focus groups worked with The Mental Health Centre to research the impact of the Diana Award 'Consent and Boundaries - Respect' training we have previously had in school. Children were very thoughtful and had a strong voice that will help shape further work in schools – thank you to those who took part. This term we are continuing to remind children to respect boundaries in lessons, display and other creative ways. Friendship Ambassadors have talked to children in KS1 and Fuji Class have helpful stem sentences on their pencil pots to remind them how to assert themselves.

Please see the link below for a useful animation to explain consent and boundaries to children.

• <https://www.google.com/search?q=ardman+consent+for+kids&og=ardman+consent+for+kids&aqs=chrome..69i57.7275i0j15&sourceid=chrome&ie=UTF->

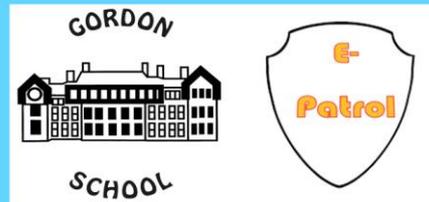
E-Patrol



Albert

Charlotte

Jayden



If you have any concerns about online safety and cyber-bullying, please come and talk to us. We are here to help you!



Salma

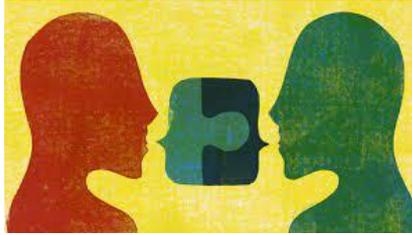
Daisy

Tibet

In the Autumn Term the E-Patrol presented a fantastic assembly to the school to talk about e-safety to everyone – well done E-Patrol!



Stem Sentences On Fuji Class pencil pots



A Restorative Approach Conversation

Our Behaviour Policy promotes kindness and respect. All pupils are encouraged to be aware their own needs and also those of others, to develop the interpersonal skills to help them regulate their own behaviour to function as positive members of the school community. We hope that building a restorative approach will help the children develop their super skills; good relationships; resourcefulness; resilience, reflective thinking, appropriate risk taking and the ability to take responsibility. We know that none of us can get it right all the time and will sometimes make mistakes - conflict is a part of life — it is how we deal with it that makes all the difference.

Being Restorative means:

- **Showing respect** - everyone is important
- **Taking responsibility** – owning up
- **Reparation** - putting this right
- **Re-integration** - starting again

Working restoratively teaches us all that the consequences of our actions have an impact on others. When dealing with conflict, adults in school use these questions and thinking points with children:

- **What happened?**
- **What were you thinking?**
- **How did this make people feel?**
- **Who has been affected?**
- **What should we do to put things right?**

The aim is to:

- Listen to all sides of the story
- Help people to talk to each other
- Restore relationships
Repair harm
Improve people's choices in the future

A Restorative Conversation is not a soft option; it requires the responsibility for their actions and to find a way to put things right. If something has been 'harmed' that it won't happen again.



concept
person

Spring Term Signposting

February is LGBT+ Month



Children's Mental Health Week is 5-11th February



Tuesday 6th February is Safer Internet Day



8th March is International Women's Day



If you have concerns regarding a child's wellbeing, care or safety, including bullying, please contact our Child Protection Team: Mr Taylor, Mrs Cuesta, Mrs Black, 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.

Mental Health in Schools Team (MHST)



Greenwich MHST ran Managing Emotions Workshops with some classes in November. These were really useful and taught children some strategies to manage their thoughts and feelings. They will be delivering further workshops to classes in Children's Mental Health Week.

MHST will also be offering a virtual space on the 5th February to provide an introduction to MHST explaining who they are and giving examples of the kind of support they can provide for parent/carers with children's worries, behaviour and challenges. Please check the weekly newsletter for the link.



<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

Useful Organisations for Guidance on Bullying and Cyberbullying:

- Anti-Bullying Alliance <https://anti-bullyingalliance.org.uk/>
- Kidscape <https://www.kidscape.org.uk/>
- NSPCC <https://www.nspcc.org.uk/>
- The Diana Award: www.diana-award.org.uk
- Family Lives <https://www.familylives.org.uk/>
- Childnet International: www.childnet.com
- Think U Know: www.thinkuknow.co.uk
- UK Safer Internet Centre: www.saferinternet.org.uk