



Tuesday 8th November 2022

Dear Parents/Carers,

The theme for Anti-Bullying Week 2022 is: 'Reach Out'. Anti-Bullying Week runs from **Monday 14th – Friday 18th November**.

Anti-Bullying Week is an annual UK event, which aims to raise awareness of bullying of children and young people, in schools and elsewhere, and to highlight ways of preventing and responding to it.

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.

Next week, in PSHRE lessons, the children will be:

- Understanding the different roles involved in a bullying scenario
- Exploring the idea of reaching out and how they can reach out to others throughout school life
- Thinking about how they can support someone they see being bullied.

On **Monday 14th November** of Anti-Bullying Week, we are also taking part in 'Odd Socks Day!' Let's pull on odd socks to show we're ALL unique and different, and let's be kind to each other and respect each other's individuality.

Thank you for your support.

Mrs Charlesworth

PSHRE Leader