

St. John's Church of England Primary School and Nursery

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7th November 2025

Dear Parents,

Antibullying week will take place between 10-14th November and this year the theme is 'Power for Good'

"Every year, bullying impacts the lives of countless young people and silence helps it grow.

That's why, this Anti-Bullying Week, we're empowering young people to use their Power for Good to safely speak up and raise awareness when they see bullying, face to face or online.

Lasting change needs all of us. From playgrounds to parliament, our homes to our phones — we all have a part to play.

Together, we can use our Power for Good to end bullying — for good."

During this week, the children will be taking part in activities that discuss what a good friend is, raise awareness of bullying and give strategies to enable children to deal with bullying issues. To start our week off, we are asking the children to join in with the national campaign to raise awareness by **wearing odd socks on Monday 10th November**— the bolder and brighter, the better! This is to raise awareness of each person's individuality and celebrating our differences.

What is bullying?

At St John's, we have agreed together what our definition of bullying is:

'When someone is doing or saying something hurtful to another person – several times on purpose' (S.T.O.P.) (The child who is bullying knows that their actions are upsetting.)

Bullying is not when children fall out and are upset, or there is an isolated incident. The significant difference is that bullying is intentional, not an accident, and is a repeated act against another child whilst being aware that it is causing upset to the victim.

What does school do to prevent bullying?

- ❖ School has an 'Anti-Bullying Policy' (**available on the school website**) and a child-friendly version, which states that any forms of bullying will not be tolerated and how any incidents of bullying will be dealt with appropriately. (Any incidents of bullying are logged and reported to governors.)
- ❖ School has a 'Behaviour Policy' (**available on the school website**) which indicates how school will promote positive behaviour within school consistently across all classes, by all members of staff.
- ❖ Part of our PSHE curriculum focuses on anti-bullying, friendships, conflict, working as a group, celebrating differences and also tackles how we deal with feelings and emotions.
- ❖ Work continues with our Playground Pals. They meet regularly, are trained to spot incidents of bullying on the playground and know how to respond appropriately.



What can I do as a parent?

If your child tells you they are being bullied:

- ❖ Stay calm, don't panic
- ❖ Listen to your child and reassure them they have done the right thing in talking to you
- ❖ Don't ask leading questions such as "Was she bullying you?". Encourage the conversation with questions such as "What happened?".
- ❖ Work in partnership with the school to deal with the issue appropriately

Cyberbullying can occasionally be an issue outside of the school day. This is bullying that takes place using technology, whether on social media sites, through a mobile phone, or gaming sites. There are ways to help prevent a child from being cyberbullied and to help them cope and stop the bullying if it does happen. Our school computing curriculum enables pupils to learn about this at an age-appropriate level.

We would like to assure parents that whilst very occasionally issues may arise, we do not feel that bullying is a major concern within our school. With the school and parents working together, matters are dealt with quickly and effectively with a positive result. If you have any queries or questions, please do not hesitate to ask.

Thank you for your continued support.

Mrs Girling

Anti-bullying co-ordinator

