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Dear Parents/Guardians/Carers

11 November 2022

### Anti-Bullying Week

During the week of 14<sup>th</sup> to 18<sup>th</sup> November it is Anti-Bullying Week. The theme is 'Reach Out' and as a school we will be taking part in this in a variety of ways.

#### **ANTI-BULLYING WEEK 2022** **'REACH OUT' CALL TO ACTION**



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.

And it doesn't stop with young people. From teachers to parents and influencers to politicians, we all have a responsibility to help each other reach out. Together, let's be the change we want to see. Reflect on our own behaviour, set positive examples and create kinder communities.

It takes courage, but it can change lives.

**So, this Anti-Bullying Week, let's come together and reach out to stop bullying.**

### Children in Need – Friday 18<sup>th</sup> November

On Friday 18<sup>th</sup> November, it is Children in Need Day so the children are welcome to wear spotty or brightly coloured clothes for the day instead of their usual school uniform. Children can also wear any of the Children In Need merchandise. We are **not** asking for a monetary contribution for this however families may decide to donate directly. In school we will discuss the reason for Children in Need and emphasise the message of 'together we can make a change'.



During the week we will give the children the opportunity to reflect on how they can play their small part in making the world a happier, more caring place. If you have any further questions, please do not hesitate to ask your child's class teacher.

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