

Anti-Bullying Week: United Against Bullying

15 to 19 November 2021

www.anti-bullyingalliance.org.uk

The theme for this year's Anti-Bullying Week is 'One Kind Word'.



Kindness is more important today than it has ever been. The isolation of the last year has underlined how little acts of consideration can break down barriers and brighten the lives of the people around us.

This is one of the reasons, that 'One Kind Word' has been chosen as the theme of Anti-Bullying Week taking place from 15 to 19 of November 2021.

Following the success of the campaign in 2020 – when a jaw-dropping 80% of schools marked the week reaching over 7.5 million children and young people - the Anti-Bullying Alliance (which coordinates the campaign each year in England and Wales) asked over 400 young people, teachers, and parents, what they wanted from this year's Anti-Bullying Week. Again, and again, the young and not-so-young told us they wanted anti-bullying work to be about hope and the positive and kind things we can do to halt hurtful behaviour in its tracks.

Anti-Bullying Week 2021: One Kind Word (anti-bullyingalliance.org.uk)

Welcome to Anti-Bullying Week Newsletter

Welcome to this year's newsletter which will provide you with ideas, resources and information to help your school successfully take part in the national anti-bullying week campaign, help towards your Ofsted requirements:

“The behaviour and attitudes judgement considers how leaders and staff create a safe, calm, orderly and positive environment in the school and the impact this has on the behaviour and attitudes of pupils.

The judgement focuses on the factors that research and inspection evidence indicate contribute most strongly to pupils' positive behaviour and attitudes, thereby giving them the greatest possible opportunity to achieve positive outcomes. These factors are:

a positive and respectful school culture in which staff know and care about pupils.

an environment in which pupils feel safe, and in which bullying, discrimination, sexual harassment, sexual abuse and sexual violence – online or offline – are not accepted and are dealt with quickly, consistently and effectively whenever they occur “

School inspection Handbook May 2019

...and it will also encourage you to work towards the Leicester City Council Anti-Bullying Award - Positive Peaceful Places

Positive Peaceful Places (PPP) Leicester City Council's Anti-Bullying award

PPP has been developed to support schools in evolving peaceful practices in all its forms. The award looks at how schools can develop structures, policies and systems but also to develop justice, fairness, a shared ethos and the building of healthy relationships – all of which links to the 2019 Ofsted Handbook.

The first schools have now successfully completed the award, and many schools are currently on their journey towards accreditation. We are continuing to run the award but with adaptations that suit schools due to social distancing and recognising the challenges schools face at the moment.

It would be wonderful for more schools to join us in gaining accreditation and celebrate their achievements through this award. We have a team of staff who can train and support you through the process.

Get in touch

For more information, including details of the Positive Peaceful Places Award, contact:

- Social Emotional and Mental Health (SEMH) Team (0116 454 4650)
- Beth Pope (bethan.pope@leicester.gov.uk)
- Jo Lockley (jo.lockley@leicester.gov.uk)
- City Psychology Service (0116 454 5470)
- Bhavin Pathak (bhavin.pathak@leicester.gov.uk)



Odd Sock Day

Why not kick Start your anti-bullying week by joining in with the Antibullying Alliance Odd Sock Day on **Monday 15 November**?



Adults and children come to school wearing odd socks to celebrate the unique diversity within us all.

The Antibullying Alliance has some free resources suitable for Primary and Secondary Schools containing competitions, lesson plan and an assembly idea plus much more information that can be found and downloaded from:

[Odd Socks Day 2021 - School Pack FINAL.pdf](#)

Other Antibullying Alliance resources

The Antibullying Alliance website is packed full of examples and ideas for you to use throughout the week, including:

Secondary schools pack

[Anti-Bullying Week 2021 - Secondary School Pack FINAL.pdf \(anti-bullyingalliance.org.uk\)](#)

Primary schools pack

[Anti-Bullying Week 2021 - Primary School Pack - FINAL_1.pdf \(anti-bullyingalliance.org.uk\)](#)

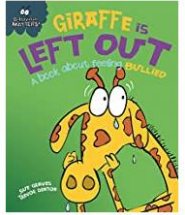

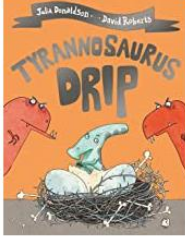
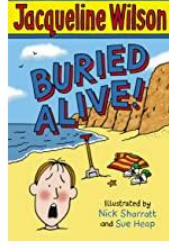

Plus, a recommended reading list:

[PEN00929 Puffin Anti-Bullying Poster AW.pdf \(anti-bullyingalliance.org.uk\)](#)



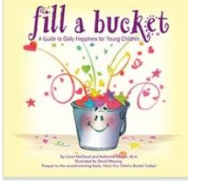
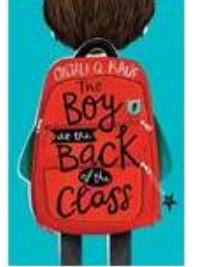


Other Resources and suggestions to make your week effective

Book Ideas – General books about diversity and themes associated with bullying

Book cover	Book details	Book cover	Book details
	<p>Elmer by David McKee</p> <p>Story about a multicoloured elephant who paints himself grey to look like other elephants. Helps celebrate the value of being unique and to be yourself.</p>		<p>Giraffe is Left out by Sue Graves</p> <p>Giraffe feels left out because he hasn't been invited to a party but his friends have. Looks at the value of kindness and explores themes of excluding others.</p>
	<p>The Pirates Next Door by Johnny Duddle</p> <p>The Jolley -Rodger Pirates arrive as new neighbours into the neighbourhood but are judged by their appearance by everyone except Matilda. Addresses themes of acceptance and difference.</p>		<p>Tyrannosaurus Drip by Julia Donaldson and David Roberts</p> <p>A rhyming tale that finds a duckbill in the wrong nest. Despite name calling he demonstrates the courage to still be himself.</p>
	<p>Feather Boy by Nicky Singer</p> <p>A KS2 novel about Robert who is bullied by Nicker at the same time as his parent's marriage is breaking up. Themes of courage and resilience.</p>		<p>Buried Alive by Jacqueline Wilson</p> <p>Suitable for KS2 this story is about friends on holiday who are joined by two others that arrive who spoil and ruin their stay. With help they learn to stand up to them.</p>
	<p>Noughts and Crosses by Malorie Blackman (Secondary)</p> <p>Callum and Sephy are friends but can no longer be together in a world where difference is not tolerated. Encourages pupils to think about difference.</p>		<p>Hollow Pike by Juno Dawson (Secondary)</p> <p>Lis moves country to try and escape her tormentors but ends up in events linked to a murder. Looks at the relentless malice of school bullying.</p>

Books linked to this year's theme of kindness

	<p>Jake the Growling Dog by Samantha Shannon</p> <p>Jake is a dog who loves to do all the usual dog related things the trouble is he always growls as he does it.</p> <p>A book about kindness, diversity and friendship</p>		<p>Our Diversity Makes Us Stronger by Elizabeth Cole</p> <p>Nicky is worried friends will not accept him now that he has new reading glasses.</p> <p>This book covers themes to explore being kind to others who are different, to love who they are and to boost self-confidence.</p>
	<p>Fill a Bucket by Katherine Martin</p> <p>An updated prequel to Have you filled a bucket today? It looks at how children can fill their own and other peoples buckets to enable happiness.</p>		<p>KS2 - The Boy at the Back of the Class by Onjali Q Rauf</p> <p>Ahmet is a refugee who starts a new school and how 4 classmates have a great impact on his life. A story that helps pupils realise the power of kindness</p>

Lists of books to support different themes can also be found at:

The Book Trust

[Themed booklists for children | BookTrust](#)

Or

Huff Post

[35 Children's Books That Teach Empathy And Kindness | HuffPost UK Parenting \(huffingtonpost.co.uk\)](#)

Activity Ideas

Random acts of kindness

Encourage your pupils to undertake random acts of kindness within their school, family and friends. You could create bags of joy that contain little messages and pictorial gifts to leave anonymously for a person or perhaps even assign one child a day to give the gift to a chosen class member. Alternatively to the bag this could be a card or little pass given with a free hug or smile recorded on it.

- [Wrinkled heart](#)

Help pupils consider the impact of hurtful words by using a large heart shaped piece of paper. As you read a story (perhaps one of suggested above) scrunch up the heart each time someone was unkind to the main character. Try to flatten out the heart each time in the story someone was kind. At the end discuss the wrinkles on the paper and consider how although people have tried to make things better it does affect the original person. They are healing but this experience will stay with them. Then encourage the key message of think before you speak or act. It may be powerful to display and explain this in your classes.

- [Kindness challenges](#)

Set yourselves as a class or school to undertake kindness challenges. This could be for example, a school food bank collection, visit to the local care home to sing them a song or litter pick around the local area.

Kindness challenges can be given on a bingo grid for each pupil and they are then given a period of time to cross off and achieve as many as possible. A certificate for achieving different levels of achievements might be nice to be issued as a reward.

For older students in secondary encourage the pupils to dedicate a week of spreading positivity on social media through the messages they send to friends.

- [Explore how kindness is shown](#)

Consider researching local, national and international acts of kindness to bring awareness of pupils that this can be shown in many different ways.

- [Kindness catchers \(origami paper fortune teller\)](#)

Make a kindness catcher using origami and under each flap consider an act of kindness for example: give a compliment, tell a joke, give a high five, share some class resources with them, let your friend go first.

- [Circle time](#)

Using a talking object explore kindness encouraging your pupils to finish a sentence such as... *one nice thing in my life is....* or *something kind that has happened to me was when ...*

- [Thank you post box](#)

In your school or classroom create a physical post box that people can use to send messages of kindness to each other.

- [Fill your bucket / Jar of kindness](#)

Thank you, messages can also be placed in a physical bucket, or on the wall display bucket after using the 'Have You Filled Your Bucket' story and kindness concept. Alternatively, the messages can be put in a jar and shared at times to suit the class.

- [Shout out boards](#)

In staffrooms and classrooms people can write down and 'shout out' to acknowledge the act of kindness that was shown.