

PSHE NEWSLETTER

Anti-Bullying Week Year 1 and 2

National Anti-Bullying Week 2025 runs from 10th-14th November, with the theme for this year being 'Power for Good'. The aim of the week is to help children to understand how we can all work together to help prevent bullying from happening and to create a happy, inclusive school environment. They will learn that we can all make a big difference by using their power of good to spread kindness. It is also a good opportunity to reinforce how our school approaches bullying and ensure that all children know how to seek help if there is anything that is making them feel upset or worried.

At Thames Ditton Infant School, we aim to tackle bullying by trying to prevent it from happening in the first place and by dealing with it consistently, fairly and effectively if it does. The activities that your child will be doing this week are part of this preventative work and are linked to their learning in PSHE. The aim of these activities is to help the children to understand what bullying is, how it feels and what to do if it happens to them or if they see it happening. The children will learn that bullying can happen face to face as well as online.

Links will also be made to promote our ongoing learning about wellbeing by developing the children's awareness of the

**Good wellbeing is when
I feel good in my head,
my heart and my body.**



negative impact of bullying on wellbeing. They will also learn that fostering good relationships and treating others with kindness and respect can positively impact their own wellbeing and that of others.

'Odd Socks Day!' On Monday 10th November children in all year groups are encouraged to come dressed to school wearing odd socks with their usual school uniform to help celebrate being unique and to remind everyone about being kind and respecting other's individuality!



Friendship Week Year R



The theme of this week for children in Year R will be "Friendship". The children will be provided with a range of activities to encourage them to think about how to make good choices in their behaviour to develop positive friendships. They will also be learning how good relationships and kindness can have a positive impact on their wellbeing and that of others.



How can bullying be defined?

Anti-Bullying Alliance defines bullying as:

'The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power.

Bullying can be physical, verbal or psychological.
It can happen face-to-face or online.'

Your child will learn these key features of bullying:

1. **It doesn't just happen once:** It goes on over time and happens again and again.
2. **It is deliberate:** hurting someone on purpose, not accidentally.
3. **It is unfair:** the person doing the bullying is stronger and more powerful. (Or there are more of them)

Because these three things have to happen together for something to be called 'bullying', they will also learn that bullying is not:

- A one-off fight or argument.
- A friend sometimes being unkind.
- An argument with a friend.

It will be made clear that:

- Any behaviour that hurts someone else is not acceptable, whether it is bullying or a one off incident.
- Everyone has the right to be safe and not bullied.

Your child will learn that there are different types of bullying and that it can happen face-to-face or online.

Physical bullying includes: hitting, kicking, biting and pushing. Anything that hurts someone by touching someone.

Emotional bullying includes: name calling, verbal threats, isolating someone, leaving someone out and spreading rumours.

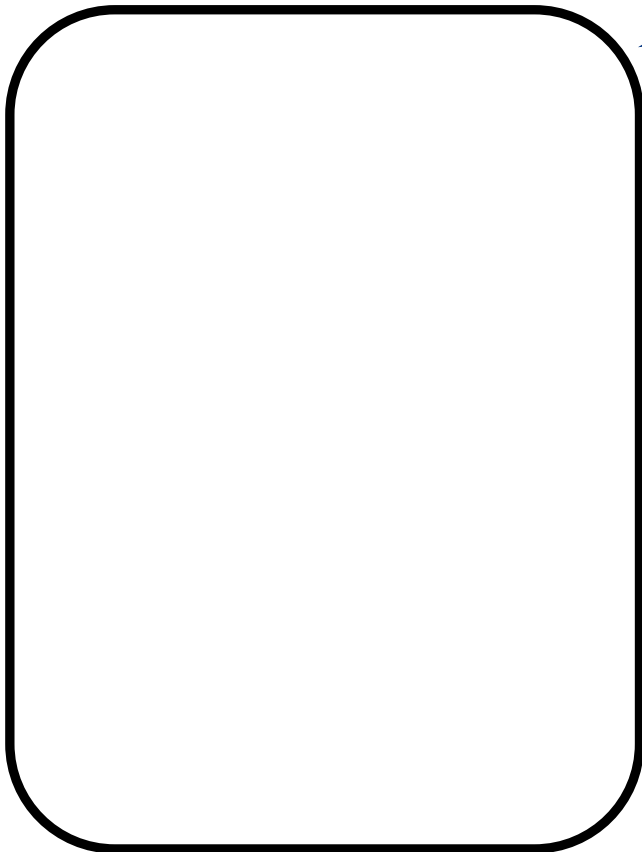
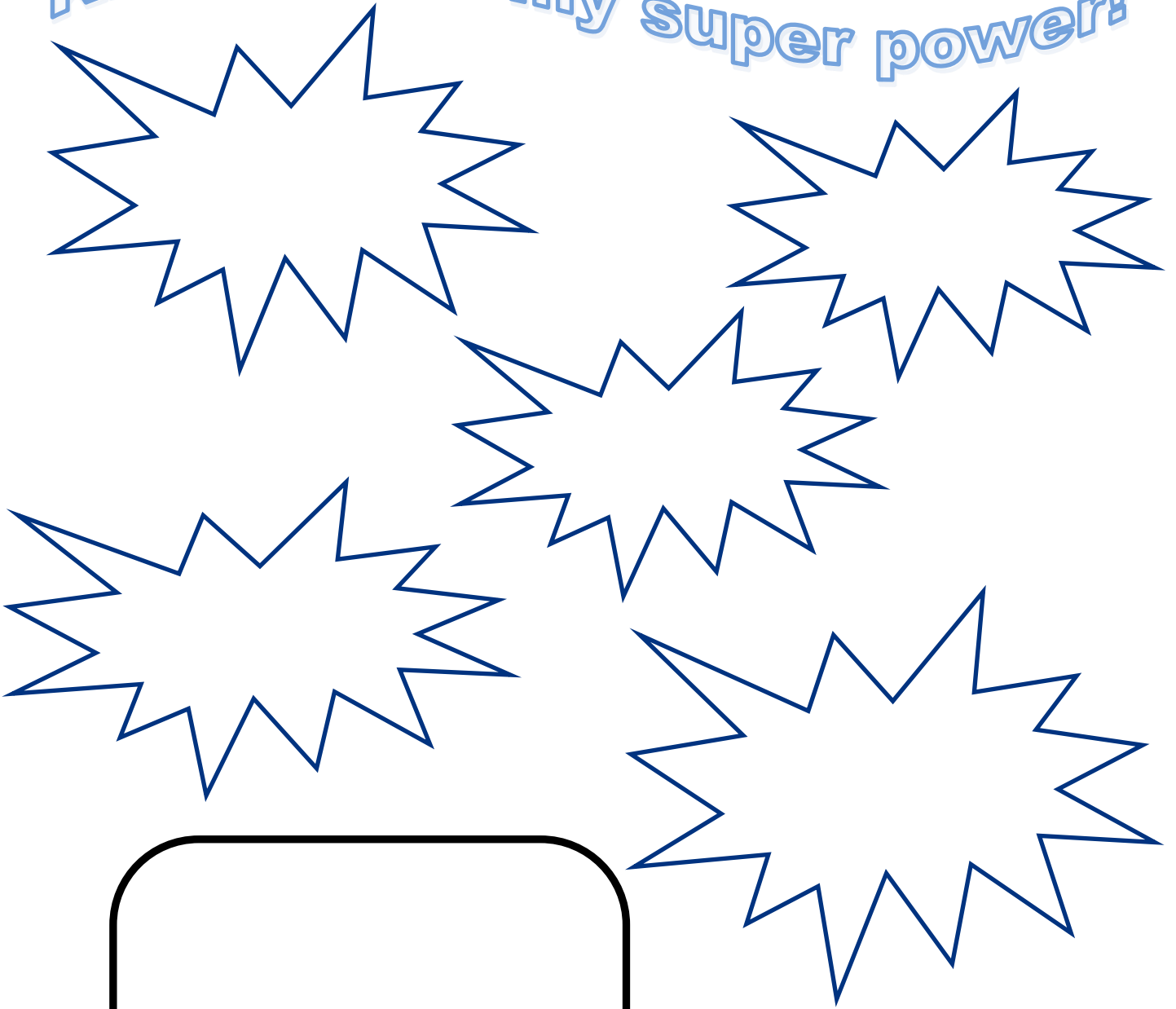
Cyberbullying includes: sending unkind messages And prank calls.

For further information and support about bullying, please visit the following websites:

<https://anti-bullyingalliance.org.uk/anti-bullying-week/parents-and-carers>

www.childline.org.uk
www.kidscape.org.uk

Kindness is my super power!



Draw a picture of yourself in the box opposite dressed as a Kindness Super Hero. Draw pictures or write sentences in the callouts to record how you completed your mission to show kindness this week!

Bring your completed sheet to school to earn 5 house points and remember to keep demonstrating your super power of kindness every day!