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*'For Learning That Lasts A Lifetime'*

5<sup>th</sup> November 2018

Dear Parent/Carers

**Anti-Bullying and Mental Health Week 2018**

Anti-Bullying and Mental Health Week 2018 takes place from Monday 12<sup>th</sup> to Friday 16<sup>th</sup> November with the theme 'Choose Respect'. It is co-ordinated by the Anti-Bullying Alliance.

The aim of the campaign is to support schools and other settings to help children and young people, school staff, parents and other professionals who work with children to understand:

- The definition of respect
- That bullying is a behaviour choice
- That we can respectfully disagree with each other, i.e. we don't have to be best friends or always agree with each other, but we do have to respect each other.
- That we all need to choose to respect each other, both face to face and online.

On 1<sup>st</sup> November 2018, Firehorse Productions performed their Anti-Bullying production 'The B Word' to classes 1 – 6. The play explored the effects of bullying – including cyber bullying – which children may encounter.

All classes will reflect further on matters to do with bullying during the Anti-Bullying week promoting positive messages about anti-bullying/good mental health and also raising awareness of how our school protects children from bullying.

Yours sincerely

A handwritten signature in blue ink that reads 'W Norley'.

**Mrs W Norley**

**PSHE Co-ordinator**

