



Anti-Bullying Week 2025 News

This year, the theme for Anti-Bullying Week was 'Power for Good'. Our children learned how they can use their power for good to make our school a safe, happy and productive place to be.

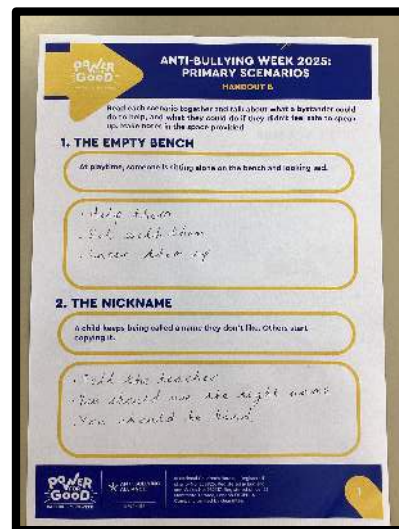
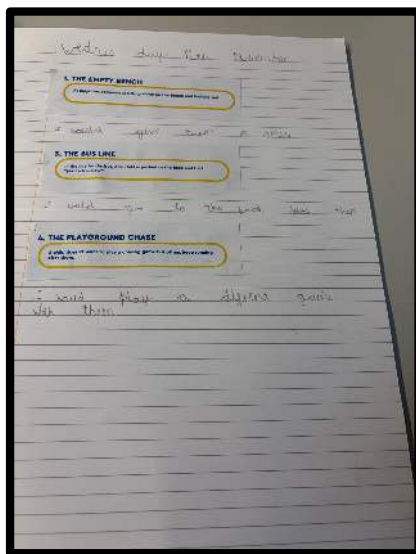
The week began with Odd Socks Day. This is always a favourite and the children enjoy wearing crazy socks and showing off wonderful colour and pattern combinations. We wear our odd socks to remind us that we are all different and we should celebrate our differences and encourage others to do the same.



In classes, everyone enjoyed lots of activities and games to remind us what bullying is and them of the importance of stopping it. We spent some time finding out about cyber bullying and what we can do if we see or experience something online that upsets us. We discussed what to do if someone sees or experiences bullying and asked children to think about a trusted adult that they would feel comfortable talking to. This could be at home or at school and all children were able to name someone.



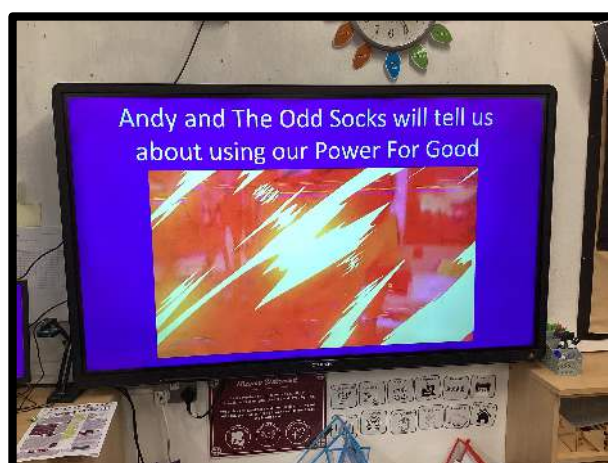
Some of the activities included; designing our own super hero and imagining what super powers would be needed to help stop bullying. Another activity was discussing scenarios and planning how children could help a child who was experiencing bullying, unkind comments or feeling left out. The children came up with some great solutions and that we are planning to make into a guide for others.



We also enjoyed some mindful activities to help us to feel calm and develop a toolkit of strategies we can use if we feel upset or anxious. We completed some mindful colouring while listening to calming music, tried some meditation and learnt how deep breathing can help us to feel relaxed.



Of course, no Anti-Bullying Week is complete without watching Andy and the Odd Socks' official video and joining in with the singing and dancing.



The final day of the week was dedicated to Children In Need and we shared a whole school assembly led by the Rights Respecting Ambassadors and children completed learning and activities in classes throughout the day.

