

# Thorndown Newsletter

## Anti- Bullying Edition

All the children at Thorndown School have been exploring ways to keep themselves and others safe during National Anti-Bullying week. It is so important that this is a subject we all talk about openly and empower our pupils with key strategies to stop it from happening in or out of school.

“Bullying is behaviour that hurts someone else. It includes name-calling, hitting, pushing, spreading rumours, threatening or undermining someone. It can happen anywhere – at school, at home or online. It's usually repeated over a long period of time and can hurt a child both physically and emotionally”- NSPCC

This is what we have been learning and exploring in our year groups:

### Foundation Stage



Foundation Stage children thought about what it meant to be a kind friend. They found that some words and actions were not kind. On the Kindness Tree, they wrote words to describe their friends' best qualities and kind words to say e.g. saying sorry and saying I love you.

### Year 1

Our Year 1s created their own rainbow of 'kind' words – we wonder how many you can think of? We also had a pot of kindness; each time somebody said or did something kind, we put a pom-pom in the jar! Kind words are so important to friendship.



### Year 2

*During Anti Bullying Week, Year 2 looked at 'One Kind Word'. Together we explored the importance of being kind. We created kindness jars in our classroom and all the children have been working so hard to use kind words and actions. Please take a look at our rainbow of kindness words below.*



*We had a midweek reflection and thought about who has been kind to us during the week and how we could be kind for the rest of the week. Using drama, we explored how to solve a friendship dilemma. We have learned so much and we are beginning to use these ideas during play times and lunch times.*

Year 2 Team

### Year 3

*In Year 3, we focused on learning the difference between friends falling out and bullying behaviour. We thought about the Peaceful Problem Solving process for if we fell out with friends and wanted to reach a solution together. In groups, we looked a range of situations and thought about whether they showed bullying behaviours or falling out. If it showed bullying*

behaviour, we thought about what type of bullying behaviour it showed. Here is a photo of us organising some cards into different types of bullying.



We also celebrated how we are all different to one another, which makes us unique, and played games to find similarities that we shared with other members of the class. Year 3 Team

#### Year 4

As part of Anti-Bullying week, Year 4 designed and created posters, which were displayed around school. We have been busy learning about friendships and empathy as part of our PSHE, which has played a big role in our understanding of bullying and what we can do to tackle it.



The children have also enjoyed our English poetry unit this half term. We have researched key facts about our poet, Maya Angelou, as well as written our own poem! We have incorporated key aspects and links from the original poem, 'Still I Rise' and created our own themes based around bullying and overcoming different obstacles and challenges. Year 4 Team

#### Year 5



By Inaya

During Anti-Bullying week this year, Year 5 shared their ideas about what this meant to them. We talked in depth about where bullying might take place and who might be involved. Thinking from the viewpoint of the bully brought up some interesting ideas – recognising that someone seemingly strong might actually be weak. We recognised that if you are happy, have good self-esteem and lots of friends, you are less likely to be a target for a bully. Then we thought about witnesses to bullying and their role. If we watch someone being bullied and do nothing, not only are we not helping, but it also gives the bully the impression that we think their actions are OK. It's not always easy to be the person to tell someone – but we decided that an anonymous note in our class worry box would keep everyone safe. The big message is whether we are being bullied ourselves or a witness to this, we must TELL and then everyone can get the help they need. Year 5 teachers

#### Year 6

During Anti-Bullying Week, Year 6 talked about different bullying that can occur and what bullying actually is. We discussed how to defend others and keep ourselves safe. One kind word can really help to stop bullying and make others feel good.

Year 6 also talked about how to help bullying everywhere forever and that bullies have sometimes been bullied themselves and they must be helped too. By Mathilde Year 6



#### Safe Place

If you are experiencing domestic abuse, you can seek support by ringing the national domestic abuse helpline on 0808 2000 247 or, if an emergency, please dial 999.

Our school is a safe place and so, if you feel unsafe and it would help, please come in and speak to us and stay as long as you need to.