

# One Kind Word



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We got the week off to a flying start by wearing odd socks to school. This was a great way to celebrate how unique we all are and that we should all be allowed to be ourselves - free from bullying. It was amazing to see the array of colourful, patterned, crazy, odd socks that were worn to school.



In assemblies and PSHE lessons, we thought carefully about the theme of this year's anti-bullying week – One Kind Word. As a school we wanted kindness to be passed along in a ripple effect, one kind word, action or smile can change someone's day.

# Anti-Bullying Week



We discussed the importance of our school strapline and vision:

Aspire to aim high,  
Believe in who you are  
Achieve, beyond your dreams  
Particularly focusing on the importance of 'Believe, in who you are' – valuing the fact that we are different from anyone else on earth and how special this makes us.



The children discussed, shared and listened to each others valuable thoughts with respect, as well as demonstrating our key learning behaviours of reflection and critical thinking throughout the week. These texts among many others from the library, which have messages around kindness and bullying, were shared across the school.

A key part of anti-bullying week was the chance to ensure that all of our school community are able to define and understand what bullying is.

As a school, we define bullying, in accordance with National and the Anti-bullying Alliance as:

- National: "Behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group either physically or emotionally"
- Anti-bullying Alliance: "The intentional, repetitive or persistent hurting of one person by another, where the relationship involves an imbalance of power".
- Bullying is behaviour which can be defined as the repeated attack, physical, psychological, social or verbal on those who are powerless to resist, with the intention of causing distress for gain, gratification or impact.

We held a design A Pair of Odd Socks Competition and had a fantastic 123 entries across the school! It was a pleasure to work alongside some of the members of the school council who were in charge of the judging. We were amazed at the range of designs, creativity, patterns and colours the children came up with.

