



Spalding Parish Church of England Day School

Wholly inclusive, striving for fulfilment, empowering the flourishing of our world

7th November 2025

Dear Parent/Carer,

Anti-bullying Week: Monday 10th November – Friday 14th November

Monday 10th November marks the start of national Anti-Bullying Week. At Spalding Parish Church of England Day School we use this week as an opportunity to help our school shine a spotlight on bullying and encourage all children, teachers and parents to take action against bullying throughout the year.



Power for Good

The theme of Power for Good has come about following consultation with teachers and pupils by the Anti-Bullying Alliance which coordinates Anti-Bullying Week every year in England, Wales and Northern Ireland. Teachers and children wanted a theme that empowered them to do something positive to counter the harm and hurt that bullying causes.

Following the success of the campaign in 2024 – when over 80% of schools marked the week, reaching over 7.5 million children and young people – this year, we'll empower children and young people to use their Power for Good to speak out, support others, and build a world where kindness wins.

The aims of this week are:

- To understand the school definition of bullying;
- To think about how you can support someone you see being bullied;
- To empower others to do something positive to counter the harm and hurt that bullying causes;
- To explore the idea of kindness and how we can spread kindness throughout school life.

Bringing an end to Bullying

At SPCEDS we use the DfE's definition of Bullying: *"behaviour by an individual or a group, repeated over time that intentionally hurts another individual either physically or emotionally"*.



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As part of this we use the 'STOP' acronym to help children remember the definition of bullying. During the week we will be reminding the children to develop the use of the same acronym to help children remember the actions they need to take.

Several	Start
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On	Other
Purpose	People

Spalding Parish is committed to ensuring an anti-bullying culture where the bullying of any individual is not tolerated in any form.



Odd Socks Day

As part of Anti-Bullying week, we will also be celebrating Odd Socks Day. This year Odd Socks Day is taking place during Anti-Bullying Week on Monday 10th November.

Odd Socks Day is intended to be fun! It is an opportunity to celebrate difference and uniqueness and to value and appreciate the style and character of others. It is a chance for schools to celebrate Anti-Bullying Week in a positive way by asking pupils and staff to wear odd socks to school. There is no pressure to wear the latest fashion or buy expensive costumes. All you need to do to take part is wear odd socks, it could not be simpler! We look forward to seeing the odd socks on display this year.

Andy and the Odd Socks



Andy and the Odd Socks are one of the most popular bands for young children in the UK. Stars of the wacky comedy drama 'Andy and the Band' currently on CBeebies and CBBC, the Odd Socks are always there to help their fans along the way and of course save the day...in their own inimitable way. Fronted by Andy Day, one of the most popular children's TV personalities, the Odd Socks are all about fun and laughter, but more importantly they deliver a message of individuality, acceptance and tolerance.

Which is what being an Odd Sock is all about... because everyone is different and that's good. As part of the Anti-Bullying campaign and Odd Socks Day Andy and the Odd Socks have written another toe-tapping masterpiece song this year called 'Power for Good'.

As a parent or carer, you are a vital piece of the puzzle in tackling bullying. You have a unique role to play in guiding and supporting your child through their school years and there are many positive steps you can take to help keep your child safe from bullying and harm.

As parents and carers, we all want our children to be happy and safe, and it is natural to worry about bullying - particularly if we have experienced bullying ourselves or think our child may be more vulnerable to bullying. The good news is you are not alone! The Anti-Bullying Alliance and its members are here to work with children, families, and schools to help keep children safe. This year they have developed a FREE Parent and Carer Pack to help you bring Anti-Bullying Week 2025 and Odd Socks Day to life at home and can be accessed [here](#). This resource will help you start the conversation about bullying no matter the age of your child and give you other ideas about anti-bullying at home.

We look forward to ensuring 'Power for Good' and hope you will support us in our endeavours. If you do have any questions or would like any further information, please do not hesitate to get in touch.

Kind Regards,

Diane Mulley
Interim Executive Head Teacher

Emily Hill
Interim Head of School



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