



# Spalding Parish Church of England Day School

9<sup>th</sup> November 2022

Dear Parent/Carer



Anti-Bullying Week  
Monday 14<sup>th</sup> to Friday 18<sup>th</sup> November

As well as supporting Children in Need and World Diabetes Day, the staff and children at our school will be immersing themselves in Anti-Bullying Week. The theme for this year is 'Reach Out', which aims to empower children to counter the harm and hurt that bullying causes. Last year, 80% of schools marked Anti-Bullying Week in their calendars, meaning it reached over 7.5 million young people! This year, Anti-Bullying Week will encourage children to reach out and show others the support they need.

*Small change. Big difference.*

*Whether it is verbal, physical, online or in-person, bullying has a significant impact on a child's life well into adulthood. By making small, simple changes, we can break this cycle and create a safe environment for everyone. Because together, we can challenge bullying. Change starts with a conversation. It starts with checking in. It starts with work together.*

The children will be taking part in a range of activities during the week in their classes. On Monday 14<sup>th</sup> of November, we are inviting all children and adults to wear odd socks or colourful tights with their uniforms to highlight that we are all unique and wonderful.

Thank you for your continued support.

Kim Bird  
Assistant Head Teacher



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