



One kind word...

**ODD SOCKS DAY FOR
ANTI-BULLYING WEEK**



The theme for Anti-Bullying Week this year is 'ONE KIND WORD', and we started the week with a whole school assembly and 'Odd Sock Day'.

And here are some from the Nursery...



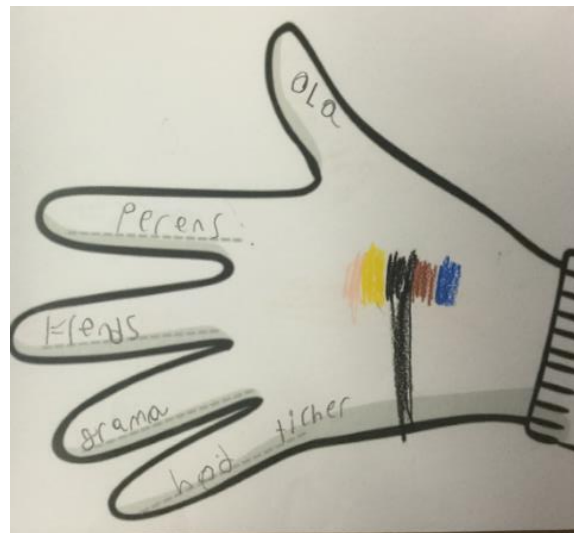
and Reception...



In **Year 1**, we linked Anti-Bullying into our final 'Jigsaw' piece. We looked at examples of what bullying can look like and what we could do to stop it from happening. We started off by designing each part of our figure differently and then put them all together so we can celebrate our differences. Take a look at our final creations.

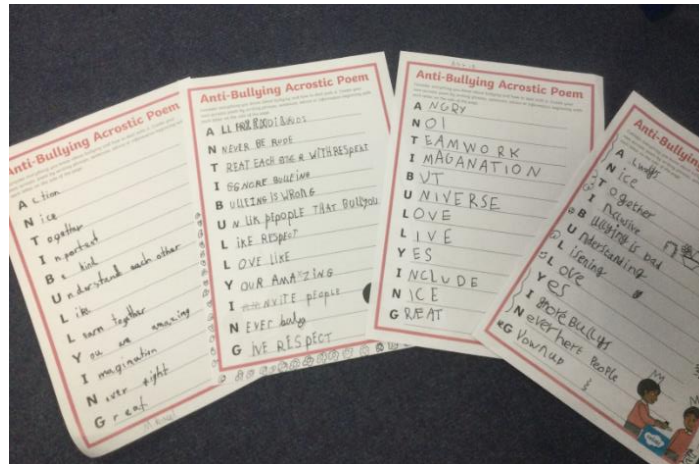


Year 2 We worked together on a range of activities to promote kindness and raise awareness of bullying. We wrote the names of people we can ask for help.



This week in LKS2 we have been thinking of ways we can create a ripple effect of kindness by doing small repetitive kind acts for the people around us like: smiling, saying please and thanks, saying 'play with us', 'you go first' and not ignoring people when they're hurt. We're hoping that by turning these into habits we can create a kinder atmosphere in our school.

Year 3's have also been taking part in the 7-Day Kindness Challenge as part of the One Kind Word theme. We also wrote some lovely acrostic poems to show our understanding and support of anti-bullying week and beyond!



In Year 4



Year

4 have participated towards Anti-Bullying week to show our support. Year 4 have had several discussions about bullying and how it can affect someone mentally, physically and psychologically. For our PSHE lesson we watched videos from Anti-Bullying Alliance to see how other children have united against bullying. From this Year 4 have come up with many fantastic solutions to prevent bullying

Working together as a class to show our support for anti-bullying week we have created hands to represent 'anti-bullying'. We have decorated them with colours and patterns, writing positive statements of 'be kind, be respectful, think about others, be helpful, don't leave anyone out', to express how we can support anyone around us who may need our help.

5 TIMES SOMEONE SHOWED YOU KINDNESS	HOW DID IT MAKE YOU FEEL?
In class most of the people said I have a great singing voice.	Proud 😊 because they only said it to me and no one else.
When someone gave me multiple neckties and rings / bracelets	Thankful
When people let me play their games when I'm sad	Cheerful
When someone gave me a phone	1 Thank full 4 over loved 2 Happy 3 Joy full
When someone cooked food for me (At home)	1 Loved 2 heard 2 happy 3 APPreciated 3 Thank full 6 respected

Year 5 spent some time thinking about the impact of kindness in school and the positive effect this can have on others. We discussed ideas for showing kindness in a range of situations and reflected on our past experiences.

Year 6 have not had a lot of time this week as they have been swimming every day. However, they have had some really great discussions. Here are some of their thoughts:



I liked wearing odd socks whilst walking around East London on the way to swimming. It was a good way to start anti-bullying week.

We need this week to show people the effect of bullying.

Odd socks day shows people that difference is a good thing that we should celebrate.

Anti-bullying week is important because we should see and celebrate the difference in people and to make bullies aware of their behaviour.

It shows that bullying is not acceptable. We did odd socks day to show that it's ok being different.

Anti-bullying week stands up for victims of bullying which is great.

This week helps to spread awareness.

Anti-bullying week helps the bullies reflect on their behaviour and how the other people feel. Also, it helps anyone being bullied know how to deal with it and encourages them to tell an adult.

We don't think that bullying is acceptable.

This week makes us think and appreciate differences. This is why we have Odd Socks Day. We shouldn't judge a book by its cover.

We need to know about online bullying as this could happen to us.

Chisenhale Chatter

The following children will be receiving a praise postcard this week:

Sprouts - Erin and Truman
Broccoli - Ayra and Albie
Curly Kale - Aahil and Margot
Beetroot - Adiyan and Riona
Basil - Michaela and Emmanuella
Thyme - Amani and Jax
Mint - Aneesa and Bobby
Lavender - Nathaniel and Carys
Cherry - Grace and Sahat
Rowan - Ismaeel and Joey
Oak - Hamza and Elsie
Willow - Ahmed and Asia

Keeping children safe online

Thanks to those parents who were able to attend the online safety zoom session. Some of the most important messages from the session were:

- it is never too early to talk to your child about their safety online
- make sure you have robust parental controls on all the devices in your house, and on phones
- supervise your children closely when they are online
- check the recommended age for any games they play online
- check who they are talking to if they are playing games online
- make sure you know whether the apps they are using are age-appropriate

You can get help and more information here:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://www.childnet.com/parents-and-carers/parent-and-carer-toolkit>

<https://www.parents.parentzone.org.uk/to-particles>