



St. Michael's Church of England Primary School

Carlisle Road, Dalston, Carlisle, Cumbria CA5 7LN • Tel: 01228 711544 • Headteacher: Mrs L Smith

Our school values: *Respect · Kindness · Challenge · Forgiveness · Perseverance*

11 November 2022

ODD SOCK DAY

On Monday 14 November we would like all children to come into school wearing odd socks. Adults and children wear odd socks to celebrate what makes us all unique. This event will launch our anti-bullying week.

Bullying affects millions of lives and can leave us feeling hopeless. But it doesn't have to be this way. If we challenge it, we can change it. And it starts by reaching out.

Whether it's in school, at home, in the community or online, let's reach out and show each other the support we need. Reach out to someone you trust if you need to talk. Reach out to someone you know is being bullied. Reach out and consider a new approach.

It doesn't stop with young people. From teachers to parents and influencers to politicians, we all have a responsibility to help each other reach out. Together, let's be the change we want to see. Reflect on our own behaviour, set positive examples and create kinder communities.

It takes courage, but it can change lives. So, this Anti-Bullying Week, let's come together and reach out to stop bullying.

Kind regards

Lorna Smith

Mrs Smith

