



18th November 2021

Personal Development and Wellbeing Newsletter - November 2021

November traditionally sees the college focussing on anti-bullying and this year is no different with a week of activities starting on Monday 15th November. This year's theme is "One Kind Word" and we are asking learners to spread kindness through their words and actions.

We have motivational quotes this week in DigiBriefing as well as assemblies and Learning 4 Life lessons where we are exploring kindness and what we can do as a community to stop bullying of any kind.

The definition of bullying is as follows:-

Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online.

The ABA (Anti-Bullying Alliance) website states:

'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 we 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.

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 lots of positive steps you can take to help keep your child safe from bullying and harm. One of the steps is knowing when to ask for support.'

If you want more information please visit www.anti-bullyingalliance.org.uk and if you have concerns about your son/daughter please contact your child's Head of Year. Do take the time to read the attached toolkit for parents/carers [AntiBullying Week 2021 Parent Pack FINAL.pdf](#) and additional information is available by:

*accessing the 50 minute Anti-Bullying Alliance conversation recorded during the 2020 Anti-Bullying Week: [Anti-Bullying Week Panel for Parents and Carers - YouTube](#)

* watching [8 top tips if your child is bullying others - YouTube](#) [46 secs]

*watching [Supporting your child online - top tips - YouTube](#) [35 secs]

- reading articles on [Bullying advice for parents | Bullying UK](#) – here there are short articles on how to spot signs of bullying and how to support.

[Protecting children from bullying and cyberbullying | NSPCC Learning](#) – this gives information and advice

Yours sincerely



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