Co-op Academy Southfield

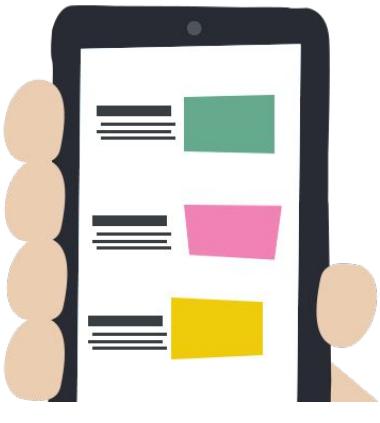
Safeguarding Newsletter : Anti-Bullying Week

Co-op Academy Southfield



Welcome to Co-op Academy Southfield's Anti-Bullying Week newsletter.

As parents and carers, we want our children to be happy, healthy, and safe. Anti-Bullying Week 2026 runs from Monday 16th to Friday 20th November. It is coordinated by the Anti-Bullying Alliance, who are based at the National Children's Bureau.



What is Bullying?

The Anti-Bullying Alliance defines bullying as 'the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power.' Bullying can be physical, verbal or psychological. It can happen face-to-face or online. Statistics demonstrate that some children will experience or witness bullying at some point during their school years. That may be as a target, as someone who bullies others, as a bystander who watches it happen, or as an upstander who steps in to stop it.

Recognising Bullying:
The Signs Every Parent Should Know



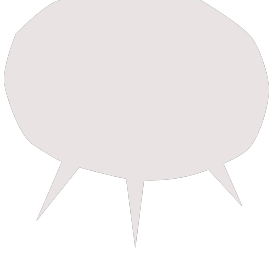
Some young people may not tell anyone about the bullying they are experiencing. However, there are often signs we can look out for that may indicate bullying is occurring.

You know your child best so will be aware of any changes to their behaviour, or if something seems wrong.

Some types of behaviour that might be an indication of bullying are:

- A reluctance to go to school
- Showing signs of distress on a Sunday night or at the end of school holidays
- Becoming quieter or more withdrawn than usual
- Seeming upset after using their phone, tablets, computers etc

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Your Next Steps:
Supporting a Child Who Is Being Bullied

Your key role is listening, keeping calm and providing reassurance that the situation can get better when action is taken.

- Listen and reassure: Thank them for telling you, remind them it's not their fault, and promise your support.
- Keep a record: Note down names, dates, and details.
- Plan next steps together: Ask what they want to happen and talk through their options.
- Speak to the school: Request a meeting- your child has a right to feel safe at school.

Teaching Kindness:
How to Respond If Your Child Is Bullying Others

Children are developing physically, emotionally, and socially and often need our help to understand how to behave towards others. For SEND children, it may be particularly difficult to regulate their behaviour or actions, and they may need additional support.

What is important is that where we have hurt others, we understand the impact of our behaviours and learn to take action to put things right. If your child is showing behaviour, it is important to:

1. **Stay calm and listen.** Ask for specific examples of what happened, and hear your child's side with an open mind.
2. **Focus on the behaviour.** Remember that poor behaviour doesn't define your child. Be clear about what they did wrong and why it needs to change, without labelling them a 'bully.'
3. **Look for the root cause.** Check whether peer pressure, hurt feelings or retaliation for being bullied themselves played a part.
4. **Encourage empathy.** Help them understand the real impact their actions have had on others.
5. **Make a plan to put things right.** Agree on clear changes moving forward and how they can make amends.



Breaking the Silence:
How to Start the Conversation

This year's theme, Break the Silence, was chosen with children and young people from England, Wales, and Northern Ireland. Ask your child:

- What do you think makes a good friend?
- How would you describe what bullying is?
- Why do you think some people bully others?
- What does being kind look like?
- If you upset a friend, what could you do to make it right?
- If you saw someone being treated unfairly, what could you do to help?
- Do you think being kind makes you strong? Why?



Making a Difference: Our Week Ahead

This week, we have a thoughtful schedule of activities planned to help our students build a kind, inclusive and supportive school community.

Here is what your child will be taking part in:

In the Classroom: Through their Relationships and Sex Education (RSE) lessons, all students will be exploring what makes a respectful relationship, covering important topics like consent, challenging stereotypes, and equality.

Step2: On Wednesday, we are excited to welcome Step2 into school. Step2 is a specialist local organisation that delivers trusted RSE training to both students and staff. They will be running interactive sessions with our KS3 and KS4 groups focused on navigating healthy friendships and setting personal boundaries.

Odd Socks Day: Everyone in school- staff included!- is invited to take part in 'Odd Socks Day' on Friday 20th November. It's a fun, simple way for us to celebrate what makes us all unique and raise awareness about the value of diversity. (No donations are needed- just mismatched socks!)

School Assemblies: To bring the week together, our assemblies will focus on the theme 'Break the Silence.' We will be sharing what students have learned throughout the week and reinforcing a vital message: it is always okay to speak up and ask for help if you experience or witness bullying.

We know that helping young people navigate friendships and online spaces is a team effort, so thank you for your ongoing support at home. If you have any questions about the week or would like to discuss any concerns regarding your child, please don't hesitate to get in touch with school.

WE'RE WEARING OUR ODD SOCKS

ANTI-BULLYING WEEK 2026 - 16TH-20TH NOVEMBER

#OddSocksDay
#AntiBullyingWeek
#BreakTheSilence

ANTI-BULLYING ALLIANCE

Odd Socks Day

BREAK THE SILENCE
#ANTIBULLYINGWEEK