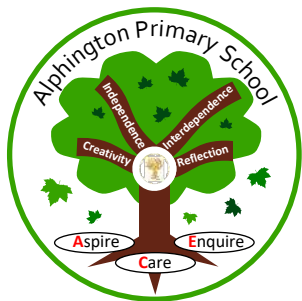




Alphington Primary School

Anti-bullying Week Newsletter

11/11/2022



Dear Parents/Carers,

At the end of last year, we started our journey towards gaining the Bronze Anti-bullying Quality Mark which challenges schools and communities to reflect on our own systems, practice and how we are ensuring all children feel safe, protected and happy in school and the community. Alongside working towards this award, we have also reviewed our Behaviour Policy and Anti-bullying Policy and created an Alphington Behaviour Curriculum to promote positive, respectful and inclusive relationships. It is paramount that we ensure all children have the tools to build positive relationships and friendships but also know how to respond to unkind behaviour and bullying.

As a school and community it is important every person has a voice and is able to share that voice. We will be continuing to work with children, staff, governors, and families to gain feedback on what is working well and our next steps stop bullying and promote respect and tolerance for all. Already as a school, we have worked with governors, staff, PTFA and started to promote pupil voice through assemblies and school council. We recognise as a school that we all want children to be happy and safe and appreciate that as a parent 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. You will be soon sent a link to a parent questionnaire to ensure we are also hearing from you.

Anti-bullying week:

From **Monday 14th** to **Friday 18th November**, Alphington will be promoting Anti-bullying week. The theme this year is "Reach out" and we have lots of different activities and lessons to support all pupils with their understanding of what bullying is and how to tackle it. As part of Anti-bullying week, we will be joining in with Odd Socks day on Monday 14th November which is a national event which encourages people to express themselves and celebrate being unique.



Throughout the week, pupils will be exploring what bullying is, how to address bullying, what actions to take if you or someone you know is being bullied, what positive relationships look and feel like, how to stay safe online and what to do if you are bullied online. This will be taught through whole school assembly, PSHE sessions, Computing lessons and promoted at breaktime and lunchtime. We will be celebrating pupils who show kindness, respect and include others in Friday's assembly.

We will also be asking pupils to design their own kindness character which focuses on kindness, inclusion, how we treat people and celebrate how we are all unique. This character will join our learning characters! The winning design will be made into an Alphington character and shared with families in the next newsletter.

Who to go to:

If you are concerned regarding your child being bullied or your child's wellbeing, there are several members of staff in school you can talk to including your child's teacher or any member of the Safeguarding Team or Senior Leadership Team. We will always be on the school gates both in the morning and at the end of the day or you can call/email and we will get in contact with you.

Our Anti-bullying Policy, Behaviour Policy and Alphington Behaviour Curriculum can be found on our Website under policies. We are in the process of updating our Safeguarding page with relevant information, links and advice.

Alphington Primary School

Safer Internet Day

This leaflet provides parents and carers with useful sources of advice and information, both for general online safety and for specific games and apps. It also includes information on how to report online problems.

Organisations and resources for parents and carers

Safety tools and advice on specific games, apps and services



AskAboutGames

Advice and online guides about gaming and PEGI age ratings: <https://www.askaboutgames.com/>



Common Sense Media

Expert reviews, advice and age appropriate recommendations on games, apps, films and more: <https://www.commonsensemedia.org/>



Family Gaming Database

Information presented for parents and carers to find games suitable for children, teenagers and young adults: <https://www.taminggaming.com/>



Internet Matters

Support and advice across a range of online safety issues. Useful guides to setting parental controls: <https://www.internetmatters.org/>

General online safety information for parents and carers



UKSIC Advice Centre

Advice and articles for parents and carers (and other audiences) on a range of issues, as well as weekly blogs on emerging topics: <https://saferinternet.org.uk/>



Childnet's Parent and Carer Toolkit

Advice for parents and carers on how to talk with their child about staying happy, positive and safe when online: <https://www.childnet.com/>



Childnet's Key Topics

Advice for parents and carers for supporting children of different ages with a range of key online safety topics: <https://www.childnet.com/parents-and-carers/>



Information and Advice for Foster Carers/Adoptive Parents

Free, printable leaflets with top tips and conversation starters to help foster carers and adoptive parents support their child to use the internet safely: <https://saferinternet.org.uk/guide-and-resource/foster-carers-and-adoptive-parents>



TALK Campaign by IWF

Young people are increasingly being contacted in their own homes on online platforms and apps and asked for sexual pictures and videos, while their parents and carers believe they are safe. Make sure your home doesn't have an open door to child sexual abusers:



Articles, videos and advice written to help young people be the boss of their online lives. Some content available for parents and carers, and lots to share with your child: <https://www.bbc.com/ownit>



ThinkUKnow

Delivered by NCA-CEOP, this site contains information for children and parents, as well as a link for children to report sexual abuse or grooming online: <https://www.thinkuknow.co.uk/>

Where to report and get help



UK Safer Internet Centre - Need help?

Advice on what to do if a child comes to you for help and how to report online concerns such as cyberbullying, inappropriate content or illegal behaviour: <https://saferinternet.org.uk/guide-and-resource/need-help>



Report Harmful Content

Provided by SWGfL on behalf of the UKSIC. Gives advice on how to report online problems, offers help in removing harmful content from platforms and supports with reports that need to be escalated: <https://reportharmfulcontent.com/>



Internet Watch Foundation (IWF)

The UK's hotline for anonymously reporting images and videos of child sexual abuse online. Images or videos confirmed as breaking UK law will be reported to global partners for removal from the internet: <https://www.iwf.org.uk/>



Report Remove Tool from Childline and IWF

It can be scary finding out a nude image or video of you has been shared online. But there is help available. Report Remove may be able to help under 18s get it removed. Search 'Report Remove Childline' for more info.



Child Exploitation and Online Protection (CEOP)

A police agency tackling child sexual abuse and grooming online. Adults and young people can make reports of grooming or child sexual abuse online at: <https://www.ceop.police.uk/>



NSPCC helpline

The NSPCC provides a helpline for all adults to answer questions or address concerns about protecting children offline and online. Call on: 0800 800 5000 or visit: <https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/report/>

The NSPCC also provides the Childline helpline. Children can talk to someone for advice and support at any time by contacting 0800 1111 or chatting to a counsellor online at: <https://www.childline.org.uk/>



Young Minds

A UK charity committed to improving the wellbeing and mental health of children and young people. They offer a free confidential helpline for parents on 0800 802 5544. Information and advice for young people and adults can be found at: <https://www.youngminds.org.uk/>



Support:

There are several websites and support for families linked to Anti-bullying which help understand what bullying is, how to support your child if they are being bullied and also how to talk about this with your child.

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

<https://anti-bullyingalliance.org.uk/anti-bullying-week/parents-and-carers>

<https://www.kidscape.org.uk/resources-and-campaigns/friendship-friday-anti-bullying-week-2022/for-parents-and-carers/>

Message from the Headteacher

Dear Parents / Carers,

It was lovely seeing so many of you in school for our parents' evenings last week and I hope you enjoyed seeing your child's new classroom and their work. As some year groups have started new themes and topics this term, you will find their new fact finders on our website.

Food Bank:

We are delighted to now be a collecting point for the Exeter Food Bank and have a collection crate in our foyer. Any donations to this should be long life items and all items are very gratefully received. Linked to this we are now also able to issue Food Bank vouchers for any families that qualify. We are aware the cost-of-living increases mean more and more families are struggling to make ends meet, so please do get in touch to see how we can support you.



Children in need:

As part of our Children In Need celebrations on **Friday 18th November**, children will be able to dress up with the theme of SPOTacular! Donations can be made through School Gateway app.



Shoe boxes for Moldova:

You can drop any boxes off at the school office from **Monday 14th - Thursday 17th November** - please be aware that we will not be able to accept any further boxes after this date. These Christmas gifts make a huge difference in this poorest of countries and, of course, are even more important now following the war in Ukraine which has led to many families fleeing to Moldova.



Dates for your diary:

Monday 14th November - 17th November -Shoebbox appeal for Moldova collection

Friday 18th November - Children in Need

Thursday 24th November - Film night for Y4, Y5, Y6 - 3:30-5pm

Friday 25th November - Film night for FS, Y1, Y2, Y3 - 3:30-5pm

Tuesday 29th November - Glow in the dark dodgeball - Y1 & Y2 5:15-6:15pm - Y5 & Y6 6:30-7:30pm

Wednesday 30th November - Glow in the dark dodgeball - Y3 & Y4 - 5:15-6:15pm

Thursday 8th December - Foundation Nativity

Monday 12th December - Pre-school Christmas Songs

Monday 12th December - Y1 & Y2 show

Tuesday 13th December - Y1 & Y2 show

Wednesday 14th December - Christmas Jumper day and Christmas lunch

Thursday 15th December - Y5 Christmas carol concert

Thursday 15th December - PTFA Christmas shop event

Friday 16th December - Last day of term

Please note that children in other year groups will be holding smaller Christmas events as they have other performance opportunities during the course of the year.

A FEW IDEAS FOR CHRISTMAS SHOEBOXES

Age	Girls	Boys
2 to 4	Toothpaste and a toothbrush Shampoo and hair brush Chocolates and biscuits Top, socks and tights Soft toys Colouring books and pencils A dress	Toothpaste and a toothbrush Shampoo and comb Chocolates and biscuits T-shirt, socks and trousers Soft toys Colouring books and pencils Cars
4 to 7	Toothpaste and a toothbrush Shampoo and hair brush Toy and a calculator Chocolate and biscuits A top, socks and tights Notepad and a copybook Felt tip pens and pencils Soap and shower gel Hair clips and slides	Toothpaste and a toothbrush Shampoo and hair brush Chocolate and biscuits T-shirt, socks and sweater Copybook and notepad Paints, felt tip pens and pencils Lego and/or a car Soft toy
7 to 10	Toothpaste and a toothbrush Shampoo and hair brush A game and a calculator Chocolates and biscuits A top, socks and tights Notepad and a copybook Felt tip pens and water colouring paints Soap and hand cream Hair clips and slides A mug or a glass	Toothpaste and a toothbrush Shampoo and hair brush Chocolates and biscuits A T-shirt, socks and hat A copybook and notepad Water coloring paints and felt tip pens A lego, puzzles and a car A soft toy
10 to 12	Toothpaste and a toothbrush Hair brush A purse and a calculator Chocolates and biscuits A top, socks and tights A perfume and deodorant A hand cream and shower gel Hair clips and slides Jewellery	Toothpaste and a toothbrush Shampoo and a hair brush Chocolates and biscuits A T-shirt, socks and gloves Felt tip pens and notepad A lego and a wallet A soft toy and a game A deodorant and shower gel
12 to 15	Toothpaste and a toothbrush Shampoo and deodorant Paints and a notepad Chocolates and biscuits A top, socks and tights A brush, hair band and hair clip A game and face powder A purse, hat and gloves Jewellery	Toothpaste and a toothbrush Shampoo and deodorant Chocolates and biscuits A T-shirt, socks and gloves Paints and a notepad Felt tip pens, pencils and pens A lego and puzzles A wallet and a car
15 to 18	Toothpaste and a toothbrush Shampoo and deodorant Pens, pencils and a notepad Chocolates and biscuits A top, socks and tights A brush, hair band and hair clip A calculator and a watch A perfume and hand cream Jewellery Fragrant soaps	Toothpaste and a toothbrush Shampoo, shower gel and deodorant Chocolates and biscuits A T-shirt, socks, a hat and gloves Paints, pens and a notepad A lego and a calculator A hair brush and a watch A towel
Granny or Grandpa	Toothpaste and a toothbrush Shampoo and deodorant Fragrant soaps Chocolates and biscuits	Toothpaste and a toothbrush Shampoo, shower gel and deodorant Razor and shaving cream Chocolates and biscuits

