



# The Bewdley School & Sixth Form Centre Specialist Arts College

Learning for Life - Achievement for All

14 November 2017

Dear Students, Parent(s)/Carer(s),

This week is "Anti-Bullying" week with the focus being on "All different – All Equal":



### ***Are you a young person who's being bullied?***

Or maybe you're witnessing others being bullied? Either way there are ways around it. Here are the The Bewdley School anti-bullying tips for you:

It doesn't matter what colour hair you have; how you speak; how you walk; how you talk – it is not your fault if you get bullied. We are all different in some way and that's what makes us amazing.

Whether you are a boy or a girl, old or young, big or small – bullying makes you feel rubbish and it's okay to be upset about it. The important thing is that you tell someone about it. If you feel you can, talk to a teacher you trust or your parents, brother or sister. Keep a record of what happened, when it happened, and who was involved. If the bullying is online, keep the evidence – screen shot the message, save or copy any photos, videos, texts, emails or posts. It can be tempting if you are being bullied to retaliate – to send a horrible message back to someone, to try and embarrass and hurt the other person, or to fight back. This is not a good idea – you might end up getting into trouble or get yourself even more hurt.

Think about other ways you can respond to bullying. For example, practise saying: "I don't like it when you say that/do that – please stop." Think about other people who can help you if you are being bullied – this could be other classmates, or a teacher. Only hang out with people who make you feel good about yourself. If someone constantly puts you down they are not a real friend and not worth your time. Be kind to yourself, and do things that make you feel good, relax and make new friends. You might play an instrument; write lyrics; draw cartoons; dance; act or join a sports club. This is your life so make sure it's the best life possible – don't let anyone bring you down.

Remember to be kind to other people! Just because someone is different to you – that doesn't mean you are better than them or have a right to make them feel bad. If you mess up, say sorry. You don't have to be friends with everyone – but you should always show respect, make it clear that you don't like it when people bully others, and stick up for people who are having a hard time.

*Continued:-*

Headteacher Dave Hadley-Pryce



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***Tips for parents and carers:***

If your child is being bullied or you think they might be, here are some tips on how to talk to them and prevent further bullying:

If your child is being bullied, don't panic. Explain to your child that the bullying is not their fault and together you will sort this out. Bullying is never acceptable; and should always be taken seriously. It is never your child's fault if they've been bullied. Try and establish the facts. It can be helpful to keep a diary of events. If the bullying is online, save or copy images and text.

Find out what your child wants to happen. Help to identify steps you can take; and the skills they have to help sort out the situation. Make sure you always keep them informed about any actions you decide to take. You may be tempted to tell your child to retaliate but this can have unpredictable results. Your child might get into trouble or get even more hurt.

Rather – role play non-violent ways they can respond to children that are bullying them (e.g. "I don't like it when you say that to me / do that to me. Stop."); show them how to block or unfriend people if the bullying is online and help them identify other friends or adults that can support them. Encourage your child to get involved in activities that build their confidence and esteem, and help them to form friendships outside of school (or wherever the bullying is taking place).

***PCSO Pat Roberts:***

Pat is the school's allocated PCSO working on the Safer Schools remit. Pat works closely with outside agencies to promote awareness of drugs, anti-social behaviour, hate crime and domestic violence. Pat also supports the school with staying safe, internet safety and bullying. The school has arranged an open "Drop-In" session for parents to meet and get support on the areas mentioned. PCSO Pat Roberts is in school every Wednesday between 10.00am and 11.00am. Please report at front reception if you would like to meet her.

Thank you for taking the time to read this weeks' letter and as always should you have any questions, worries or queries please do not hesitate to contact the school.

Best Wishes,



**Mr D Chauhan – Deputy Headteacher**