

# Anti-bullying week

## Resources and ideas



Health Improvement Team

# Meet the Health Improvement team



**Karen Gibson**  
HIT manager  
Safeguarding



**Nicole McGregor**  
Nutrition &  
exercise  
Officer



**Claire Meade**  
RSE & PSHE  
Officer



**Mubina Asaria**  
Prevent specialist  
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Mental health  
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Officer



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Health  
Improvement  
Administrator

# Our services to schools



**Universal**



**Healthy Schools  
Awards & Training  
package**



**4 Day Bespoke  
package**

# What we do?



**Safeguarding  
Prevention**



**RSE**



**Nutrition &  
exercise**



**PSHE**



**Mental health &  
emotional  
wellbeing**

# What you come away with today!



Increased confidence in developing a whole school approach to Anti-bullying week.



Increased knowledge of the resources available to support ABW



Looked through resources and compiled a list of what is suitable for your school.

# Anti-bullying week 2017: 13th - 17th November

**All Different**

**All Equal**

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**#ANTIBULLYINGWEEK**  
**13th – 17th November**

# ABW aims:

- ❑ To empower children and young people to celebrate what makes them, and others, unique
- ❑ To help children and young people understand how important it is that every child feels valued and included in school, able to be themselves, without fear of bullying
- ❑ To encourage parents and carers to work with their school and talk to their children about bullying, difference and equality
- ❑ To enable teachers and other children's workforce professionals to celebrate what makes us 'all different, all equal' and celebrate difference and equality. Encouraging them to take individual and collective action to prevent bullying, creating safe environments where children can be themselves.

# To begin with:

Whole  
School Anti  
Bullying  
survey

Whole  
School  
Assembly

Whole  
school  
display

Ensure  
policy is  
shared and  
up to date



# Anti Bullying Week Survey

Needs to be  
done before  
any  
activities

Hands up  
survey in  
each class

Use excel  
document  
to create  
chart

Repeat at  
the end for  
impact

# Step 1: Define Bullying

Targeted

Repeated

By a group  
or  
individuals

Face to  
face or  
online

**ABA definition: The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power.**

## Step 2: Types of bullying

Physical

Verbal

Face to  
face or  
online

Emotional

# Activities for definition and types

Pictures  
What is  
happening?

Rude, mean,  
bullying

Draw and  
write

Drama  
activities

# Anti-bullying week in the PSHE scheme of work.

YEAR GROUP	LESSON NUMBER	LEARNING OBJECTIVE
Nursery	Lesson 7 – 9	To play with other children.
Reception	Lesson 7 – 9	To explain how to be kind to others .

# Anti-bullying week in the PSHE scheme of work.

YEAR GROUP	LESSON NUMBER	LEARNING OBJECTIVE
Year 1	Lesson 8	To be able to identify different behaviours which might be bullying?
	Lesson 9	ABW specific
Year 2	Lesson 8	To identify what bullying is and how it makes people feel.
	Lesson 9	ABW specific

# Anti-bullying week in the PSHE scheme of work.

YEAR GROUP	LESSON NUMBER	LEARNING OBJECTIVE
Year 3	Lesson 8	To developing an awareness and definition of bullying and unkindness.
	Lesson 9	ABW specific
Year 4	Lesson 8	To develop an awareness of the role of victims, bullies and bystanders.
	Lesson 9	ABW specific

# Anti-bullying week in the PSHE scheme of work.

YEAR GROUP	LESSON NUMBER	LEARNING OBJECTIVE
Year 5	Lesson 8	To explore how and why people are excluded.
	Lesson 9	ABW specific
Year 6	Lesson 8	To explore ways in which human beings are similar and different.
	Lesson 9	ABW specific



**Step 3:**

**■ Activities for Anti  
Bullying Week**

# EYFS

Feeling  
happy,  
feeling safe  
videos

Celebrating  
different  
likes/dislikes


Jigsaw  
activity



# KS1



I am proud  
activity



Celebrating  
different  
likes/dislikes



Jigsaw  
activity

# KS2

Understanding  
the balance of  
friendship

Celebrating  
different  
likes/dislikes

Jigsaw  
activity



**All Different**

**All Equal**

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**#ANTIBULLYINGWEEK**  
**13th - 17th November**

# Extra resources

50 ideas for  
schools

Positive  
message  
wall

Fundraising  
event

# Use of film

The films in this strand have been chosen as a collective call to action against bullying. The heroes in these films band together to beat the bullies in their worlds, inspiring and empowering us to do the same. By standing together with our friends in need, we too can have the confidence to be and feel just as super and extraordinary as these heroes. Films in this strand include The Lion King, The Iron Giant, Maleficent and How to Train your Dragon 2.

# Use of film

- ❑ Anti-Bullying — Heroes, Into Film Festival.
- ❑ The Into Film Festival is an exciting and unique event for young people, taking place around the UK this November. The Festival helps bring learning to life for 5–19-year-olds by inspiring young people to watch, make and understand film in new and creative ways, as well as helping to build a lifelong passion for film.



# Use of film

- ❑ Free screenings available.
- ❑ Resources provided to watch the films and do pre and post work based on themes in the classroom.

## Step 4: Parents – hold a workshop

Define  
bullying

Discuss types  
of bullying

Share schools  
procedure for  
bullying

Share policy

# Parents – hold an assembly

Each class can  
share work  
they did  
during Anti  
Bullying Week

Do a survey or  
questionnaire

Get verbal  
feedback

# Step 5: Evaluate

Post hands up  
survey

Collect  
examples of  
work

Take pictures  
of display and  
assemblies

Feedback  
from parents

# Weekly Health Improvement eNews



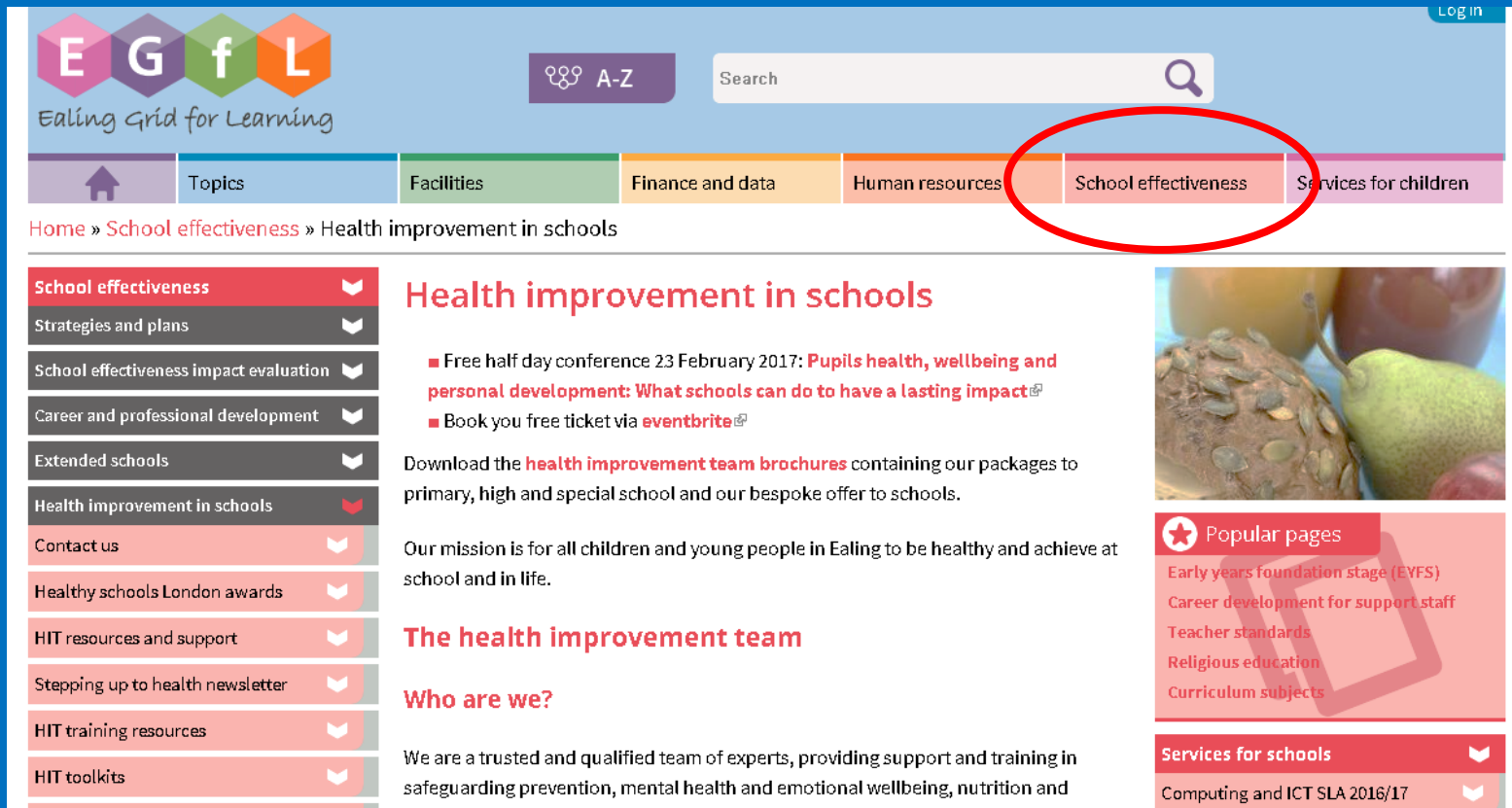
**Healthy Schools**  
EALING

Issue: 6th December 2016

## Weekly Update from the Health Improvement Team



# Where to find our training resources



The screenshot shows the Ealing Grid for Learning website. The header includes the logo 'E G f L' and the text 'Ealing Grid for Learning'. A navigation bar contains links: Home, Topics, Facilities, Finance and data, Human resources, **School effectiveness** (circled in red), and Services for children. A search bar is also present. Below the navigation bar, the breadcrumb trail reads 'Home » School effectiveness » Health improvement in schools'. The left sidebar lists various resources under 'School effectiveness', with 'Health improvement in schools' highlighted. The main content area is titled 'Health improvement in schools' and features a list of events, a download link for brochures, and a mission statement. A red arrow points to the 'HIT resources and support' link in the sidebar. The right sidebar contains 'Popular pages' and 'Services for schools'.

**E G f L**  
Ealing Grid for Learning

Log in

A-Z

Search

Home » **School effectiveness** » Health improvement in schools

**School effectiveness**

- Strategies and plans
- School effectiveness impact evaluation
- Career and professional development
- Extended schools
- Health improvement in schools**
- Contact us
- Healthy schools London awards
- HIT resources and support
- Stepping up to health newsletter
- HIT training resources
- HIT toolkits

**Health improvement in schools**

- Free half day conference 23 February 2017: **Pupils health, wellbeing and personal development: What schools can do to have a lasting impact**
- Book you free ticket via **eventbrite**

Download the **health improvement team brochures** containing our packages to primary, high and special school and our bespoke offer to schools.

Our mission is for all children and young people in Ealing to be healthy and achieve at school and in life.

**The health improvement team**

**Who are we?**

We are a trusted and qualified team of experts, providing support and training in safeguarding prevention, mental health and emotional wellbeing, nutrition and

**Popular pages**

- Early years foundation stage (EYFS)
- Career development for support staff
- Teacher standards
- Religious education
- Curriculum subjects

**Services for schools**

- Computing and ICT SLA 2016/17

# Weekly Health Improvement eNews



**Healthy Schools**  
EALING

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## Weekly Update from the Health Improvement Team



# Upcoming workshops

- **Is your school Ofsted ready? How to embed SMSC, British Values, safeguarding and PSHE:**  
1 November 2017, 2pm – 5pm, EEC
- **Analysing your HRBS:**  
7 December 20157, 1pm – 3pm, EEC
- **PSHE network:**  
High school: 1 February, 3.30 – 5pm at Featherstone High  
Primary School: 30 January, 1.30 – 3.00, venue TBC



# How we can help?

- Staff INSET on the bullying and friendship
- Pupils assembly on anti-bullying week
- Design a baseline survey for bullying and friendship

For more information contact:



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Please complete workshops evaluation

<https://www.surveymonkey.co.uk/r/HITev>