

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



Stacey Payne
Mental health
& emotional
wellbeing
Officer

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 2018: 12th - 16th November



This **ANTI-BULLYING WEEK** we **choose respect**

#ANTIBULLYINGWEEK

MONDAY 12TH - FRIDAY 16TH NOVEMBER 2018

NOV

11	12	13	14
15	16	17	18

MONDAY 12TH NOV

THURSDAY 15TH NOV

Odd Socks Day

STOP SPEAK SUPPORT

CYBERBULLYING DAY

The graphic is split into two vertical panels. The left panel has a dark blue background with the text 'This ANTI-BULLYING WEEK we choose respect' in white and yellow. 'choose respect' is in a large, bold font with a hand cursor pointing to it. Below is the hashtag #ANTIBULLYINGWEEK. The right panel has a yellow background and features a calendar for November. The dates 12th to 16th are highlighted. Below the calendar, specific events are listed: 'Odd Socks Day' on Monday 12th and 'STOP SPEAK SUPPORT CYBERBULLYING DAY' on Thursday 15th. The calendar itself has a blue header with 'NOV' and a small character on the 12th.

■ Monday
Odd Socks Day

Thursday:

- **Stop, Speak,
Support**



**Friday:
Friendship Friday**

ABW aims:

- ❑ To define 'Respect'
- ❑ To understand that bullying is a behaviour choice
- ❑ To understand that we can respectfully disagree with each other i.e. we don't have to be best friends or always agree with each other but we do have to respect each other
- ❑ To understand that we all need to choose to respect each other both face to face and online

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



Rude

If someone says or does something that is unintentionally hurtful, and they only do it once, they are being RUDE.

Mean

If someone says or does something that is intentionally hurtful, and they only do it once, they are being MEAN.

Bullying

If someone says or does something that is intentionally hurtful, and they keep on doing it, even if you ask them to stop, that is BULLYING.



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

Choices, Yes
No, Maybe

Celebrating
different
likes/dislikes

Being a
good friend

KS1

Compliment
wall

Choose
Kindness
Cards

What is
respect?

KS2

Respect
Examples

Describe
respect

Comic strips



KS2



Bullying
Advice Tablet



Debate



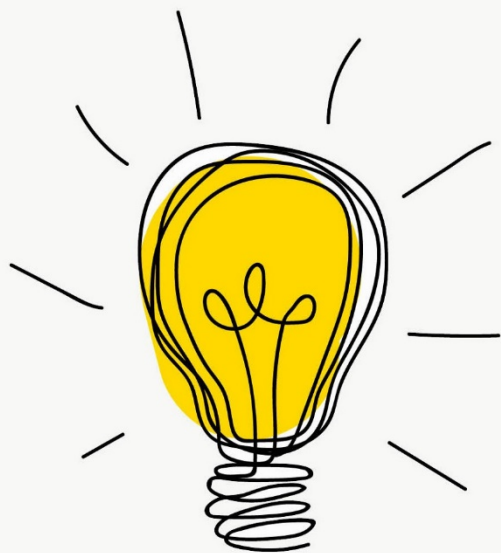
Pledges

This
ANTI-BULLYING WEEK

we

choose
respect

#ANTIBULLYINGWEEK



IDEA

Extra resources

Tops tips,
book list

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.



'Educating Rowley'



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 **CLICK ON THE IMAGE ABOVE TO PLAY CLIP**

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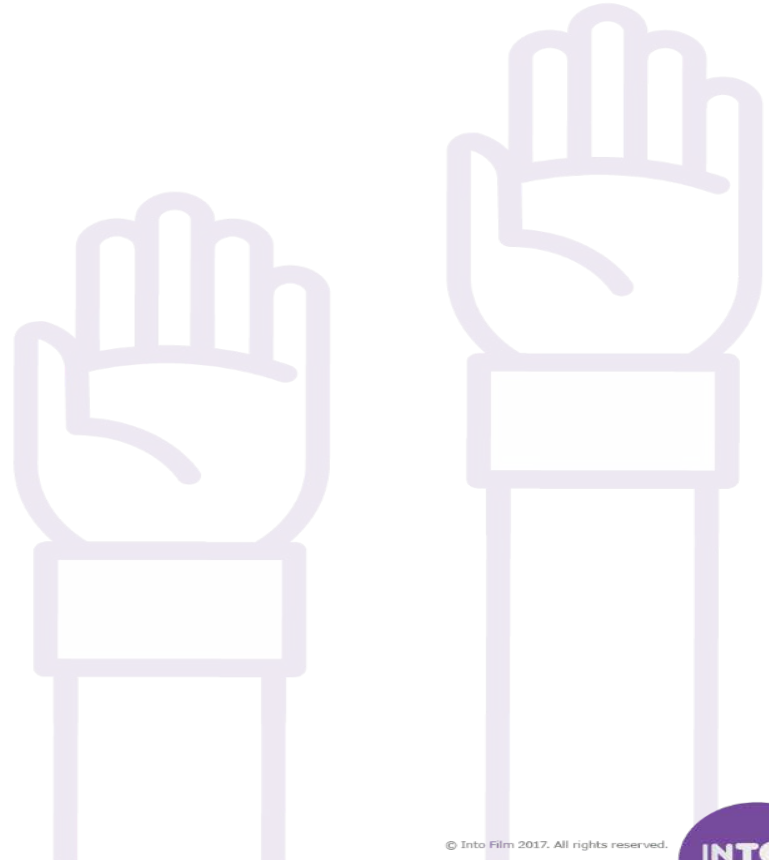
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Think about...

1. In what ways is Greg being a good friend to Rowley?
2. Do you think that he is not being a good friend to Rowley?
3. How do you think Rowley feels about this?



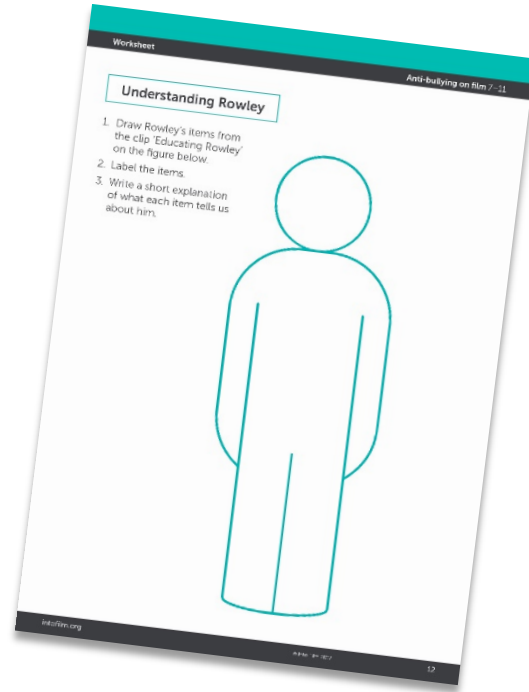
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**INTO
FILM**

Understanding Rowley

Greg thinks that Rowley's belongings will get him bullied in middle school, but what does each item tell us about Rowley?

1. Draw Rowley's items on the figure on the **Understanding Rowley worksheet**.
2. Label the items and write a short explanation of what it tells us about him.



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

PSHE Twitter: @EalingPshe





Twitter Email EGFL



In this Issue:

- Online safety survey for pupils
- SUTH newsletter
- Healthy lifestyles learning walk
- PSHE learning walk
- Upcoming trainings
- Newsletter snippets



Stepping up to health newsletter

BEZ MWLTVSSE HJLJLJLJL

JOIN STAFF ROOM • READ ME AND THEN LEAVE ME IN YOUR BAG

Ealing Health Improvement in Schools Newsletter

Stepping up to health



Features

- Our survey results
- The Daily Mile in Ealing
- The Felix Project Schools Programme
- St Augustine's Primary focuses on mental health
- Mental health ambassadors
- Parents supporting parents
- FGM awareness at Downie Manor
- Southall primary transforms RSE

Health education becomes compulsory

Draft guidance published to ensure all pupils are taught the skills to prepare them for life in the modern world

Teaching health education will become compulsory from September 2020. Under the new guidance, all children will be taught about physical and mental health, healthy relationships and how to stay safe on and offline under the new proposals published on 19 July 2018. The current guidance was last updated in 2000.

Building on existing best practice, materials to assist teachers about a range of topics including the benefits of a healthy lifestyle and how to recognise when you or a friend may be struggling with mental health will be available from September 2019.

Following the Childhood Obesity Plan and the Children and Young People's Mental Health Green Paper, these proposals come at a crucial time to ensure that health promotion is part of a whole school approach.

Education secretary Damian Hinds said: "Good physical and mental health is at the heart of ensuring young people are ready for the adult world. By making health education compulsory we are giving young people the tools they need to be ready to thrive when they leave school."

This is exciting news for Ealing with over 90% of primary schools already using the Ealing PSHÉ scheme of work every week and many high schools delivering lessons on important topics such as healthy relationships, mental health and online safety.

For information about resources and support to deliver relationships and health education to your pupils, sign up to the PSHÉ and mental health network meetings or contact the health improvement team on healthimprovement@ealing.gov.uk

Healthy Schools London Ealing award tally

70
54
21

Book your school visit



To receive your school's health data, PSHÉ resources and contact lists, book your one-hour Health in School Visit here: www.ealing.gov.uk/healthimprovement

Health Improvement in Schools



www.ealing.gov.uk



Where to find our training resources

The screenshot shows the Ealing Grid for Learning website. At the top left is the logo with letters E, G, f, L in colored boxes. To the right is a search bar and an 'A-Z' menu. Below is a navigation bar with categories: Home, Topics, Facilities, Finance and data, Human resources, School effectiveness (circled in red), and Services for children. The breadcrumb trail reads 'Home » School effectiveness » Health improvement in schools'. On the left is a sidebar menu with 'School effectiveness' highlighted in red. A red arrow points to this menu. The main content area features the heading 'Health improvement in schools' and lists a free half-day conference on February 23, 2017, titled 'Pupils health, wellbeing and personal development: What schools can do to have a lasting impact'. It also offers a free ticket via Eventbrite. Below this is a section for 'The health improvement team' and 'Who are we?'. On the right, there is a 'Popular pages' section with links to 'Early years foundation stage (EYFS)', 'Career development for support staff', 'Teacher standards', 'Religious education', and 'Curriculum subjects'. At the bottom right is a 'Services for schools' section with a link to 'Computing and ICT SLA 2016/17'.

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

Please complete workshops evaluation

<https://www.surveymonkey.co.uk/r/HITeval2018>