

Anti-Bullying Week 2026: Let's Break the Silence Together

Dear Parents and Carers,

From Monday 16th to Friday 20th November, our school will be marking Anti-Bullying Week 2026.

This year's official theme is **"Break the Silence."** The campaign focuses on empowering children, young people, and adults to speak up, listen actively, and take safe, positive action against bullying—whether it happens online, in the playground, or out in the community.

Here is what is happening and how you can get involved:

Monday 16th November: Odd Socks Day!

To kick off the week, we are asking all students and staff to come to school wearing odd socks. There is no pressure to buy anything new; the funnier and more mismatched, the better! Coordinated by the Anti-Bullying Alliance and CBeebies star Andy Day, Odd Socks Day is a fun, visual way to celebrate individuality and remind our children that our differences are what make us unique.

What We Are Doing at School

Throughout the week, students will participate in interactive anti-bullying activities, including:

- **The BBC Live Lesson:** Tuning in on Monday morning to join schools across the UK in exploring how to build supportive communities.



- **Special Assemblies:** Discussing what bullying looks like, how to be an active bystander, and how to safely "break the silence" when someone needs help.

How You Can Help at Home

Conversations at home make a massive difference. You can support the week by:

- **Talking about the theme:** Ask your child what "breaking the silence" means to them. Who are the trusted adults they can talk to if they see or experience bullying?
- **Celebrating uniqueness:** Use Odd Socks Day to talk about why it's important to respect people who have different backgrounds, interests, or abilities.
- **Accessing free tools:** The Anti-Bullying Alliance offers a free, dedicated Parent and Carer Pack filled with conversation starters and practical advice. You can find it on their official website.

Thank you for your continued partnership in keeping our school a safe, kind, and inclusive place for every child.

Warm regards,

Mrs Waplington

PSHE Lead