

Dear Parents and Carers,

Every November schools throughout the United Kingdom take part in Anti-Bullying Week. This is an opportunity to shine a spotlight on bullying and consider the steps we can take together to stop it. Anti-Bullying Week 2025 is taking place from Monday 10th to Friday 14th November this year and it has the theme 'Power For Good'. At St Mark's this forms an important part of our PSHE curriculum. The children will take part in many activities during the week, which are detailed below:

Monday	Anti-Bullying Alliance assembly - Power For Good Odd Socks Day (Celebrating uniqueness) Please come to school wearing odd socks, the brighter, the better!
Tuesday	Online Safety sessions
Wednesday	NSPCC Anti-Bullying assembly and activities
Thursday	YR - Cinema at school Year 1 to 4 - Cinema Trip with IntoFilm Festival (See separate letter for details) Year 5&6 - Cinema at school in the afternoon (due to swimming sessions in the morning)
Friday	"Challenge Yourself to 25" for Children in Need - wellbeing focus. Please come to school in comfortable clothes and bring £1 for Children in Need.

As well as the above activities, each class will undertake a series of PSHE SCARF lessons, focusing on friendship and feelings.

Ruby Class YR	Emerald Class Y1/2	Sapphire Class Y3/4	Diamond Class Y5/6
Same and different I am a friend Looking after my friends I am caring	Unkind, tease or bully? It's not fair Who can help? (1 and 2)	Friends are special Our friends and neighbours Zeb Let's celebrate our differences	Spot bullying Happy being me The land of the red people Is it true?
Online Safety			
Keeping safe online	Playing games	Picture wise	Think before you click To share or not

As Diamond class are also having their swimming lessons in Anti-Bullying Week, some of the PSHE sessions may continue into the following week.

We have included a parent's guide for further information about how to talk with your child about bullying and positive relationships. If you have any questions, please do not hesitate to contact us.

Kind regards

Mrs Nicola Smith