

AOL/SFR/GHA

08 November 2021

Dear Parents and Carers

Event: National Anti-Bullying Week
Date: Monday 15 – Friday 19 November 2021

We are writing to inform you that Monday 15 November marks the start of the National Anti-Bullying Week where this year's theme is '*One Kind Word*'. Throughout the week at Plume, Maldon's Community Academy, '*One Kind Word*' activities and assemblies will help our students to understand that verbal, physical, online or in-person bullying all have a significant impact on a young person's life and that by challenging our collective power, through shared efforts and kindness, we can reduce bullying together. Small, simple changes can break this cycle and create a safe environment for everyone.

To show our support, we are holding an '*Odd Socks Day*' on Friday 19 November, which is designed to be fun and is an opportunity for students and staff to express themselves and appreciate individuality and uniqueness! We have also produced a relevant reading list that is available in the library for our students to access which is relevant to the Anti-Bullying Week and I am sure students will find interesting. During the week we aim to reiterate to our students that the academy is a safe environment where they can feel like they are able to talk about their feelings and problems and will receive support.

We have ordered a collection of wristbands and blue ribbons for Anti-Bullying Week 2021 and there will be opportunities for students to purchase these, along with our popular LGBT+ champion rainbow ribbons, over the course of the week. All funds raised will go directly to the Anti-Bullying Alliance where donation will make it possible for them to:

- Help teachers and professionals working with children and young people to tackle bullying
- Develop support for parents and carers on how to protect and support their children
- Influence and improve national policy on bullying so that the UK is a world leader in preventing bullying
- Run the high-profile Anti-Bullying Week campaign in schools and communities across the country each November

Over the last week students have been nominating Plume Academy staff for a prestigious Anti Bullying School Staff award, these nominations have been submitted to the Anti-Bullying Alliance and we look forward to celebrating these nominations with you during Anti-Bullying Week.

In addition, over the next few weeks' students will be invited to participate in a well-being survey which will allow the academy to review and improve what we are already doing in terms of promoting positive well-being and responding to any rare incidents relating to bullying.

We understand the role that parents/carers play in helping promote positive mental health, well-being and reporting any concerns relating friendship groups or allegations of bullying therefore we would like to take this opportunity to signpost some additional resources which might find a beneficial point of reference. The Anti-Bullying Alliance provide a range of advice that you may find insightful and can be found at the following link, this includes a useful interactive tool, <https://www.anti-bullyingalliance.org.uk/tools-information/advice-parents>.

Our Academy Anti-Bullying Policy outlines our commitment to Anti-Bullying and available on our website, <https://www.plume.essex.sch.uk/policies>.

If you have any further questions relating to the points outlined above, please do not hesitate to contact your child's Assistant Head of Year and they will be only too happy to assist.

Yours sincerely



Mrs Alison Ollett
Whole Academy Mental Health Champion