In Nightingales, we have been learning about anti-bullying and how to stop bullying happening. To show we don't like bullying, we made banners and wore odd socks. We also had assemblies and made a 'Hand of Trust' which tells you about who you can tell when you are being bullied. More details below…

**What bullying means**

Bullying can mean different things to different people. These actions can be described as bullying if they happen often and are done on purpose. Being called names/teased, being threatened or intimidated, being hit, kicked or physically hurt, being ignored and left out, having rumours spread about you, having possessions taken or messed about with, being pushed or pulled about and being put down or humiliated are all different kinds of bullying.

**Bunting**

We have designed some bunting so everyone knows that we have signed our Anti-bullying Charter. We used lots of different colours and patterns. Now, we all know that we are all different and equal.

**Assembly**

We have been listening and learning in assembly about Anti-bullying week. We were learning how not to be a bully, how bullies act, and what we can do to stop bullying.

**Colour the world video**

We watched a video where everything was grey. It was about sharing. In the video, 2 people had a lunch bag: the boy had a sandwich and apple, but the girl had a mouldy banana. The boy gave the girl his apple, which made her happy and she turned colourful! The girl started walking somewhere when a man rushed passed her and dropped his money. So that made the girl pick the money up and give it back to the man and he became colourful too! It kept on happening and the world became COLOURFUL and a BETTER PLACE!

**How can we stop bullying?**

1. We can stop bullying by telling an adult and then they can stop the bully.
2. We can also protect ourselves by staying away from the bully.
3. You can be a hero by standing up to the person who is bullying.
4. Stop rumours by not saying it to ANYONE!

**The Hand of Trust**

The 'Hand of Trust' is the hand that you trust. In our lessons, we had to think of 5 people that we knew and could trust. We also coloured these hands in bright, beautiful colours and have put them safely into our trays.
Respect workshop

During Anti-bullying Week, we did a respect workshop. In this workshop, we were put into groups and every group got a letter from respect. Each group had to think of a word starting with that letter that wasn’t RESPECT. We also did some acting, including arguing and spoiling other people’s acts. We read a letter from the circus leader saying bad comments about the circus.

Cyber bullying

In cyber bullying, we learnt 5 tips on how to stop it from a video.

1. Block people who bully you.
2. Keep messages - they are evidence.
3. Tell a trusted adult (e.g. family or school staff).
4. Know how to report cyber bullying.
5. Don’t reply or retaliate.

Then we acted out the cyber bullying and how to stop it.

100 Acts of Kindness

In the last week, we have begun to fill in a ‘100 Acts of Kindness’ chart. So far, Livvi and Misha have filled a square because they have either helped a friend or Mrs. Watson, but we still have 98 squares to go... We have to try to appear at least 3 times, not just once!

Random acts of kindness

We have been talking about what we can do to be kind. Some of the things we are going to try to do are: pick up litter and put it in the bin, help a younger child who may be lost and leave a nice note for our teacher. What would you do...?

What makes a good friend?

We wrote on a piece of paper what we think makes a good friend, and also drew a picture to go with it. We stuck these onto our classroom door so that people who walk in and past know that we are a kind class.

E.g.
Sharing – if we get hurt, we can help each other
Teamwork and being kind  Letting other people join your game
Treating everyone equally Telling them a joke to cheer them up
Giving them a present Help someone with their work
Being helpful and friendly Being joyful and making people smile
Caring for each other Picking something up if someone drops it
Holding the door for people  Support friends in any activities
If you are walking down the corridor, you could say hello, good morning or good afternoon
Don’t blame each other

Worry box

The worry box is a box where you put all your worries in and then they disappear. It is designed with beautiful drawings by the whole class. We have this box so that if we have a worry the teacher will throw it away and we will never need to worry about it again.

Odd socks

This week, we have been wearing odd socks to represent that we are all different but that we should not be treated differently. Some of us have worn really bright socks, some of us have worn cartoon socks - we’ve even had food socks and bed socks!

Written and compiled by Nightingales, November 2018