



Nurturing Hearts Week 2023

Next week across our family of schools, we will be holding a focus week linked to our school vision, values and motto called Nurturing Hearts Week. The main focus of the week will be supporting the Anti-Bullying Alliance (ABA), Anti-bullying week. The theme for anti-bullying week this year is 'Make A Noise About Bullying.'

As part of our week in school, we have a wide number of activities planned to help support and nurture our children so that everyone can thrive.



Monday 13th November

On Monday 13th November, we are asking all of our children to support **Odd Socks Day**. All the children need to do is wear odd socks to school! This is a national day and marks the start of our Nurturing Hearts week. It's a bit of fun to encourage everyone to express themselves and celebrate how unique we all are. I will share mine in our whole school assembly on Monday too!

Throughout the week, there are also a number of assemblies and lessons planned. These will specifically explore the qualities of a strong friendship as well as the impact of bullying so that everyone in our family of schools understands the meaning of bullying, its impact on others and what to do if they are worried about it.







As a school, we define bullying as: when words, gestures or actions are used **REPEATEDLY** to **DELIBERATELY** hurt others. A bully is defined as someone who deliberately sets out to hurt another person on more than one occasion.

As a family of schools, we use 'STOP' when we think about bullying:

Several **T**imes **O**n **P**urpose.

Start **T**elling **O**ther **P**eople.

We have also written both a KS1 and KS2 child friendly anti-bullying policy that will be discussed with the children and sent home for you to share.

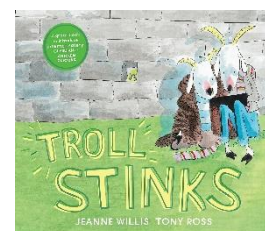
<p>What is cyberbullying? Cyberbullying is bullying that takes place online. It can be via social networks, gaming and mobile phone.</p> <p>How can I stay safe online? Follow the SMART rules:</p> <p>Safe: Don't share any personal information online. Think carefully before posting pictures or videos. Once you've put a picture of yourself online, it's not yours anymore. Never give out passwords.</p> <p>Meet: Don't meet up with people you've met online. Tell an adult if someone suggests you should meet.</p> <p>Accepting: Accepting emails, messages, or opening files, images or texts from people you don't know or trust can lead to problems — they may contain viruses or nasty messages.</p> <p>Reliable: Someone online might lie about who they are and information on the internet may not be true. Always check information.</p> <p>Tell: Tell a parent, carer or a trusted adult if someone, or something, makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.</p> 	<p>Our Responsibilities</p> <p>As children at the Whiteoak Academies of Hannah More Infants and Grove Juniors, we:</p> <ul style="list-style-type: none"> • Act in a respectful and supportive way towards each other. • Tell someone if we think we are being bullied or we have seen someone being bullied. • Support each other and ask for help to make sure that everyone feels safe and nobody feels left out. • Speak to an adult in school if we need someone to talk to.  <p>TELL SOMEONE, STAND UP & SPEAK OUT</p>	 <p>Child Friendly ANTI-BULLYING POLICY</p> <p>PLANTING DREAMS</p> <p>NURTURING HEARTS</p> <p>GROWING MINDS</p>  <p>The Whiteoak Academies Whitwood Key Bathurst North Somerset BS48 4TS 01275 851227 info@thewhiteoakacademies.co.uk https://www.hannahmoreacademy.co.uk/</p>	<p>About Bullying</p> <p>What is Bullying?</p> <ul style="list-style-type: none"> • A bully hurts someone on purpose. • Bullying is usually repetitive. This means that the bully hurts someone over and over again. It isn't an accident that happens only once. • Bullying can be by one person or a group of people. <p>Bullying can be....</p> <p>Emotional: Hurting people's feelings, leaving you out, gossiping.</p> <p>Physical: Punching, kicking, spitting, hitting, pushing, unwanted touching.</p> <p>Verbal: Name calling, teasing, being rude.</p> <p>Cyber: Saying unkind things by text, email or online.</p> <p>Prejudice: Saying or doing nasty things because of your appearance, skin colour, religious beliefs, gender, sexuality, additional needs.</p>	<p>STOP BULLYING</p> <p>Several Times On Purpose</p> <p>Who can I tell if I am being bullied?</p> <p>If you are having friendship problems or being bullied in school, you can tell any grown up that works in school, family or friends.</p> <p>We will listen and help.</p> <p>What should I do if I believe someone else is being bullied?</p> <ul style="list-style-type: none"> • Tell an adult straight away. • Don't try and get involved — you might get hurt or could end up in trouble yourself. <p>What will happen to the bully?</p> <p>The adults in school will get involved and help you solve the problem. They will talk to your parents, talk to your friends and make sure the bullying stops.</p> <p>Always Ask for Help</p> <p>If you are being bullied: Start Telling Other People</p> <p>If you are being bullied:</p> <p>Do:</p> <ul style="list-style-type: none"> • Tell Someone. • Ask the bully to STOP if you can. • Use eye contact and tell them to go away. • Ignore them. • Walk away. • Talk to friend. <p>Don't:</p> <ul style="list-style-type: none"> • Do what they say. • Get angry or look upset. • Hit them or say horrible things back. • Think it's your fault. • Hide it. • Stay silent.  
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Planting Dreams. Nurturing Hearts. Growing Minds.



As part of our assembly time, we will be using the NSPCC Speak out Stay safe resources. The aim of the sessions is to help children understand how they can keep themselves safe from harm.

<https://learning.nspcc.org.uk/services/speak-out-stay-safe>
<https://www.nspcc.org.uk/keeping-children-safe/our-services/working-with-schools>



In addition to our parents' online safety session last Wednesday, our children will also be exploring online safety and keeping safe online.

Wednesday 15th November

Due to INSET next Friday, this year we will be celebrating BBC Children in Need on Wednesday 15th November. Children are invited to wear their own pyjamas or spotty clothes in return for a donation to this very important charity. This year, we are also joining the Children in Need [Bearpee](#) challenge – feel free to join in at home too!



Each child will do 10 Bearpees a day so that as a school, we will complete more than 15,000 Bearpees over the week. If you or family members wish to sponsor the children for the challenge, you are very welcome. All donations and any Bearpee sponsorship for Children in Need will be collected on the playground next Wednesday. Thank you as always for any support you are able to provide.

As a family of schools, we are proud of our caring and inclusive ethos; however, we also recognise that we must never be complacent and that more can always be done. As part of our vision, we strive to continue to grow and strengthen our warm and safe environment so that all children and staff can flourish. Indeed, **Friendship**, **Kindness** and **Belonging** are three of our key values at the Whiteoak Academies that help to guide our work and play in order to bring to life our vivid school vision.

Thank you as always for your support.

With very best wishes,

Mr Duncan Cook
Executive Headteacher