



Temple Meadow  
Primary School  
Growing together, learning together

## Temple Meadow Primary School

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Our Ref: RD/CH

Tuesday 7<sup>th</sup> November 2023

### Learning 4 Life – Be Safe, Be Kind

Dear Parents/Carers

This half term, our Learning 4 Life theme is Be Safe, Be Kind which focuses on anti-bullying and e-safety.

As part of this, each year we celebrate Anti-Bullying week, which will take place between 13<sup>th</sup>-17<sup>th</sup> November 2023 and is a national week that is co-ordinated by the Anti-Bullying Alliance. The theme of anti-bullying week this year is 'Make a noise about bullying' with the intention of empowering children and teachers to do something positive to counter the harm and hurt that bullying causes.

Each year, **Odd Socks Day** marks the start of Anti-Bullying Week. In 2023, it will take place on **Monday 13<sup>th</sup> November**. The focus of the day is to celebrate what makes us all unique and spread kindness. Most importantly, Odd Socks Day is designed to be fun! It's an opportunity to encourage children to express themselves and celebrate their individuality and what makes us all unique. There is no pressure to wear the latest fashion or to buy expensive costumes. **All you have to do to take part is wear odd socks to school.** There is no charge.



Next week the children will be part of an Anti-bullying themed assembly, during which we will remind them of our child friendly anti-bullying policy and our protective behaviours network hands.

Please find attached our new parent guide to Anti-Bullying to further support your knowledge and allow you to support your children at home.

**We look forward to seeing your odd socks on Monday 13<sup>th</sup> November 2023.**

Yours sincerely,

*Redale*

**Miss Dale**  
**Deputy Headteacher & DSL**



Artsmark  
Silver Award  
Awarded by Arts  
Council England



Leading Parent  
Partnership Award

2018-2021



# Parent guide to Anti-bullying

## What is bullying?

Bullying is behaviour that is repetitive and intentional, from one person or group to another and where there is an imbalance of power. Bullying can be face to face or online.

With our pupils we use the STOP acronym to help them understand what bullying is at an age-appropriate level.



## What are the different types of bullying?

Physical	Verbal (spoken or written)	Cyber	Social
<ul style="list-style-type: none"> <li>• hitting</li> <li>• kicking</li> <li>• pinching</li> <li>• pushing</li> <li>• slapping</li> <li>• punching</li> <li>• unwanted physical contact (including sexual contact and abuse)</li> <li>• taking belongings</li> <li>• Harassment (create an unpleasant or hostile situation by uninvited and unwelcome verbal or physical conduct)</li> <li>• Domestic Abuse</li> <li>• Female Genital Mutilation (FGM)</li> <li>• Child Sexual Exploitation (CSE)</li> </ul>	<ul style="list-style-type: none"> <li>• name calling</li> <li>• insulting</li> <li>• making offensive remarks (including racial and homophobic comment)</li> <li>• sarcasm</li> <li>• persistent teasing</li> <li>• Sexualised language</li> <li>• Threatening and intimidating language</li> <li>• Spreading rumours</li> <li>• Coercion (persuading someone to do something by using force or threats)</li> <li>• Harassment (create an unpleasant or hostile situation by uninvited and unwelcome verbal or physical conduct)</li> <li>• Domestic Abuse</li> </ul>	<ul style="list-style-type: none"> <li>• sending malicious e mails or text messages on mobile phones</li> <li>• sharing images without consent</li> <li>• grooming</li> <li>• hacking</li> <li>• trolling (deliberately provoking others to be offensive to another)</li> <li>• phishing (tricking someone into sharing personal information)</li> <li>• cyberstalking</li> <li>• catfishing (taking someone else's identity)</li> </ul>	<ul style="list-style-type: none"> <li>• exclusion from social groups (could also be racial or homophobic)</li> <li>• Peer Pressure (feeling that one must do the same things as other people of one's age and social group in order to be liked or respected by them)</li> <li>• Criminal Child Exploitation (CCE)</li> <li>• Child Sexual Exploitation (CSE)</li> </ul>

## What should you do if you think your child is being bullied?

If your child tells you they are being bullied:

1. Talk to your child and get all the information you can.  
*What happened? When did it happen? Who was involved? Where did it happen? Did anyone witness it? Is there anything that your child could have done to provoke the incident? Was it a one-off incident or part of a series of events?*
2. Call school and ask for an appointment to meet with the class teacher and/or Assistant Headteacher.
3. Share all of the information.
4. Agree a plan of action.
5. Allow school the time to investigate and feedback to you.