Durham Blue Coat C. E. Aided Junior School

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10th November 2026

Anti-Bullying Week 2026

Dear Parent/Carer,

I hope this reaches everyone well.

This year Anti-Bullying Week takes place from Monday 16th November to Friday 20th November 2026, with **Odd Socks Day taking place on Monday 16th November.**

This year Anti-Bullying Alliance shares the theme 'Break the Silence'. This theme encourages children, young people and adults to start conversations about bullying, to speak up, listen and take action together.

Bullying can happen face to face, online and through new technologies, and that it can sometimes continue because people stay silent. A child may stay silent when they are being bullied, when they see bullying happening to someone else, or when they feel pressured to join in. When silence continues, bullying can grow. In our PSHE lesson this week we will explore different ways to break the silence. Activities within our lessons will encourage children to recognise bullying, understand the importance of speaking up, identify trusted adults and explore safe, practical ways to help themselves and others.

Bullying often relies on people saying nothing. Small actions make a big difference. Children don't have to solve the problem on their own. Sometimes the bravest and most helpful thing to do is to include someone, check they are okay, or tell a trusted adult. Speaking up doesn't always mean speaking out, it can also mean choosing a kind, safe action that helps someone who needs it.

As a school we will be celebrating ' Odd Sock Day'. People are sometimes bullied because they are seen as different. Odd Socks Day celebrates uniqueness. It reminds us that our differences should be respected, valued and celebrated, not used as a reason to hurt or exclude someone.

If you require any additional information or support regarding bullying, lots of information can be found here https://anti-bullyingalliance.org.uk/tools-information/advice-and-support

There are also additional links to helpful organisations on BBC Action Line and Childline.org.
https://www.bbc.co.uk/programmes/articles/2bDp2XwpGSYbFdYCG8QNz95/in formation-and-support-bullying

https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/

Kind regards

Mrs Kipling
Teacher of PSHE