Selborne Primary School

Conway Crescent, Perivale, Middlesex UB6 8JD

020 8997 1947

admin@selborne.ealing.sch.uk

www.selborne.ealing.sch.uk

Headteacher:
Mrs K.A. Shilling

Inspire & Achieve

Friday 6th November 2026

Dear Parents/ Carers,

Re: Anti-Bullying Week

As part of our PSHE curriculum and our continuing work to develop all children's social, emotional and behavioural skills, we will be taking part in Anti-Bullying Week during the week 16th -20th November. We want Selborne school to be a happy place for all children and we do not tolerate bullying in any form at Selborne.

Children across the school will be learning about what it means to be a bully, what to do if you are bullied and how we can ensure we do not join in by being a by-stander. We also explain to children the difference between bullying and a one-off unkind comment from another (which is still unacceptable but not bullying). The theme this year is 'Break the Silence'. The theme was developed in collaboration with the anti-bullying sector and shaped directly by the voices of more than 200 children and young people, many of whom spoke about the silence that can surround bullying and the barriers young people face in asking for help.

All classes will undertake some anti-bullying activities as well as daily reflections, an anti-bullying circle time and there will be a special assembly on Monday 16th November.

We are holding **Odd Socks Day** on **Monday 16th November** and ask that all children come to school that day wearing odd socks. This is to celebrate the fact that we are all unique - so we should celebrate our differences. Children should be allowed to be themselves, free from bullying. Wearing odd socks helps the children to remember about the significance of the week as we launch Anti Bullying week in a fun and positive way.

Finally, if you ever have concerns about bullying in school, please always talk to a member of staff. Your child's class teacher is always the best person to start with. As you know, we never approach other parents outside of school about incidents which occur in school.
Below is the link to the parent's pack from the anti-bullying alliance 2026
https://anti-bullyingalliance.org.uk/anti-bullying-week-2026/parent-and-carer-pack

Yours faithfully,

Mrs Bryce – PSHE Lead

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