



CIR/SHI

14th November 2025

Dear Parents and Carers,

Re Theme for Anti-Bullying Week 2025

The official theme this year is **"Power for Good."** It's about encouraging everyone in the school community, students, staff, and the wider communities to use their influence positively. We can see how this mirrors our P.R.I.D.E. values. Whilst the week ran from 10th to 14th November 2025, we revisit the theme regularly throughout the year with various activities from assembly notices and regular signposting to more specific topics covered through PSHE.

Here are some useful hints and tips for parents and families:

Parent Guide: Anti-Bullying Week 2025

1. Start the Conversation

- Ask: **"What does Power for Good mean to you?"**
- Discuss what bullying looks like (including online) and why speaking up matters.
- Share your own experiences of kindness and standing up for others.

2. Model Positive Behaviour

- Show how you use your influence for good—kind words, helping others, respecting differences.
- Praise acts of kindness your child notices or does.

3. Encourage Empathy

- Use questions like: **"How do you think they felt?"** when talking about stories or TV shows.
- Highlight that everyone has the power to make someone's day better.

4. Digital Safety & Kindness

- Review online behaviour: remind them that words online have real impact.
- Agree on family rules for respectful communication.

5. Quick Home Activities

- **Kindness Jar:** Add a note each time someone does something kind.
- **Family Pledge:** Write and sign a promise to stand against bullying.

6. Know What to Do

- If your child is bullied: listen calmly, reassure them, and contact school.
- If your child sees bullying: encourage them to speak up safely or tell an adult.

Useful Resources

<https://anti-bullyingalliance.org.uk>

<https://nspcc.org.uk>

<https://www.childline.org.uk/kids/>

Thank you for reading and remember that your child may also speak to their year team or pastoral support adults in school should they encounter challenges during their time at Colton Hills. Bullying does not need to be a "fact of life." With some kindness and support, we can empower our children and give them the tools to fight – and defeat - bullying.

Yours sincerely,

Mrs Ireland

Acting Assistant Headteacher