

# Chaiaeley School NEWSLETTER

Therapeutic Support for Parents & Carers

JUNIPER  
THERAPY  
Chaigeley School



The theme for this year's Anti Bullying Week  
Is  
**Choose Respect**

The idea is to **support each other to champion kindness**, because being kind is not a sign of weakness but a mark of strength.

Anti-Bullying Week will empower children and young people to solve problems with empathy and remind adults of their vital role in leading by example, both in person and online, choosing respect even when we disagree.

## How to engage with Anti-Bullying Week

This November, it might be worth considering how you can take part in a meaningful way. Here are some tips for getting involved:

**Educate yourself:** Take the time to learn about different forms of bullying, including cyberbullying and face-to-face bullying. Think about the ways to identify it and prevent it.

**Promote kindness:** Encourage acts of kindness within your community. Simple acts, such as offering a listening ear, can make a significant difference.

**Make a noise:** If you witness bullying, don't stay silent. Speak up and support the person being targeted, and encourage your children to do the same in school.



Chaigeley School have updated their Bullying Policy adding new procedures for managing cyberbullying incidents

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How to report bullying

If you are being bullied make sure you

tell someone you trust Tell an

adult at school or at home so they

?   
can help make it stop

Remember...

Please email us any questions/feedback that you may have to help support you and your family: [therapy@chaigeleyschool.org](mailto:therapy@chaigeleyschool.org)

See our Twitter page for more info, news and activity ideas: [@TChaigeley](https://twitter.com/TChaigeley)