



# What impact can bullying have on a community?

IT'S TIME TO GET THINKING!  
What does a school free from bullying behaviour look like?





## Let's look at this week's story

This year, Anti-Bullying Week takes place on 11<sup>th</sup>-15<sup>th</sup> November with the theme, 'Choose Respect'. As part of the week, Odd Socks Day is on Tuesday 12<sup>th</sup> November, with odd socks being worn to celebrate what makes us all unique. There are many other ways schools are raising awareness and taking action to tackle bullying, including several pupils working towards becoming Anti-Bullying Ambassadors.



Learn more about this week's story [here](#).  
Watch this week's useful video [here](#).  
This week's Virtual Picture News [here](#).



# How does it make me feel?



## sad

despondent  
disconsolate  
dismal  
doleful  
downhearted  
forlorn  
gloomy  
melancholic  
miserable  
woeful  
wretched

## angry

aggrieved  
annoyed  
discontented  
disgruntled  
distressed  
exasperated  
frustrated  
indignant  
offended  
outraged  
resentful  
vexed

## happy

beaming  
buoyant  
cheery  
contented  
delighted  
enraptured  
gleeful  
glowing  
joyful

## confused

addled  
baffled  
bemused  
bewildered  
disorientated  
indistinct  
muddled  
mystified  
perplexed  
puzzled

## excited

animated  
elevated  
enlivened  
enthusiastic  
exhilarated  
exuberant  
thrilled

## worried

agitated  
anxious  
apprehensive  
concerned  
disquieted  
distraught  
distressed  
disturbed  
fretful  
perturbed  
troubled  
uneasy

## overwhelmed

engulfed  
inundated  
overburdened  
overloaded  
saturated  
submerged  
swamped

## afraid

alarmed  
apprehensive  
daunted  
fearful  
frantic  
horrified  
petrified  
terrified

## guilty

ashamed  
compunctious  
contrite  
culpable  
penitent  
responsible  
rueful

## jealous

bitter  
covetous  
desirous  
envious  
envying  
resentful  
wary

## thankful

appreciative  
grateful  
gratified  
indebted  
obliged  
relieved

## shocked

astonished  
astounded  
disconcerted  
distressed  
dumbfounded  
horrified  
staggered  
startled  
stunned  
surprised

## disgusted

affronted  
appalled  
horrified  
repelled  
repulsed  
revolted  
sickened

## inspired

activated  
encouraged  
exhilarated  
galvanised  
influenced  
motivated

## embarrassed

ashamed  
awkward  
chagrined  
demeaned  
discomposd  
humiliated  
self-conscious  
uncomfortable  
uneasy  
unsettled

## interested

absorbed  
captivated  
curious  
engaged  
enthralled  
fascinated  
gripped  
intrigued  
riveted



# This week's story looks at events related to ...



Anti-Bullying Week is an annual event observed in the UK.





Read the information found below about the Diana Anti-Bullying Ambassador Award. Talk about the impact you think the role of the ambassadors could have in school.

## What is the Diana Anti-Bullying Award?

The programme raises awareness of bullying behaviour, and supports schools and young people in tackling it across the UK and beyond.

## What training do Anti-Bullying Ambassadors have?

### The Basics of Bullying

A definition and the different types of bullying behaviour, so students can identify when it may be happening.

### How to Support Peers

The importance of being an Upstander and how to intervene safely, alongside practical steps for supporting a peer who may be experiencing bullying behaviour.

### How to Lead Social Action in School

Social action planning, with ideas and next steps to launch a whole-school anti-bullying campaign.



## What is an Anti-Bullying Ambassador?

An Anti-Bullying Ambassador is someone whose role is to help educate other pupils on bullying behaviour, lead on anti-bullying campaigns, promote a culture of celebrating and tolerating differences, and help keep everyone safe both online and offline.



**Pictured above:** The badge awarded to all Anti-Bullying Ambassadors. More information about the award found here: <https://diana-award.org.uk/>.

It was an interesting, thought-provoking session, we explored lots of scenarios and learned about the different types of bullying behaviour and we learned how to diffuse difficult situations.

"It was good and I'm pleased to become an ambassador to help others."

Abi, aged 14 from Sir John Colfox Academy, who recently took part in the training.





Look at the resource below, which shares some of the things you can do if you feel you are being bullied.

### Talk to someone

Tell someone you trust such as a teacher, family member or friend how you are feeling and what is happening to you. Trying to deal with bullying on your own can be much harder.

### Write it down

Writing down what has happened and how you are feeling can sometimes be easier than talking about it. If lots of little things have happened over a period of time, it helps you keep track of it. Writing down how you feel might also help you understand what is happening.

### Speak to the person bullying you

Not everyone understands the impact their words or actions are having. Telling the bully clearly to stop, or explaining you do not like what they are saying or doing, can help them to realise they are hurting or upsetting you.

### Focus on yourself

Think about all the reasons you are amazing and the things that make you happy. Perhaps taking part in a sport, spending time with a friend, playing a game, reading or drawing can help you to feel better.



**Have you ever done any of these things before? Which do you think might help you? Are there any that wouldn't help? Can you think of anything else you could do?**





Look at the resource below, which shares some information about Anti-Bullying Week.

### What is Anti-Bullying Week?

Anti-Bullying Week is an annual UK event coordinated by the Anti-Bullying Alliance (ABA). It aims to raise awareness of bullying in schools and other places, to and highlight ways of responding to it and preventing it.

Taking place in November each year since 2002, it has grown with 80% of UK schools now taking part.



**ANTI-BULLYING  
ALLIANCE**

The ABA logo.

### Why is Anti-Bullying Week needed?

Research from ABA shows:

- **30%** of children have been bullied in the last year.
- **17%** have been bullied online.
- Approximately **one child** in every classroom is experiencing bullying each day.
- The effects of bullying can impact life into **adulthood**.



### Each year, there is a theme. The most recent themes were:

- 2019 - Change Starts With Us
- 2020 - United Against Bullying
- 2021 - One Kind Word
- 2022 - Reach Out
- 2023 - Make A Noise About Bullying
- 2024 - Choose Respect



### How does Anti-Bullying Week raise awareness?

- Odd Socks Day forms part of the campaign. It highlights that we are all unique.
- ABA provides lots of resources that can be used in schools.
- Millions of people are reached through Anti-Bullying Week trending online.
- The campaign is shared in the media.
- A parliamentary event is held each year.
- A number of influencers and celebrities support Anti-Bullying Week and help by using their voices.



**Pictured above:** This year's Anti-Bullying Week information, including the theme and social media hashtags. **Source:** [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

**How important do you think Anti-Bullying Week is? Why?**





# What impact can bullying have on a community?

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# Reflection



Bullying can affect anyone. It impacts health, wellbeing and learning, and can cause loneliness and fear. There are many different things that can be done together to help build stronger and kinder communities.







# Mutual Respect and Tolerance

My behaviour actions and words can affect others. Listening to each other, showing kindness, celebrating differences and choosing respect can help to make everyone feel happy, comfortable and safe.



# Protected Characteristics



Bullying can sometimes be discrimination. Discrimination is when someone is treated unfairly because of a protected characteristic. We can all 'Choose Respect' to help make our school happy, comfortable and safe for everyone.







# UN Rights of the Child



All children have these rights. No child should be bullied because of who they are, where they live, the language they speak, their belief or religion, what they look like, if they are a boy or girl or if they have a disability.



# Useful vocabulary



## Ambassador

A person who represents and promotes a group, cause or values to others.

What difference do you think having **ambassadors** could make in school?

## Culture

The shared attitudes, values, and practices within a group, like a school or organisation.

An Anti-Bullying Ambassador is someone whose role is to ... promote a **culture** of celebrating and tolerating differences.

## Diffuse

To calm down and reduce tension in a tense situation.

We learned how to **diffuse** difficult situations.

## Social action

Steps or efforts taken by individuals or groups to create positive change in society.

**Social action** planning, with ideas and next steps to launch a whole-school anti-bullying campaign.

## Tackle

To actively work on solving or reducing a problem.

Can you think of any ideas to help prevent or **tackle** bullying?

## Upstander

Someone who sees wrong or harmful behaviour and chooses to take action to help stop it or support the person affected.  
**Antonym: bystander.**

The importance of being an **Upstander**.

**Can you use them in your writing this week?**



# Collective worship



**Bible Link:** John 13:34-35  
**Christian Value:** Respect  
**Theme:** Choose Respect



## Pupil talk

- Think about what respect means in your life. Can you share a time when someone respected you, or when you showed respect to someone else?
- Imagine someone is listening to you, helping you, or showing kindness – how does that make you feel?
- What are some ways you can show respect to friends and teachers each day?

## Think

This year, Anti-Bullying Week takes place on 11<sup>th</sup> -15<sup>th</sup> November with the theme, 'Choose Respect'. As part of the week, Odd Socks Day is on Tuesday 12<sup>th</sup> November, with odd socks being worn to celebrate what makes us all unique. There are many other ways schools are raising awareness and taking action to tackle bullying, including several pupils working towards becoming Anti-Bullying Ambassadors.

Respect is about treating others with kindness, even when we don't always agree with or understand each other. Jesus taught us to love and respect one another as he loved us. By respecting others and celebrating our uniqueness, we help build a world that mirrors God's kingdom – one of love, peace, and inclusion.

## Invitation prayer

Dear God,  
Thank you for creating each of us unique and special. Help us to show kindness and respect to everyone we meet, valuing their differences as much as we value our own.  
Teach us to follow the example of Jesus by loving one another and choosing respect in all we do.  
Amen

## Key stage 1 class discussion

- What's one thing about you that makes you different from your friends?
- How does it feel when someone respects you for who you are?
- Why is it important to respect other people, even if they're different from us?

## Key stage 2 class discussion

- Can you think of some ways we can show respect at school and at home?
- Do you think it's possible to show respect even if we don't agree with someone?
- Think about the difference respect makes in our friendships and classrooms – how does it help everyone feel valued and welcome?

## Worship song

This Little Light of Mine



God



Creation



Fall



People of God



Incarnation



Gospel



Salvation



Kingdom of God



## Game On!

At Glasgow Children's Hospital, there's a new, exciting job - a gamer-in-residence! Steven Mair, a full-time gamer, spends his days playing video games like *Mario Kart* and *Minecraft* with children, who are in the hospital. Steven's job is to help them feel less lonely and bring a bit of fun to their hospital stay. 'Lots of the children say they miss playing with friends,' said Steven. 'Gaming together helps them feel connected and happy.' The role, funded by donations, also means the hospital can get new gaming consoles. Seven-year-old Jace, one of the patients, loves playing with Steven. His mum shared, 'Seeing him smile and



**Pictured:** Steven Mair, new gamer-in-residence at Glasgow Children's Hospital. **Source:** @GCH\_Charity on X.

laugh while playing games was a huge boost for him.' With volunteers and even sports stars joining in, the gaming room is the happiest spot in the hospital!

**What do you think of the new gamer-in-residence role?**

**How might it help children staying in the hospital?**

## Kickin' for the Euros

The women's football teams from Wales, Northern Ireland, and Scotland are one step closer to reaching Euro 2025 after some big wins in October! They'll each face another team in the final play-offs in a few weeks to see if they can qualify for the tournament. England are the reigning champions and qualified back in July, so all four UK teams might make it! Euro 2025 will be held in Switzerland from 2<sup>nd</sup> to 27<sup>th</sup> July, with games across Swiss cities. If Wales qualify, it will be their first major tournament ever. 'It's an amazing

opportunity,' said Welsh star Jess Fishlock. 'We're giving it our all!' All three teams are dreaming big, hoping to clinch their spot at Euro 2025!

**Will you be watching any of the matches?**



**Pictured:** Lauren Wade, winger for Northern Ireland. **Source:** @WEURO2025.

**What are the qualities that make a good leader?**



*A good leader should be determined, clever, honest and kind.*

**Mateo**



## Speaking to the Space Station

Children at Robert Drake Primary School in Thundersley, Essex, were given the unique opportunity to speak to an astronaut aboard the International Space Station (ISS). 250 miles above Earth on the ISS, Sunita Williams was on hand to answer all their space-related queries. The NASA Astronaut and Starliner Crew Flight Test Pilot talked about training to go into space, and what it was like to be on the space station – including what there is to eat and do for fun!



**Pictured:** Sunita Williams.  
**Source:** @Astro\_Suni on X.

The co-headteachers at the school stated that, 'The pupils were so excited to come together and listen to Sunita answering their questions – the energy in the school was electric. This was the launch of our Space Week where the pupils are participating in a variety of scientific activities including rocket making, learning about famous astronauts and NASA. After the call with the International Space Station, we now have pupils who are aspiring to be our next generation of space explorers. We are very proud of all of our pupils at Robert Drake, for their positive attitudes and enthusiasm, in the build-up to this once in a lifetime experience. So many happy memories were made that will last a lifetime.'

**What would you like to ask an astronaut? Do you have any questions about the ISS?**



**Pictured:** Sunita Williams talking with girls from the Girlguiding organisation from the ISS.  
**Source:** ISS Research on X.

## Missing Macaws

Two critically-endangered parrots have been found safe and well, around 60 miles away from their home at London Zoo. Lily and Margot, who are very rare blue-throated macaw sisters, were spotted by a family in Buckden, Cambridgeshire, high up in the trees behind their garden. The parrots then flew away to a field and public footpath in nearby Brampton, where zoo staff were able to catch up to them and treat them to their favourite snacks - pumpkin seeds, walnuts, and pecans. London Zoo posted the following message once the birds were found, 'Lily and Margot, our two-year-old blue-throated macaws, were safely returned to London Zoo on Sunday 27<sup>th</sup> October, after flying off during a routine free-flight on 21<sup>st</sup> October. They were found in Cambridgeshire thanks to local tip-offs; when Lily and Margot spotted our bird keepers, they flew down from the

North London area notice / 23 October 2024

**LONDON ZOO**  
a ZSL conservation zoo

**Our macaws**

Two of our blue-throated macaws flew off this week (Oct 21) while flying freely as part of their regular routine at the zoo.

We've been liaising with nearby bird groups, other zoos and Westminster Council to make them aware of this.

You may have seen our zookeepers out in the local area looking for the birds.

The birds will tend to stay high up in the trees, but may soon come down lower to forage for food.

If you see them, please don't approach or feed them - send a photo and location to [birds@zsl.org](mailto:birds@zsl.org) or call 0344 225 1826

Thanks for your assistance

Supply a What3Words location if possible

**Pictured:** The appeal sent out to local residents by London Zoo. **Source:** London Zoo on Facebook.

tree they were resting and straight onto the arms of our zookeepers. The macaws are in good health and currently in quarantine—a standard 30-day precaution—before rejoining their parents, Popeye and Ollie. We're grateful to everyone who helped bring them home safely!

**Have you ever seen a parrot? Where? Do you know any facts about parrots?**

### What are the qualities that make a good leader?



*A good leader needs to be able to make difficult decisions and focus on what is best for everyone.*

**Fi**



# TAKEHOME

11th - 17th  
November



## What impact can bullying have on a community?



anfon Junior Academy

## In the news this week

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### Things to talk about at home ...

- What do you know about Anti-Bullying Week?
- This year's theme is 'Choose Respect', what is your definition of respect? Ask others at home.
- This week's story explores the role of Anti-Bullying Ambassadors. Do you think this a good way of tackling bullying? Can you think of any other strategies?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

[www.picture-news.co.uk/discuss](http://www.picture-news.co.uk/discuss)

