



Logo by Adrian

# Gordon Primary School Anti-Bullying Newsletter Spring 2021



Dear Reader,

Despite these challenging times, the warmth and kindness of the school community has shone through in so many amazing ways. Together in person or virtually we are all still connected and appreciated as always.

Enjoy the first Anti-Bullying Newsletter of 2021!

The Diana Award Anti-Bullying Definition:

**“REPEATED NEGATIVE BEHAVIOUR THAT IS INTENDED TO MAKE OTHERS FEEL UPSET, UNCOMFORTABLE OR UNSAFE.”**



## Anti-Bullying 2020/2021 Update

In the Autumn Term we:

- surveyed a group of pupils as continued evidence towards the Bronze ABQM-Uk.
- all participated in Anti-Bullying Week and made Class Charters
- celebrated Black History Month
- liaised with Diana Award to recruit and train more Anti-bullying Ambassadors. We are awaiting a possible time for virtual training in view of the current challenges!
- focused on Kindness.

In the Spring Term we:

- will survey parents/carers
- focus on children’s mental health and well-being, including positive relationships and Inclusion.

## Kindness



We focused on kindness coming back to school in the Autumn Term and how the positive power of kindness helps us all.

Kindness to each other and ourselves has been more important than ever this year.

We have been noticing lots of small acts of kindness in our school. Well done to the children in Year 1 who were caught being kind!

## February - Safer Internet

Let’s all make the Internet a safe and positive place to be.

*“Don’t forget that the biggest impact we can have to reduce cyberbullying is to model kindness and respect both online and off – stay safe, fun and connected.”*

**IF YOU’RE BEING BULLIED ONLINE**

- 1** Don’t retaliate. (Often that’s what they want!)
- 2** Save the evidence. (Screenshot, save messages.)
- 3** Tell someone what’s happening.
- 4** Report, block, mute, get rid!
- 5** Remember the problem is with them, not you.

## Cyberbullying is never okay

Always talk to someone you trust

- parent/carer/family member
- teacher
- friend

There are lots of organisations that can give you advice and support.

[www.childline.com](http://www.childline.com)

[www.iwf.org.uk](http://www.iwf.org.uk)

[www.childnet.com](http://www.childnet.com)

### Play your part:

If you see cyberbullying, speak up!

### Always think before you post.

- *Would you say it face to face?*
- Never share unkind messages, images or videos.

# Anti-Bullying Week

During Anti-Bullying Week classes watched an Anti-Bullying assembly delivered by the Diana Award and explored feelings and ideas around Anti-bullying.

Well done to the Year 5 classes for their fantastic Class Charter work and Anti-Bullying Pledges. It's good to think about the support network we have around us.

Together we can all make a difference!



Stingray Class



Seahorse Class

If you need help or advice about bullying:

-  Under 18 Childline: **0800 11 11**
  -  Over 18 Samaritans: **116 123**
  -  Parents/Carers Family Lives: **0808 800 2222**
- Anti-Bullying Alliance**

Anna Freud National Centre for Children and Families

shout 85258

Feeling worried or upset?  
Need someone to talk to?

24 hours a day  
7 days a week

Text AFC to 85258

Text the free crisis textline

All texts are answered in private by trained volunteers, with support from experienced mental health professionals

## Black History Month Showcase Artwork

Stingray Class learned about the life and work of the artist Stephen Wiltshire.

Stephen Wiltshire was diagnosed with autism when he was three and learned to communicate with the world through art.

Stingray Class drew the Gordon School in the style of Stephen Wiltshire, trying to remember the details of the buildings, just as he does.



Work by Zahra, Jeevan, Jeremiah and Tommaso



Mussel Class learned about the Abstract Artist Frank Bowling. He paints in a unique style that draws from his Guyanese heritage.



Octopus Class learned about the Journalist and Activist Claudia Jones. She has been described as 'The Mother' of the Notting Hill Carnival.

## Black Lives Matter

Parents' Guide to Black Lives Matter:  
(Mentally Healthy Schools)

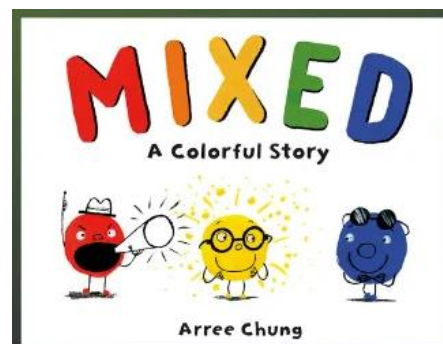
[https://yooopies-cms.cdn.prismic.io/yooopies-cms/a79829ee-9d85-465c-9a08-270c4fd7e5b5\\_Parent%27s+guide+to+black+lives+matter.pdf](https://yooopies-cms.cdn.prismic.io/yooopies-cms/a79829ee-9d85-465c-9a08-270c4fd7e5b5_Parent%27s+guide+to+black+lives+matter.pdf)

A Story for Reception, Year 1 and Year 2: Watch the story "Mixed" by Arree Chung.

<https://www.youtube.com/watch?v=mn0ep5u0kZo>

Use this link to find a list of recommended books to help children understand Black Lives Matter:

<https://www.booksfortopics.com/black-lives-matter>



# MALORIE BLACKMAN

## Black History Month Showcase Writing

Turtle Class in Year 6 learned about the inspirational author Malorie Blackman during Black History Month in October.

When Malorie was a child she couldn't find any books with black people in them. It was not easy for her to write books because her books were rejected 82 times. Her first book was called "Hacker" the very first book when Malorie started to be a writer. The other books what Malorie Blackman wrote was "Noughts and Crosses", Pig Heart Boy and Unheard Voices.

### Tackling important issues

Malorie strongly believes that books can encourage by allowing people to tell things from another person. She thinks that showing a range of cultures and that we can combat race racism. In 2018 she said "Books should be mirrors and uswell as windows"

Malorie Blackman inspires other people by making them feel like they actually have a place in the world.  
Sophie

Malorie Blackman helped people fight through combat racism and to show black peoples pain. She made people see the beauty of the world.

Malorie Blackman strongly believes that books should encourage others to speak up and say what they believe in.  
peace

She thinks that showing different cultures during her writing could end racism and making everyone equal to others.



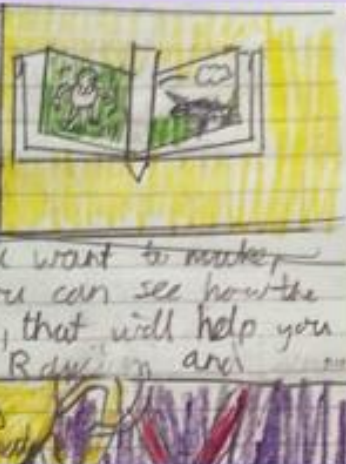
### Tackling Important Issues

Malorie Blackman tackles important issues when she writes books.

If you are stuck on a hard choice you want to make, read her books and you can see how the characters handle it. Then, that will help you decide. She also tackles Racism and

Discrimination  
Achievements

Children  
Learned



Writing is important in tackling issues because it can encourage empathy by people viewing things someone else's opinion.



Why is Malorie so inspirational?  
She was resilient and inspired black children by being famous and smart.

### Inspiration

Malorie has perseverance and she tried to stop racism. She was resilient and inspired black children by being famous and a great role model. **BLACK LIVES MATTER!**

Well done to Turtle Class and for these thoughtful examples by Oscar, Daniel, Molly, Sophie, Juliette, Marcus, Tashana and Giulia.

## The **ZONES** of Regulation



The children have been learning about different feelings, how to recognise them and the way feelings might affect their behaviour.

They are exploring different ways they can help themselves and each other throughout this year and making tool boxes of strategies to get through different and changing feelings.

Well done to **Dolphin, Octopus** and **Stingray Classes** for these classroom displays thinking about the words to describe emotions and develop empathy.

## Children's Mental Health Week



For this year's theme **Express Yourself**, Place2Be is encouraging children (and adults) to explore the different ways we can **express ourselves**, and the creative ways that we can share our feelings, our thoughts and our ideas.

Around five children in every classroom nationally have a mental health problem and many more struggle with challenges from bullying to bereavement.

Place2Be is a great organisation with lots of resources to support Parents/carers, schools and pupils.

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers>

## Anti-Bullying Post Box



We would love you to share your ideas in writing, drawings, or photos around the theme **Express Yourself**.

These can be emailed to Ms Newlove.:

[lnewlove@gordon.greenwich.sch.uk](mailto:lnewlove@gordon.greenwich.sch.uk)

## February is LGBT History Month



## Safer Internet Day

<https://www.saferinternet.org.uk/advice-centre/young-people/resources-3-11s>



## International Women's Day

#ChooseToChallenge #IWD2021

**A challenged world is an alert world.**

**Individually, we're all responsible for our own thoughts and actions - all day, every day.**

**We can choose to challenge and call out gender bias and inequity.**

**We can choose to seek out and celebrate women's achievements. Collectively, we can all help create an inclusive world.**

**From challenge comes change, so let's all choose to challenge.**

**If you have concerns regarding a child's well-being, care or safety, including bullying, please contact a member of our Child Protection Team: Mr Taylor, Mrs Cuesta, Mrs Black, Ms Newlove or Ms May.**

**Alternatively, call the NSPCC on 0808 800 5000.**

## NEW NAME, NEW DATE



**In 2021, Young Carers Awareness Day will become Young Carers Action Day, taking place on 16 March 2021.**

**Young Carers Action Day** raises awareness of the challenges faced by **young carers** and campaigns for greater support for them. The day is a prompt to encourage people to take action to support young carers and is led by the **Carers Trust**.

This Awareness / Action Day is usually in January but will be in March this year onwards. A young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled, has a mental health condition or misuses drugs or alcohol.

Young carers might be particularly vulnerable during the COVID-19 crisis and many are juggling increased caring responsibilities.

Please do not hesitate to get in touch with Mrs Cuesta or Ms Newlove if you know a young carer that might need support or more information about the Carers Trust.



By Ardhani

**Anti-Bullying  
Newsletter:**

**Ms Newlove**

**Tel: 020 8850 5486**

[lnewlove@gordon.gre-enwich.sch.uk](mailto:lnewlove@gordon.gre-enwich.sch.uk)