



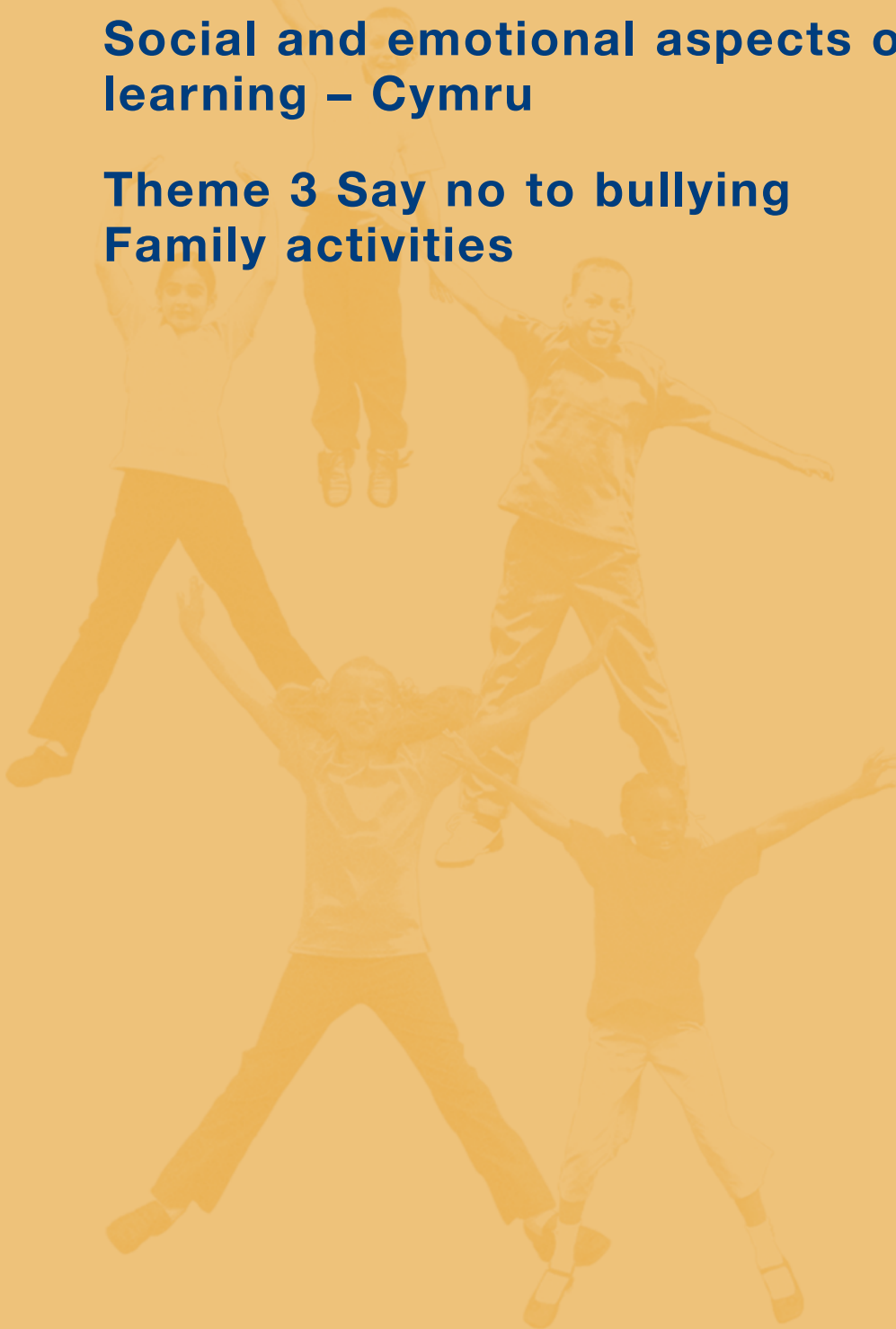
Llywodraeth Cynulliad Cymru
Welsh Assembly Government

Primary

Social and emotional aspects of learning – Cymru

Theme 3 Say no to bullying Family activities

Headteachers, teachers
and practitioners in
funded Foundation Phase
settings, primary schools,
special schools, and
local authority and
Children's Services staff



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Gold set

Activities for parents/guardians

This set of ideas for parents/guardians contains:

- a suggested letter to let parents/guardians know about your work on bullying
- a fact sheet about bullying for parents/guardians
- a separate home activity sheet for pupils working on:
 - Blue book Foundation Phase Elements 1 and 2
 - Blue book Foundation Phase Elements 3 and 4
 - Yellow set (Years 3 and 4)
 - Green set (Years 5 and 6).

All the documents are available as Word files in the Whole-school resource file that accompanies these materials, so that you can adapt them for use in your school.

You may want to adapt the documents to make specific reference to your school's anti-bullying charter, suggesting ways in which parents/guardians can become involved in this initiative.

You will want to choose the activities that you send home carefully, bearing in mind any home circumstances that may lead to sensitivities.

It is important to stress to pupils that the home activities can be done with any adult they would like to work with. This does not necessarily have to be a parent or guardian. It might need to be someone at school, for example staff who run breakfast or after-school clubs.

Dear parents/guardians,

Anti-bullying week: dates

At present there is much national concern about bullying and how to prevent it. As part of our work to develop all children's social, emotional and behavioural skills, we are holding a special focus time when we will all be thinking about how to make sure that no one gets bullied in our school.

I would like to emphasise that this is not because we have any more bullying than any other school. It is a planned part of the programme that takes place every year at this time.

The focus for the week will be to help the children develop the skills, knowledge, understanding and confidence to recognise and act when they see or experience bullying. They will do this through a range of activities relating to different subject areas.

To share and enjoy all the work the children will have done, we will be holding a special celebration assembly. We would very much like to invite you to share this assembly with us. It will be held on:

Date: at:

In addition to this assembly, your child may be bringing home some information and activities for you to share, talk about and enjoy at home. We look forward to welcoming you to the children's assembly and working as partners with you in this important area.

With best wishes

Class teacher or headteacher

Bullying fact sheet

In this setting/school we aim to tackle bullying by trying to prevent it from happening in the first place, and by tackling it consistently, fairly and effectively when it does. The activities that your child will be doing in the setting/school over the next few weeks are part of this preventative work, and will help all the children in the setting/school to understand what bullying is, how it feels and what to do if it happens to them or they see it happening.

In your child's class or group, the focus will be on celebrating similarities and differences, because differences are often used as a reason for bullying – something that we make clear is unacceptable in our setting/school. Young children are still at the stage of learning to manage their responses to new people and experiences, and will notice and comment on things that are 'different'. This should not be discouraged. But we will be emphasising that the differences are part of what makes the world so exciting and interesting, not a reason to treat some people unfairly. Children will work on finding out what they can do when people are unkind or unfair and think about how they can make their own classroom and behaviour kind and fair to everyone.

In this school we believe that bullying is unkind behaviour. It can include physical hurting and leaving people out, as well as damaging people's things and making fun of people.

We don't allow unkind or cruel behaviour in our school. But not all unkind behaviour is bullying. The key characteristics that turn unkindness into bullying are:

- that it is repeated and goes on over time
- that it is deliberate and not accidental
- that it involves the person doing the bullying having some sort of power over the person experiencing the bullying – usually at your child's age this power will come from being bigger, having a 'gang' of friends or having a toy or something that everybody wants to play with.

Children will often fall out with friends or say unkind things when they are angry. We will be explaining to children that this is different from bullying.

We believe that most children both use and experience bullying behaviour at one time or another, and that all children can change their behaviour, with appropriate support.

How to help your child

- Make time when your child is feeling relaxed and happy to talk about the setting/school, friendships, what they like to do in outdoor play, at lunchtime and so on.
- Watch out for signs of not wanting to go to school, frequent headaches or tummy aches, and unexpected and unusual anger or tears.
- If your child tells you they are unhappy because someone is being unkind to them, listen carefully and make sure they understand that you care how they feel and take it seriously.
- Make sure that your child understands that there is nothing wrong with them and that you respect them for being brave enough to tell someone.
- Try not to suggest that your child becomes different from how they are, for example by being more assertive, or fighting back. They may feel that they are not good enough 'as they are' but this is not true. They need to know that it is the children doing the bullying who have to change their behaviour.
- Make an appointment to visit the setting/school. We will take your concerns seriously, listen to what you have to say, support and help your child and act within our anti-bullying policy. When we have found out about what has happened, we will tell you what we have found out and what we have done to help your child.

If you would like further advice, the following organisations offer a range of support.

Childline Cymru

24-hour helpline for children and young people in Wales and the rest of the UK.

Tel: 0800 1111

The website also includes a variety of related information and activities.

www.childline.org.uk

If you're hard of hearing, you can use a textphone:

0800 400 222 (Mon–Fri, 9.30am–9.30pm, Sat–Sun, 11am–8pm)

NSPCC Cymru Helpline

Bilingual Welsh/English support for anyone who needs advice, help or information about concerns for a child's welfare, or to those who want to report concerns they have about a child or young person at risk of abuse.

Tel: 0808 800 5000

help@nspcc.org.uk

Bullying UK

Advice and activities for adults and children in English.

www.bullying.co.uk

Bullying: activities and information for parents/guardians of children in the Foundation Phase (Elements 1 and 2)

Something to talk about together

With this information sheet you will find a digital photograph of our class or setting with everyone learning together. We suggest you use it to talk with your child about questions like these.

- What do you see in the picture?
- Can you see anyone you know?
- When you are there, what is your favourite time?
- Where do you like playing?
- Who do you like playing with?
- Do you ever feel sad or scared when you are there?
- What do you do if you feel sad or scared?
- Who do you talk to?

Something to learn together

Do you both know the names of all the children in the class or setting? See if you can learn the names of the children in the class or setting together, plus one thing about each child.

Something to think about

Children sometimes find it hard to talk about things that might be troubling them, and don't very often respond to parents/guardians sitting down and asking them questions. Many children are more likely to talk if they are doing something else at the same time. You might like to think about when is the best time to chat together. It might be at bath time, when you are sharing a book together, or when you are walking home from school together.

It is often difficult to get your child talking. If you ask them a question like 'What did you do at school today?', they might not remember anything or just say one thing. To help get them talking, you might say:

- Did you sit with ... (give a name of someone in the class) when you ate your dinner?
- I think you had fried elephant in your sandwiches?
- I saw there was modelling clay out in the setting. Did you play with it?
- Did I see you playing with Laura today? What did you play?
- I thought I saw ... (give a name of someone in the setting) crying. Why was he crying?

You might tell them about what you did today and then encourage them to say what they did in return.

Bullying: activities and information for parents/guardians of children in the Foundation Phase (Elements 3 and 4)

Something to talk about together

Read this story about Foro with your child and talk about it together. You might like to use the questions at the bottom of the page.

“I don’t feel well, Dad,” Foro shouted. “You can’t make me go to school. Phone Granny, she can come to look after me.” Dad looked at Foro. She didn’t look ill but she did look tired. “OK, Foro, but you will have to stay in bed all day.” He picked up the phone and soon Granny had arrived and was busy making a special drink to help Foro get better.

Foro lay alone in bed. She was bored so she jumped out of bed and started to play with her teddies. She didn’t notice Granny open the door.

“Foro,” said Granny, “I don’t think you are ill at all.”

When Dad came home, Foro was helping Granny do the baking. He ruffled her hair. “You are looking better,” he said. Foro smiled.

“Time for school,” Dad shouted next morning. Foro snuggled down into her bed. Dad came upstairs and looked at Foro.

“I don’t feel well, Dad,” she said.

“You used to love school. What is wrong?”

Foro shook her head slowly. She looked as if she was about to cry. “Nothing, I just don’t feel very well.”

- Do you think Foro is ill?
- How many reasons can you think of for Foro not wanting to go to school?
- What do you think Foro should do?
- What do you think Dad should do?
- Do you ever want to stay at home and not go to school?
- Did you ever want to stay at home and not go to school? Why?
- What did you do to make it feel OK?

Something to learn

Share your thoughts about the things you like or liked at school and the things you hated or were/are scared of at school.

Bullying: activities and information for parents/guardians of children in Years 3 and 4

Something to do together

We are enclosing a simple board game for you to play with your child.

Something to talk about together

Your child has been asked to find out about your school when you were a child. They might have their own questions or they might use these ones.

1. Did you like school when you were young?
2. Do you think schools are better now or when you were young?
3. Would you like to be back at school?
4. Were you ever bullied or left out when you were at school?
5. If so, what happened?
6. If not, what do you think you would have done?

The rules of the game

Take it in turns to play by spinning the spinner or throwing the dice and moving your counter round the board.

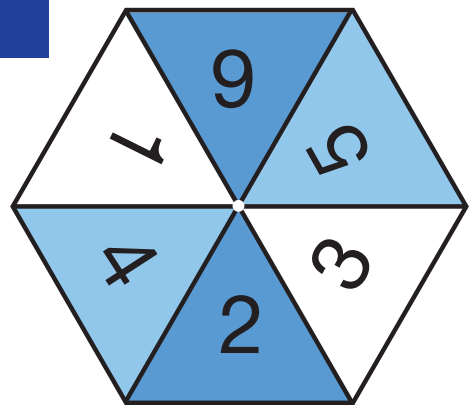
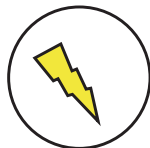
If you land on a smiley face, you must say something good that happened to you today or say something nice about someone playing the game.

If you land on a star, you must pick up a question card. You can answer the question, give the card to someone else or put it at the bottom of the pile.

If you are given a question card, you must wait your turn and then you can answer the question or put it at the bottom of the pile.

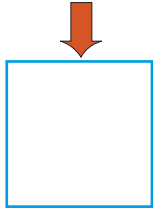
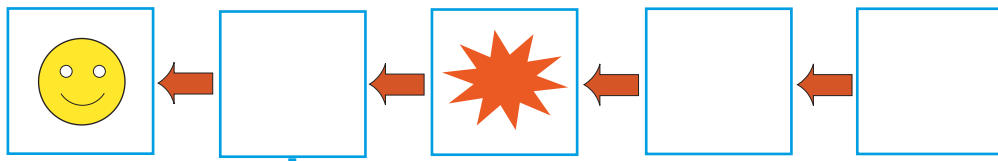
You can write your own questions on the blank cards.

**Cut out the counters, question cards and the spinner.
Make the spinner with a pencil.**



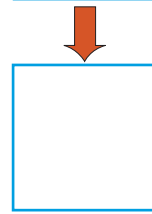
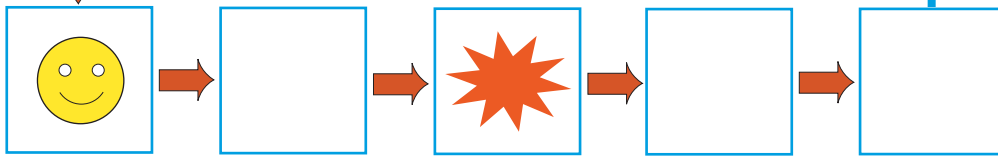
<p>Have you ever been bullied? What happened and what did you do?</p>	<p>Name three school friends.</p>	<p>How do you make yourself feel better if you are lonely or upset?</p>
<p>What is your favourite place?</p>	<p>What place don't you like at school? Why?</p>	<p>Have you been angry this week? Why?</p>
<p>What should you do if you see someone being cruel to someone else?</p>	<p>Have you got a nickname? What is it?</p>	<p>Has anyone ever called you a name you didn't like? If you want you can say what it is.</p>
<p>What is the name of your favourite grown-up at school?</p>	<p>Where is your favourite place to be if you are feeling sad?</p>	<p>What things can the people playing the game do to make you happy?</p>
<p>What is the best thing that happened to you this week?</p>	<p>Who has been friendly to you this week?</p>	<p>Are you frightened of anything?</p>

start

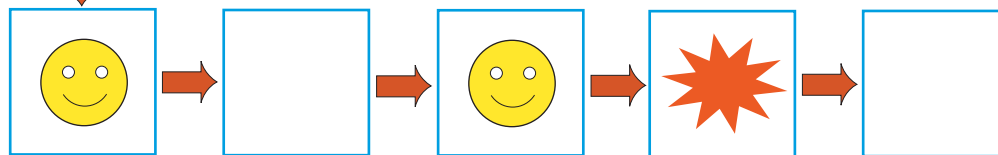
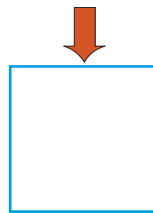
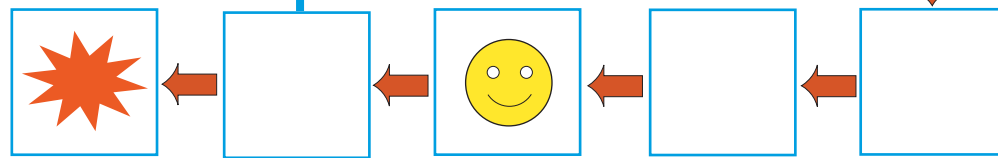


Miss a go

Go back 3 spaces



Go forward 3 spaces



finish

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Bullying: activities and information for parents/guardians of children in Years 5 and 6

Something to share

Explain about a time when you were involved in bullying or saw someone being bullied. Explain what you did. Ask your child what they would do if they were in your situation. Talk about the incident together.

Something to do together

Go to the library together or go on the internet and find out any information about bullying and where you can get help.

Something to think about together

Complete the 'When things go wrong quiz'. Try to agree the best answer together.

Quiz: When things go wrong

This quiz is a bit like a quiz from a magazine but it is written to make you think together and share your ideas. Some of the questions are about what a parent/guardian might do and others are about what a child might do. Talk about all the questions together. Circle the letter that you both agree with. It is OK if you can't agree. If you can't agree, circle two or three answers.

1. Your child comes home from school with a bruise on their arm.
(parent/guardian)

What would you do?

- A. Go back to school to find out what has happened and make sure something is done.
- B. Make a drink for you both. Sit down and have a chat about what has happened.
- C. Say nothing but keep an eye on them to check that they are OK.
- D. Take them straight to the doctor.
- E. Your own idea.

.....

2. When you were on holiday, your best friend started playing with a new group. When you try to join in they tell you to get lost. (child)

What would you do?

- A. Go up to them and say that you will tell the teacher if they won't let you join in.
- B. Tell your best friend that you are feeling left out and talk about what you might do.
- C. Go and find some new friends in the class and make sure they leave your best friend out.
- D. Pretend that you are ill so you don't have to go to school.
- E. Tell your parents or guardian to go and see the teacher.
- F. Your own idea.

.....

3. Your child tells you that they are very unhappy at school because they have no one to play with. The other children laugh at their trainers.
(parent/guardian)

What would you do?

- A. Explain that you were unhappy when you were at school. It didn't do you any harm. They should just ignore it.
- B. Go into school and see the headteacher, asking for the bullies to be excluded.
- C. Give your son or daughter a big cuddle and buy them some extra sweets. Say that they must not play with those horrible children.
- D. Give your son or daughter a cuddle. Talk about it together and go and see the class teacher if it happens again.
- E. Your own idea.

.....

4. Jac is in your class and he lives next door. You sometimes play with him at home. The other children in the class call Jac names and one day you are walking home with your other friends when they see Jac and start to push him around. They steal one of his trainers and chuck it in the river before they run off. (child)

What would you do?

- A. Stay behind with Jac and help him get the trainer out of the river.
- B. Tell the teacher at school what is happening to Jac.
- C. Run off with the other boys and stop playing with Jac at home in case they find out.
- D. Make friends with the boys who are nasty to Jac and explain to them that Jac is all right really.
- E. Your own idea.

.....

5. Your next-door neighbour comes round to your house to ask for your help. She has a child in the same class as your child. The neighbour says that her child is being bullied at school. (parent/guardian)

What would you do?

- A. Ask your child to walk to school with their child and play with them during the day.
- B. Suggest that the neighbour should go into school to ask for the teachers' help.
- C. Talk to your child to find out what is happening.
- D. Nod and say you will help but do nothing.
- E. Your own idea.

.....

6. You are in the toilets and you overhear some children from another class at school. They are saying what they did on the way to school. They laughed at a girl in the class and made her cry. They took her dinner money and ran off. (child)

What would you do?

- A. Do nothing as it is none of your business.
- B. Interrupt them and tell them that you think they are horrible bullies.
- C. Go and tell the teacher.
- D. Look for the girl and check she is all right. Encourage her to go and tell the teacher about what has happened.
- E. Your own idea.

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www.wales.gov.uk/educationandskills

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