

What's happening in Norfolk during Anti-Bullying Awareness Week? 20th - 24th November 2006



An occasional Newsletter to inform you of the latest information available

ABW 2006

Rita Adair, Anti-Bullying Alliance (ABA) Eastern Regional Co-ordinator has been busy working with schools & a range of public and voluntary organisations to ensure that Norfolk's response is a positive one.



She says: 'The week is an important annual event as it enables schools and communities to show their commitment to anti-bullying initiatives and support for those who are bullied. This year we expect even more Norfolk schools to participate'.

Schools will receive packs from ABA containing ideas for activities on the theme of Bystanders. Rita and Lorna Vyse, Victim Support, have also produced a bystander lesson for pupils aged 10 years+. Contact Rita for this. The 50 ideas to get you started along with assembly ideas and questionnaires are all available on the ABA website - www.antibullyingalliance.org.uk.

This year wristbands will be

Bullying: See it. Get help. Stop it



This year's theme is Bystanders - often a neglected group by schools but they can play an important role in stopping bullying. Did you know that 85% of all bullying incidents are observed by an audience and in only 25% of cases peers help the victim? Yet recent research found that the majority of peer interventions (nearly 60%) were effective in stopping bullying within 10 seconds.

What did schools in Norfolk do last year?

With the emphasis on pupil participation, schools took part in a range of activities. Here are some examples:

Acle High students focused on developing a whole school definition on bullying.

Peterhouse Middle had a competition to design/draw and label an 'anti-bullying super hero'.

Eaton Hall pupils made a rap and filmed their plays in conjunction with the drama group Andaction.

South Greenhoe Middle teamed up with the Family Welfare Association for activities on the theme of 'Be a Buddy not a bully'.

White Woman Lane Middle produced an Anti-Bullying Newsletter containing examples of poetry and posters.

Oriel High and Drayton Middle supported Blue Friday and had photos in local news.

Sprowston Middle focused on friendships and held a parents assembly to share their week.



Fairstead Community Primary

(see pupils above with Esther Rantzen) represented Norfolk at ABA's national launch. Hannah Wescombe later wrote "I learnt how to deal with bullying. It has made our school better."

North Elmham Primary, Notre Dame High and Flegg High demonstrated their anti-bullying practice at a regional conference held at Newmarket Racecourse.

Notre Dame also launched its DVD 'You're not alone' at the National Film Theatre, London. Copies available from Rita or anti-bullying@dfes.gsi.gov.uk



Celebrities support ABW

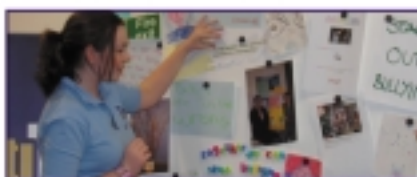
Last year we had support from Leon McKenzie, Norwich City footballer (above with pupils from Blackdale Middle), Jon Thaxton, World Light Weight Boxer and Trisha Goddard, TV Presenter in a range of Norfolk events. Craig Fleming is supporting the launch this year.

Agencies working together with schools to reduce bullying

As well as Norfolk County Council and schools working together, ABW coincides with Inside Justice Week. **Norfolk Criminal Justice Board** which includes Victim Support and Norfolk Constabulary, is offering workshops on anti-bullying and criminal justice topics to Northgate High and Heartsease High. For more details contact Bob Shingleton: shingletonb@norfolk.pnn.police.uk Tel: 01603 693133. **Norfolk County Council's YOT** are offering an interactive presentation called 'Be bright don't fight' for Years 6 & 7. The presentation discusses the issue of playground fights and will focus on the role of the bystander.

To book a session contact: Jo Whistlecraft 01493 847400 or Sue Best on 01603 877500

All Connexions Centres are gearing up for the week and will have a graffiti wall which young people can add messages about



bullying via e-mails, text messages or writing. Contact Matthew Cunningham: mcunningham@connexions-norfolk.co.uk Tel: 01603 227079 for further details.

Ormiston Time for Families is putting on anti-bullying displays at Wayland and Norwich prisons and offering activities to children who visit their fathers.

Norfolk County Council's Family Solutions are prepared to respond to referrals for children with mental health problems associated with bullying.



replaced with lanyards (see above) which can be attached to bags, mobile phones and pencil cases or used as key rings. Order forms for these, as well as postcards, are available from ABA: ncb@centralbooks.com Please try to order before 13th October.

Bullying is the repetitive or persistent hurting of another. It can be verbal, physical, emotional or indirect in the form of e-mailing and texting

CONTACT: rita.adair@norfolk.gov.uk

Drama at Playhouse

Futures Theatre Company will be performing 'Fear to Bully' at Norwich Playhouse on 22nd & 23rd November. Aimed at children aged 10 - 13 this powerful interactive play equips young people with the skills and confidence needed to deal with bullying. Tickets are £4 each - ring 01603 598598. For further information contact Caroline Richardson on 01603 612580.

Has your school signed up to the Anti-Bullying Charter?

Many schools in Norfolk have already done so. What about making this a public event with parents/carers, governors and members of your community? Charters can be downloaded from www.dfes.gov.uk/bullying. Send a copy of the signed charter to the Anti-Bullying Alliance, 8 Wakeley Street, London EC1V 7QE.

Diana Princess of Wales Anti-Bullying Award

This award is given to young people who have made an outstanding contribution to tackling bullying in their schools or communities. Why not nominate some inspirational young people in your school? Next deadline is 9.11.06. Details and forms available from www.diana-awards.org.uk.

What's new in bullying?

Cyberbullying

There are 7 types of cyberbullying ranging from abusive text messages, emails and phone calls, to bullying in internet chatrooms, social networking sites and instant messaging. Up to 1 in 5 pupils have experienced it and it is worse for girls. See guidance on cyber bullying for schools, parents and pupils on www.dfes.gov.uk/bullying. A Norfolk multi-agency group has designed an assembly on cyberbullying for schools to use with pupils, parents and the community during ABW. Copies available from Rita. Norfolk County Council's ICT Solutions along with Securus can offer a unique Desktop monitoring product which could help in dealing with cyberbullying. Details and a free trial available from: Andrew White 0845 3033003.

Racist bullying

Some of you will have attended the DfES launch in Norwich last year of their excellent racist bullying materials. Available to download from www.teachernet.gov.uk/racistbullying.

Tackling homophobia

See the excellent guidance Stand up for us. It is full of ideas for teachers and schools: www.wiredforhealth.com

Still stuck for ideas?

What's bullying?

Rosemary Games, Healthy Schools Adviser will be offering a twilight for interested Healthy schools on the definition of bullying at both NPDC and WNPDC.

Contact Rosemary on rosemary.games@norfolk.gov.uk. Tel: 01603 433276.

(For a sample lesson on developing a class definition contact Rita).

Using your Secondary Tool Kit

Secondary schools can attend an Anti-Bullying Workshop organised by Jo O'Donoghue and Kate Bell. The workshop is at the County Council's Norwich Professional Development Centre on 6th October a.m. This workshop will look at adapting and using the Secondary Strategy Behaviour and Attendance Toolkit in preparation for anti-bullying week. E-mail Cindy Burton for details: cindy.burton@norfolk.gov.uk

Materials downloadable from www.standards.dfes.gov.uk/keystage3/respub/

Ideas for the Week for Primary schools

Rita and Hilary Anderson, Behaviour Support Worker are offering two free Twilights (4 - 6.15 pm) for interested primary schools across the county. These will be on 28th September at WNPDC and 3rd October at NPDC.

The sessions will provide ideas on the Bystander and activities using the SEAL materials.

There are only 25 free places so book early - heather.haycox@norfolk.gov.uk or tel: 01603 458191 and ask to speak to Heather or Irene.

SEAL materials are downloadable from www.bandapilot.org.uk

Interested in discussing peer mediation?

Contact Rachel Boyd: rachel.boyd@norfolk.gov.uk

Blue Friday 24th November 2006

Put this date in your diary and find something blue to wear! Everyone is being encouraged to wear blue on this date to show their support for anti-bullying week.

What is your school doing?

If your school is going to engage in something of interest during ABW please contact Rita to let her know. It would be particularly good if you are happy to talk to, or invite, the media during the week.

Libraries join in

All Norfolk County Council's Libraries will be supporting this event and displaying fiction and non-fiction on bullying. Ottakers and Borders bookshops in Norwich have agreed to display books during the week. If you would like a list of relevant fiction on bullying contact Heather Haycox on heather.haycox@norfolk.gov.uk



Bullying: See it. Get Help. Stop it

Five conferences in Norfolk during ABW

These conferences will celebrate anti-bullying initiatives from local schools and include a drama on the theme of the Bystander and in the style of Forum Theatre.

Conferences are free and suitable for Years 5 upwards. Parents and community members are also welcome.

To book places for your school or if your school wants to participate contact Jean Powell on jean.powell@norfolk.gov.uk

Places may need to be negotiated according to venue

Dates & venues

20th November
9.45 - 12.45 p.m.
Attleborough High (south)

21st November
10 - 12.30 p.m.
King's Lynn PDC (west)

22nd November
10 - 12.30 p.m.
John Innes Centre,
Norwich (central)

23rd November
10 - 12.30 p.m.
Imperial Hotel, Yarmouth (east)

24th November
10 - 12.30 p.m.
South Green Park Enterprise,
Mattishall (north)

Engage your School Council

Why not ask your School Council to consider ways of reducing bullying in the school as an agenda item during the week? Rachel Boyd, School Council Worker, can advise further: rachel.boyd@norfolk.gov.uk

Bullying and the Law

The Children's Legal Centre have produced a useful guide for parents and schools. Available at: www.childrenslegalcentre.com

Morrisons support Anti-Bullying Week

Morrisons are supporting the event and have agreed to display art work from local schools in their supermarkets. If you would like to take up this offer please contact the Manager at your local Morrisons and tell Rita you are doing this!