



Friday is Friendship Friday and  
Anti-Bullying Day.

### Pupil Voice:

We have listened to our children's request that everyone wears **Pyjamas or Onesies!** for our Friendship Day and pay £1.



### Important:

Please make sure that children have something on underneath their pyjamas -






### Think about ~

- wearing pyjamas with a onesie over the top
- jogging bottoms or tights under pyjamas/onesies
- children must have a warm coat for playtimes - it's cold outside
- Face painting of the Anti-Bullying blue ribbon is 50p
- Toast is 20p



The day will end with the **Family Fun Night** being organised by our Parent Group.

**Below is advice for parents from the Bully Busters website.**

-  ✓ **Watch what you say.** Children are very sensitive to parents' words. Remember to praise your child not only for a job well done, but also for effort.
-  ✓ **Be a positive role model.** If you are excessively harsh on yourself, pessimistic, or unrealistic about your abilities and limitations, your child may eventually mirror you. Nurture your own self-esteem.
-  ✓ **Be spontaneous and affectionate with your child.** Your love will go a long way to boost self-esteem. Give them hugs, tell them you're proud.
-  ✓ **Give positive and accurate feedback.** A comment such as, "You always do stupid things" makes your child feel they are useless, try to explain what they did and discuss how they may do it differently next time.
-  ✓ **Create a safe, nurturing home environment.** A child who suffers from low self-esteem will be lacking in confidence. A child who is exposed to fights or arguments at home may become depressed and withdrawn. Never allow your child to hear you talking negatively about teachers or other children's parents.

## Class Themes for the day.

Year	Theme
EYFS	Overview on bullying then practical Strategies for dealing with it
Y1	Overview on bullying then practical Strategies for dealing with it. Focus on spotting signs, symptoms and effects of bullying
Y2	Overview on bullying then practical Strategies for dealing with it. Focus on racist bullying
Y3	Overview on bullying then practical Strategies for dealing with it. Focus on physical and hidden disabilities
Y4	Overview on bullying then practical Strategies for dealing with it. Focus on cyber bullying
Y5	Overview on bullying then practical Strategies for dealing with it. Focus on gender bullying
Y6	Overview on bullying then practical Strategies for dealing with it. Focus on homophobic bullying