

1st December 2020

Dear Parents,

Assalamu Alaikum

I pray that you and your loved ones are well.

Please note that this week is '**Friendship Week**'. We will be arranging a variety of activities for the pupils throughout the week, including recording video clips of pupils saying pleasant things about their classmates for the class to see on Friday. We hope that while the children have fun doing the activities, they will also learn the true meaning of friendship and being kind to one another.

Friday 4th December will be a non-school uniform day as it is "**odd sock day**" at Suffah. The children can wear clothes of their choice and odd socks. Please note that clothes should be appropriate for them to go outside and play and no football shirts are to be worn. We will ask pupils to donate £1 that will go towards an Anti-Bullying charity of the pupils' choice. They will vote and choose one out of the four charities below:

- Anti-Bullying Alliance - <https://www.anti-bullyingalliance.org.uk/>
- Kidscape - <https://www.kidscape.org.uk/>
- BulliesOut - <https://bulliesout.com/>
- Anti-Bullying - <https://www.antibullyingpro.com>

We have recently received a report from a parent regarding Suffah children calling each other names online. I therefore feel this is an apt time to remind you all of the following:

- Please ensure you are aware of what your child is doing whilst online.
- Encourage your child to let you know if they are made to feel unhappy whilst online.
- If the person making your child feel unhappy is a pupil at Suffah, please inform the school so we can take appropriate action.

Below is a guide of what parents can do to help their child become more open regarding cyberbullying.

If your child has experienced cyberbullying:

- **Let them talk**
Give them the space to share what they want to in their way and listen. Try to avoid the temptation to interrupt because you know what's going on, prompt if necessary but let them do most of the talking.
- **Don't be shocked by what they tell you**
If there's one sure way to put a child off seeking help, it's making them feel embarrassed or ashamed about why they're asking for help. Times change and some of the things young people do today may make us cringe sometimes, but the inherent behaviour is the same as it was when we were their age.

- **Don't deny access to technology**

When we speak to young people about barriers to getting help they often share that they are worried that their device may be taken away from them. Reassure them that this won't happen if they speak up about something that has been worrying them online.

- **Encourage them not to retaliate**

Although this can seem like the most tempting thing to do in a situation like this it's very important that you do not retaliate to the cyberbullying. Most of the time the bully is looking for a reaction when they're teasing or calling someone nasty names. Your child may wish to reply and ask the person to stop sending messages however this is not necessary and action can be taken without replying.

- **Save the evidence**

It's important to keep the cyberbullying messages that a child has received, whether through taking screenshots or saving the messages on the device. Saving the messages allows you to have evidence when reporting the cyberbullying.

- **Talk to your child's school**

Schools play a vital role in the resolution of abusive online behaviours. They have anti-bullying and behavioural policies in place in order to provide a duty of care to all who attend. As such, they will want to know about any incidences that could potentially affect a child's wellbeing. Take the evidence of bullying and any additional details about the context of the situation and length of time it has been going on for. It is helpful to discuss this with your child and you may want to speak to the school together.

- **Talk to the police**

If you think that your child is in immediate danger don't hesitate to call the police. Equally, if there is a direct threat of violence or harm within any conversation then you may also wish to contact your local police for support. As parents, any incident involving children will be extremely emotive. There has been a lot of stories about online abuse in the media and the majority of bullying issues can be resolved satisfactorily with support from your child's school.

If there is anything you would like to discuss the items above or anything else, please don't hesitate in contacting me on head@suffahprimaryschool.co.uk.

Kind regards

Asif Ali
Head Teacher

