



# UPLANDS JUNIOR SCHOOL

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1<sup>st</sup> November 2016

Dear Parents and Carers

## Say NO to bullying: a handbook for parents Anti-Bullying Week: 14<sup>th</sup>-18<sup>th</sup> November 2016



addressed.

As part of our ongoing work to prevent bullying in school, and as part of National Anti-Bullying week, our children learn about bullying: what it is, how it feels, how to prevent it and what to do if it happens. Our principal message to children at school is to tell someone they trust if they feel they are being bullied. Only then can the problem be properly

With Anti-Bullying week coming up shortly, we would once again like to offer parents and carers the chance to develop their understanding of bullying. **"Say NO to bullying: A handbook for parents"** is a booklet written by Dr Julie Casey, an Educational Psychologist and one of the main authors of the SEAL (Social and Emotional Aspects of Learning) materials for primary schools in the UK. The booklet is clear, accessible and engaging, and includes:

- Case studies from parents and carers
- Explanations and information, including cyber-bullying
- Top Tips
- Quick checklists and 'cut out and keep' guides
- Useful contacts and websites

The booklet costs £1 per copy. If you would like to order a copy, please fill in the form below and return to school by **Monday 7<sup>th</sup> November**. The booklets will then be distributed during Anti-Bullying Week.

Please note that this booklet has previously been offered to parents as part of Anti-Bullying Week 2015, so you may already have a copy.

Yours sincerely,

Miss Gilbert

PSHE Co-ordinator

Year 6

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### Please return to Miss Gilbert 6GB

I would like to order a copy of "Say No to Bullying: A handbook for parents". I enclose £1 to pay for the booklet.

Child's name: \_\_\_\_\_ Class: \_\_\_\_\_

Parent's/carer's signature: \_\_\_\_\_

