

# ANTI-BULLYING WEEK



# bullying<sup>1</sup>

THE POWER OF ONE



Together Eastbank Achieves More!



Dear Parents and Carers,

At Eastbank Primary, our school motto “**T**ogether **E**astbank **A**chieves **M**ore” captures everything we believe in. By working as a team, we want every child to feel valued, supported and encouraged to do their very best.

Our vision is for all our pupils to empower one another, thrive in their learning and be ambitious in everything they do. Since 2021, we have been building a curriculum and policies that put our learners at the centre of our school ethos.

We are proud of our diverse school community. Our pupils come from many different cultures and backgrounds, and we celebrate the richness this brings to Eastbank. Our staff are committed to making sure every child feels included and respected, no matter their language, culture or background.

To support this, we have created our own Equality-Based Curriculum, taught from Primary 1 to Primary 7. It helps children learn about respect, kindness and inclusion. We want every child to have the chance to let their light shine - Splendat Lux!

Throughout the school year, all classes follow their Celebration Calendars and take part in bullyproofing activities to help keep Eastbank a safe and caring place for everyone. This year’s Anti-Bullying Week theme is “**Bullying - The Power of One.**” During the week, your child has been learning how one person’s actions can make a big difference by standing up for kindness and respect.

In this leaflet, we would love to share some of our learning with our Eastbank families so you can continue the conversation with your child at home.

Thank you for your continuous support in helping us make Eastbank Primary a place where every child can shine.

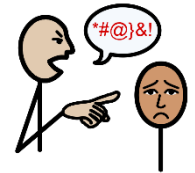
The Eastbank Team



# What is Bullying?

If you think your child might be experiencing bullying, here are some behaviours to look out for:

- Being called names, teased, put down or threatened face-to-face and/or online.
- Being hit, tripped, pushed or kicked.
- Having belongings taken or damaged.
- Being ignored, left out or having rumours spread about you (face-to-face and/or online).
- Sending abusive messages, pictures or images on social media, online gaming platforms or phone.
- Being called names, teased, put down or threatened face-to-face and/or online.



## Anti-bullying at Eastbank



In previous years, we have promoted Anti-Bullying Week with whole-school initiatives such as creating our **Shield of Respect** and launching our “**Give Me 5**” campaign in 2022.

Our Eastbank Equalities Explorers also play an important role by leading assemblies and promoting anti-bullying messages through activities like the **Odd Socks Day scavenger hunt** and **awareness posters** around the school.

# Anti-Bullying Week

This year, our learning has been based on the Anti-Bullying Week theme: “**Bullying – The Power of One.**” Throughout the week, pupils have been learning how one person’s actions can make a big difference by standing up for kindness and respect.

To support this message, we have updated our “**Give Me 5**” campaign. Every pupil has designed their own “**Give Me 5**” hand, showing five steps they can take to feel confident about reporting any bullying concerns to a trusted adult.

Here are the five steps we have been focusing on:

1. Take a deep breath.
2. Tell someone you trust.
3. Write down what has happened.
4. Stay with a friend.
5. Always be yourself.



All of our pupils now know that by showing an adult a “**fist of 5**,” they are letting us know they need to have an important conversation about bullying.

To start the week, pupils took part in **Odd Socks Day**, celebrating individuality and what makes us unique. They have also been proudly wearing their “**Bullying – the Power of One**” wristbands, which they made together with their families at home.

Here are some wonderful examples of our pupils’ work from this year!

On Monday we had an odd socks day!



On Friday we showed off our homemade wristbands!



An example of our “**Give Me 5**” hands



By Laura in P7!