

NEWSLETTER

FRIDAY 7TH NOVEMBER 2025



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ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

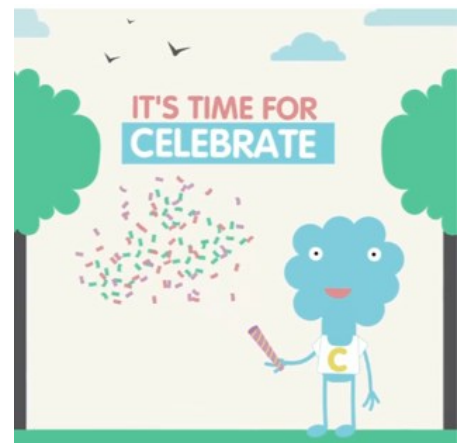
CELEBRATE LAUNCH ASSEMBLY



Mrs Pugh and the 'Happiness Heroes' presented a special assembly this week, introducing our new module—**Celebrate**.

We recapped the previous module **Meet your Brain** then talked about what the new module will be about.

The **Celebrate** module is focused on teaching children all about how character strengths can help us to be our best selves.



AUTUMN 2 LEARNING LAUNCH!

On Monday, Mrs Pugh held an exciting assembly all about what the children in school will be learning about this half term. Soon, your child's class teacher will be sending out their curriculum letter highlighting all of the things your child will be learning in school. In the meantime, here is a look at the titles.

Can you guess what your child will be learning about?

Little Acorns Nursery - Celebrations!

Great Oak Nursery - Celebrations!

Reception - Celebrations!

Year 1 - Sign Up! Sign Up!

Year 2 - Man Down!

Year 3 - Where in the UK?

Year 4 - Revolutionary Romans

Year 5 - From Malham to the Sea

Year 6 - We are Explorers!



YEAR 6 FRISBEE TOURNAMENT

Children in Year 6 took part in a frisbee tournament on the last day of half term. They all played very well, worked as a team and showed excellent sportsmanship.



COMING NEXT WEEK!

Learning Showcase – A feature in our weekly newsletter!



From next week, we will be continuing to showcase the different subjects and learning that we teach in school.

We want to share with you some of the exciting learning that takes place here at Swain House Primary School.

Each week, we will focus on a different subject or area of learning and this will be shared with you in our 'Learning Showcase' page of the newsletter. Next week, we will be showcasing some of the fantastic work that takes place in our myHappymind lessons!



CHILDREN IN NEED



On **Friday 14th November 2025** we will be holding the following fundraising events in school in support of Children in Need:

Biscuits and buns will be on sale to pupils for 25p (max 50p per child).

Non-uniform – children can wear something spotty, their pyjamas or anything supporting Children in Need and donate 50p to the fund raising effort.

We would like to ask parents and family members to support us by contributing buns or biscuits for us to sell to the children.

All contributions for the bun and biscuit sale can be brought to school on the morning of Thursday 13th November or Friday 14th November 2025.

ANTI-BULLYING WEEK

The week beginning 10th November is Anti-bullying week and the theme this year is Power for Good.

The children will be taking part in an assembly and talking about the effects bullying can have and about how we can do something positive to counter the harm and hurt that bullying causes.

To start the week, we will be taking part in Odd Socks Day on **Monday 10th November**. Odd Socks Day provides an opportunity in school to have fun, be yourself, and spread awareness of the core values Anti-Bullying Week promotes.

The graphic features a blue banner at the top with the text "Odd Socks Day" in a playful font, accompanied by a large yellow sock icon. To the right, it says "We'll be wearing our odd socks this Odd Socks Day, will you?" with a yellow lightning bolt icon. Below the banner, a yellow oval contains the date "Monday 10th November 2025". The central image shows five people in a band-like pose: a man with an afro and sunglasses, a man with curly hair and a silver jacket, a man with glasses and a red jacket, a woman in a pink shirt, and a man with long hair playing a yellow guitar. In the bottom left corner, there is a dark blue triangle containing the "Andy and the Odd Socks" logo, the "ANTI-BULLYING ALLIANCE" logo, and the hashtags "#AntiBullyingWeek" and "#OddSocksDay".

Odd Socks Day

We'll be wearing our odd socks this Odd Socks Day, will you?

Monday 10th November 2025

Andy and the Odd Socks

ANTI-BULLYING ALLIANCE

#AntiBullyingWeek
#OddSocksDay

LIVING WELL PARENT COURSE

Please join us for a parent's course about supporting your child's emotional wellbeing—see information below. If you will be attending please let a member of the office staff know—thank you.

The poster features a background of crumpled paper in shades of blue, pink, and grey. At the top, there are three logos: a circular 'LIVING WELL' logo with a heart, a circular school logo for 'SWAN HOUSE PRIMARY SCHOOL' with the motto 'Achieve Aspire Believe Persevere', and a green 'LIVING WELL ACADEMY' logo. The text is centered and reads: 'Please join us for a parent course', 'Tuesday 25th November', '8.45am - 10.00am', 'Supporting your child's emotional wellbeing', 'This course looks at:', followed by a bulleted list of three topics. At the bottom, it says 'Refreshments will be provided' next to an illustration of a mug and cookies.

Please join us for a parent course

Tuesday 25th November
8.45am - 10.00am

Supporting your child's emotional wellbeing

This course looks at:

- Understanding the common emotional wellbeing needs of children
- Understanding how to support your child to build emotional resilience.
- Practise active listening and supportive communication.

Refreshments will be provided 

RECEPTION OPEN DAYS



SWAIN HOUSE
PRIMARY SCHOOL

RECEPTION 2026 OPEN DAYS



TUESDAY 11TH NOVEMBER - 9.00AM
FRIDAY 14TH NOVEMBER - 3.30PM
THURSDAY 20TH NOVEMBER - 4.30PM

THURSDAY 4TH DECEMBER - 4.00PM
MONDAY 8TH DECEMBER - 5.00PM

TUESDAY 6TH JANUARY - 9.00AM
THURSDAY 8TH JANUARY - 3.30PM
TUESDAY 13TH JANUARY - 9.15AM
THURSDAY 15TH JANUARY - 9.30AM
THURSDAY 15TH JANUARY - 4.30PM



01274 639049



www.swainhouse.co.uk



GREAT OAK NURSERY



Great Oak Nursery

at

Swain House Primary School

Now enrolling for our September, January and April intakes

Is your child 3 or 4 years old?

'My child started Great Oak Nursery in September. All of the teachers have been amazing and my child loves coming to his new school and is thriving



We have full & part time places available

With wrap around care 7.30am until 6.00pm

7.30am Breakfast Club - £2.40 a day

7.45am Breakfast Club - £1.90 a day

8.00am Breakfast Club - free

After School club 3.15pm until 4.00pm £2.50 a day

Extra Club 4.00pm until 6.00pm £4.50 a day

**Please contact the school on
01274 639049**

LITTLE ACORNS NURSERY

Little Acorns Nursery At Swain House Primary School Do you have a 2 year old?

September, January and April intake

Little Acorns Nursery is a warm, nurturing atmosphere where children learn through play in a safe and stimulating environment



We have full & part time places available

With wraparound care
7.30am until 6.00pm

please contact the school on
01274 639049

SHARING YOUR NEWS!



Georgie wrote to Blue Peter about her favourite books. She told them that her favourite books were Harry Potter books because of the magic and Peter Pan for the adventure. She was very pleased to receive a Blue Peter badge. Well done Georgie!

If you have any news about your child's achievements that you would like to share in our newsletter, please speak to your child's class teacher!

**CLICK THE ICON TO SEE REGULAR UPDATES
ON OUR FACEBOOK PAGE!**



Website: www.swainhouse.co.uk



WEEKLY UPDATES

ATTENDANCE AND PUNCTUALITY

Here are this week's attendance and punctuality figures. There is a proven link between attendance and achievement and it is therefore very important that your child attends school and is on time unless they are too unwell to do so. Our doors open at **8.30am** and close at **8.40am**.

Please see the information below for our whole school and class attendance for the week ending **07/11/25**.

Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	98.0%	0
Willow	95.5%	3
Kandinsky	90.8%	1
Matisse	97.1%	3
Lowry	96.3%	3
Van Gogh	96.5%	0

Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	94.9%	0
Roald Dahl	96.0%	2
JK Rowling	95.0%	4
Michael Morpurgo	96.0%	2
Elgar	95.8%	1
Mozart	92.1%	0
Beethoven	93.1%	1
Vivaldi	95.3%	2

Congratulations to **Elm Class, Roald Dahl Class and MMO Class** for having the **best attendance** this week.

Congratulations to **Elm Class, Anne Fine Class and Vivaldi Class** for having **no lates!**

Our whole school attendance this week: **95.2%**

COMMUNICATION SINCE THE LAST NEWSLETTER

These are the letters, messages and website updates that have been sent out this week. If you have not received any of these letters, please speak to your child's class teacher or contact the office on **01274 639049**.

WEBSITE UPDATES:	National Online Safety - 'Wake Up Wednesday' guide from National Online Safety is about 'Guiding young voices to make a difference'
LETTERS:	05.11.25 - Bikes and Scooters 05.11.25 - Remembrance Day Reminder 05.11.25 - Leave of Absence during Term Time 06.11.25 - Beethoven Class Assembly 07.11.25 - Children in Need Reminder
MESSAGES VIA PARENTAPPS:	03.11.25 - Little Acorns Nursery Spaces 04.11.25 - Anti Bullying Week 07.11.25 - Year 5 Homework

COMMUNITY NEWS



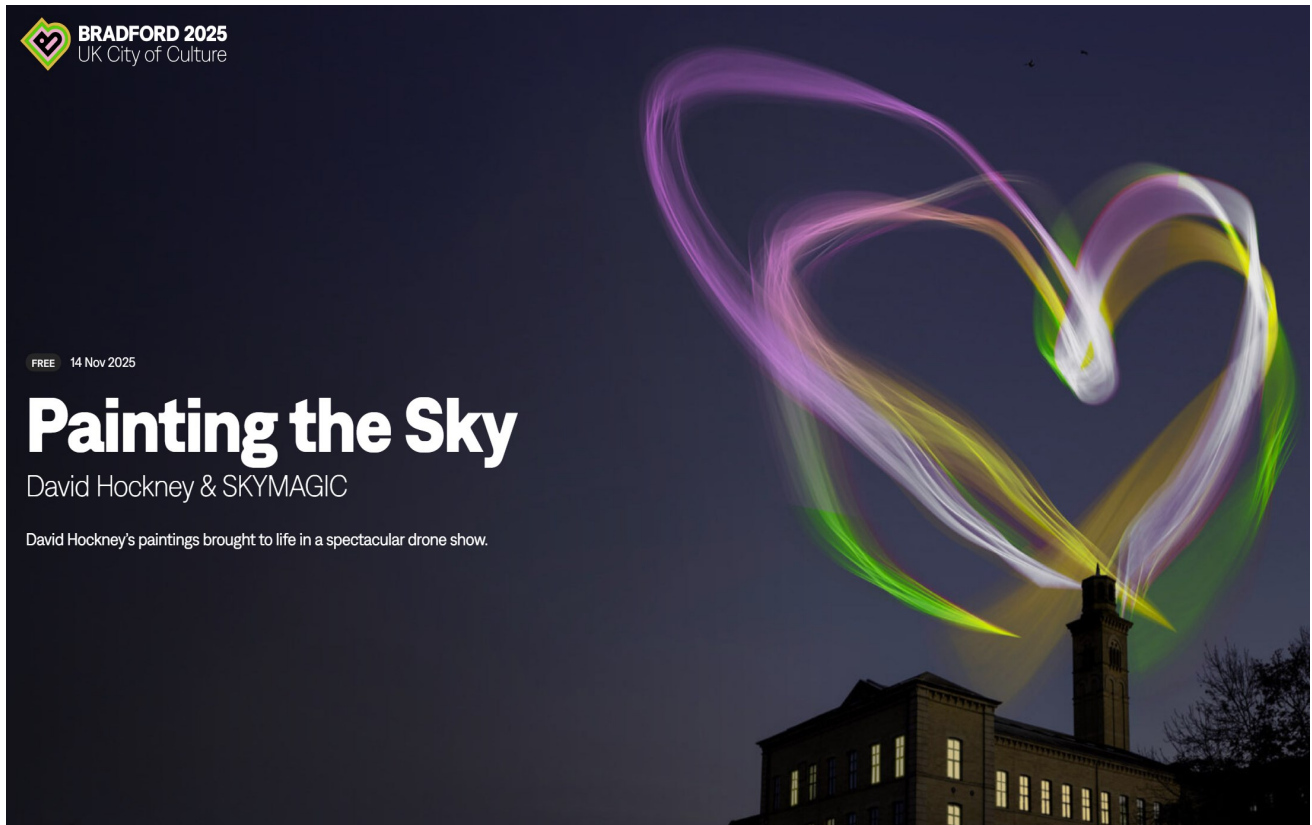
BRADFORD 2025
UK City of Culture

FREE 14 Nov 2025

Painting the Sky

David Hockney & SKYMAGIC

David Hockney's paintings brought to life in a spectacular drone show.



Painting the Sky is a spectacular celebration of Bradford-born artist David Hockney, taking his work out of the gallery and into the Saltaire skies.

Created especially for Bradford 2025, this unique moment will see some of Hockney's finest and most famous artworks recreated in the skies over the iconic Salts Mill and Roberts Park by more than 600 choreographed light drones – and admission is free, with no tickets required.

Painting the Sky is being created for Bradford 2025 by [SKYMAGIC](#), the Leeds-based drone light show pioneers whose work has been seen everywhere from the Queen's Platinum Jubilee and the King's Coronation Concert to California's Coachella Festival and the foothills of Mount Fuji.

As darkness falls over Bradford, you'll see extraordinary drone recreations of artworks from across Hockney's career – from his vibrant Californian pool paintings to his more recent Yorkshire landscapes created on iPads. All of these classic works will be portrayed in light, flying high over Saltaire in a dynamic tribute to one of our district's favourite sons. Don't miss it.

COMMUNITY NEWS



**BOYS
DEVELOPMENT
SESSIONS**

**Goals
Bradford**

SCAN



TUESDAYS

AGES 6-9

5-6PM

COMMUNITY NEWS



Bradford District Care
NHS Foundation Trust

Parent and Carer Support Group

From the Mental Health Support Team

Our online Parent and Carer Support Groups offer a safe and welcoming space to explore ways of supporting your child's emotional wellbeing, and your own.

Each half term, we cover a new wellbeing topic inspired by the Five Ways to Wellbeing, and share practical tips and ideas. It's also a chance to connect with other parents, share experiences, and support one another.

This half-term's topic: Connect - Strengthening Healthy Relationships

This session will explore simple ways to strengthen communication, build trust, and maintain healthy relationships with your child and family. Together, we'll discuss how small, everyday actions can make a big difference to emotional wellbeing at home.

Date: Tuesday 25th November 2025

Times: 10:30am – 12:00pm or 7:00pm – 8:30pm

Platform: Microsoft Teams

To register your interest and receive a joining link, please email:
mhstparentsupport@bdct.onmicrosoft.com



better lives, together

W: www.bdct.nhs.uk

T: @BDCFT

MYHAPPYMIND

OUR CONVERSATION CARD OF THE WEEK



Enjoy a conversation!

Each week we will share a conversation card. These are designed to help you have meaningful and fun conversations with your child and aid discussions about mental health and happiness.



MYHAPPYMIND APP

The myHappyMind app includes lots of fantastic features such as—kids zone, myHappyMind games and mini master classes for parents .



Download your FREE myHappyMind Parent App



...An online resource to support you and your family to learn more about how you can use myHappyMind to support your child.



myHappyMind for Parents

Exclusively for parents with children at a myHappyMind School or Nursery.



Learn all about what your children are learning in school



YOU WILL NEED THIS AUTHENTICATION CODE TO SIGN UP

107220

REMINDERS

BREAKFAST CLUB AFTER SCHOOL CLUB

Our Breakfast Club opens at 7.30am at a cost of £2.40 each per day or at 7.45am at the cost of £1.90 each per day. Children from Nursery to Year 6 can attend.

If you would like to book your child into Breakfast Club, please use ParentPay.

We have a free Breakfast Club 8.00am—8.30am

If you would like to book this please use ParentApps

Our After School Club is available until 4pm at a cost of £2.50 each per day.

If you would like to book your child into After School Club, please use ParentPay.

EXTRA CLUB

We also offer an Extra Club service that runs until 6.00pm at a cost of £4.50 per day.

If you would like to book your child into Extra Club, please use ParentPay.

Please can you ensure that Extra Club places are booked and paid for in advance - by Monday morning. This ensures registers are accurate and places are booked and guaranteed.

If you have any problems booking any of our before or after school clubs, please contact Miss Armitage, one of our learning mentors.

DIARY DATES

ANY NEWLY ADDED ITEMS WILL BE IN BLUE

DAY	DATE	TIME	EVENT
Monday	10.11.25		Odd Socks Day
Tuesday	11.11.25		Remembrance Day
Friday	14.11.25		Children in Need

COMING UP IN AUTUMN TERM

AUTUMN TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	13.11.25	2.30pm	Beethoven Class Assembly
Thursday	27.11.25	2.30pm	JK Rowling Class Hanukkah Assembly
Thursday	11.12.25	2.30pm	Vivaldi Class Assembly

DATES TO REMEMBER!



Thursday 11th December 2025

More details to follow!

MENU 10/11/25

Homemade bread,
selection of seasonal
vegetables / fresh salad
and fresh fruits served
daily

Swain House Primary School

Wk 1 - 3rd Nov, 24th Nov,
15th Dec, 5th Jan, 16th
Jan, 9th Mar
Wk 2 - 10th Nov, 1st Dec,
22nd Dec, 12th Jan, 2nd
Feb, 23rd Feb, 16th Mar
Wk 3 - 17th Nov, 8th Dec,
29th Dec, 19th Jan, 9th
Feb, 2nd Mar, 23rd Mar

MON TUES WED THUR FRI

WEEK 1

**Halal Rich & Creamy
Meat Lasagne**
(Red Tractor Accredited HMC Beef
Mince in a rich Tomato Sauce with
Herbs & Garlic layered with Pasta
Sheets and a Creamy Cheese
Sauce, served with Garlic Bread)

**Rich & Creamy
Meat Lasagne**
(Red Tractor Accredited Beef Mince
in a rich Tomato Sauce with Herbs &
Garlic layered with Pasta Sheets and
a Creamy Cheese Sauce, served with
Garlic Bread)

Spaghetti Marinara
(A Tomato and mildly spiced
Sauce combined into cooked
Spaghetti, topped with Cheese)

Assorted Jacket Potatoes /
Hot Sub Roll

**Chocolate Sponge
& Chocolate Sauce**
(Homemade, light
Chocolate Sponge, served
with Chocolate Sauce)

**Chicken Tikka Masala with
Pilau Rice / Naan Bread**
(Red Tractor Accredited diced Chicken
& Chickpeas in a mild Curry Sauce
with Pilau Rice or Naan Bread)

**Creamy Mac
& Cheese**
(A Macaroni Pasta dish, coated
in a Creamy Mature Cheddar
Sauce, served with Crusty Bread)

Assorted Jacket Potatoes /
Hot Sub Roll

Hot Sub Roll

Butterfly Buns
(Individual decorated
Sponge-based Dessert)

Roast Meat Dinner
(Red Tractor Accredited Meat (either
Gammon, Turkey or Pork Loin) served
with Yorkshire Pudding, Roasties &
Gravy)

**Halal Roast
Chicken Breast**
(Red Tractor Accredited HMC
Chicken Breast, served with
Yorkshire Pudding, Roast
Potatoes & Vegan Gravy)

Toad in the Hole
(Quorn Sausage Baked in a
light Batter, served with Roast
Potatoes)

Assorted Jacket Potatoes /
Hot Sub Roll

Hot Sub Roll

Fruity Flapjack
(A sweet Bar made with
Oats, Golden Syrup &
Butter with Fruit)

**Classic Cheese &
Tomato Pizza with
Coleslaw & Salad**
(Wholemeal 50/50 Base topped with
a lightly spiced Sauce and topped
with Mozzarella/Cheddar Cheese)

Arrabiata Pasta
(Chili Tomato Sauce with
Lentils and Peppers, served
with Pasta & Crusty Bread)

Assorted Jacket Potatoes

**Creamy Rice
Pudding with
Strawberry Jam**
(Creamy Milk pudding
served with Jam)

**MSC Breaded Fish
Fillet Fingers**
(MSC Fish Fillet Fingers, served with
Seasoned Potatoes)

**Southern Fried Chicken
Goujons & Garlic Mayo**
(Red Tractor Accredited pre-fried
Breaded Chicken, served with Garlic
Mayonnaise & baked Jacket Wedges)

Vegetable Samosa
(Vegetables with a light Spice
encased in Pastry & Baked,
served with Raita)

Assorted Jacket Potatoes /
Hot Sub Roll

**Strawberry Sponge
& Custard**
(Homemade, light Vanilla
Sponge with a Strawberry Jam
swirl, served with Custard)

WEEK 2

**Beef & Red Lentil
Bolognese & Garlic Bread**
(Red Tractor Accredited Beef Mince &
Lentils in a Tomato Sauce served with
Pasta & Garlic Bread)

Halal Keema Biryani
(Red Tractor Accredited HMC
Beef Mince & Peas in a Spicy
Pilau Rice)

Pomodoro Pasta
(A simple, delicious rich Tomato
Sauce with Beans, served with
Garlic Bread)

Assorted Jacket Potatoes /
Hot Sub Roll

**Decorated
Fruit Jelly**
(Jelly with Fruit, topped
with Fresh Cream)

Traditional Chicken Pie
(Red Tractor Accredited diced Chicken
Pieces in a rich Gravy with Vegetables,
topped with a Golden Pasty Lid served
with Potatoes)

Golden Cheese Whirl
(Cheese, Potato & Onion encase
in Puff Pastry, served with baked
Jacket Wedges)

Assorted Jacket Potatoes /
Hot Sub Roll

Hot Sub Roll

Vanilla Sponge
(Homemade, light Vanilla
Sponge with a hint of
Vanilla, served with Custard)

Roast Meat Dinner
(Red Tractor Accredited Meat (either
Gammon, Turkey or Pork Loin) served
with Yorkshire Pudding, Roasties &
Gravy)

**Halal Roast
Chicken Breast**
(Red Tractor Accredited HMC
Chicken Breast, served with
Yorkshire Pudding, Roast
Potatoes & Vegan Gravy)

**Hearty Shepherd's
Pie**
(Soya Mince, Veg and Gravy
filling, topped with Mashed
Potato)

Assorted Jacket Potatoes /
Selection of Sandwiches

Selection of Sandwiches

Sprinkle Cake
(Homemade Vanilla
Sponge, lightly topped with
Water long and Sprinkles)

**Classic Cheese &
Tomato Pizza with
Coleslaw & Salad**
(Wholemeal 50/50 Base
topped with a lightly spiced Sauce
and topped with Mozzarella/
Cheddar Cheese)

Arrabiata Pasta
(Chili Tomato Sauce with
Lentils and Peppers, served
with Pasta & Crusty Bread)

Assorted Jacket Potatoes /
Selection of Sandwiches

Selection of Sandwiches

Gallydale Biscuits
(Homemade, Charming,
Catty Biscuits)

**MSC Battered
Fish Fillet**
(MSC Battered Fillet of Fish,
served with Baked Jacket Wedges)

Vegetable Pakoras
(Mixed Vegetables & Onion
coated in Tempura Batter,
served with Baked Jacket
Wedges & Raita)

Assorted Jacket Potatoes /
Hot Sub Roll

Hot Sub Roll

**Marble Sponge &
Chocolate Sauce**
(Homemade Sponge with
Ribbons of Vanilla &
Chocolate Cake, served
with Chocolate Sauce)

WEEK 3

**Creamy Chicken Pasta
& Crusty Bread**
(Red Tractor Accredited diced Chicken
in a homemade Creamy Sauce with
Garlic, served with Penne Pasta)

Halal Chicken Bhuna
(Red Tractor Accredited HMC
Chicken stir-fried and slow cooked
in a spicy Shama Masala)

BBQ Quorn Pasta
(Quorn Pieces in a Barbecue
flavoured Tomato Sauce, served
with Wholemeal Pasta)

Assorted Jacket Potatoes /
Hot Sub Roll

**Apple Crumble
& Custard**
(Sliced Apples topped with
Oat Crumble, served with
Custard)

**Loaded Wedges with a
Mild Mexican Chilli &
topping**
(Red Tractor Accredited Beef Mince in
a mild, homemade Chilli Sauce, served
on Baked Jacket Wedges)

**Loaded Wedges with
a mild Mexican Veg
Chilli**
(Vegan Mince in a mild,
homemade Chilli Sauce, served
on Baked Jacket Wedges with
toppings)

Assorted Jacket Potatoes /
Hot Sub Roll

Hot Sub Roll

**Peaches & Ice
Cream with Syrup**
(Vanilla Ice Cream with
Thinly Sliced Peaches with a
Chocolate flavoured Syrup)

**Sausage in Gravy with
Yorkshire Pudding**
(Red Tractor Accredited Sausage,
served with Yorkshire Pudding)

Halal Cottage Pie
(Red Tractor Accredited HMC
Beef Mince in a Gravy with
Onions, topped with Mashed
Potatoes & Cheese served with
Yorkshire Pudding & Gravy)

**Savoury Mince
topped Tatties**
(Soya Mince, Vegetables &
Potatoes, served with a
Yorkshire Pudding)

Assorted Jacket Potatoes /
Hot Sub Roll

Hot Sub Roll

Cornflake Tart
(Pastry base with
Cornflakes and Syrup,
served with Custard)

**Classic Cheese &
Tomato Pizza with
Coleslaw & Salad**
(Wholemeal 50/50 Base
topped with a lightly spiced Sauce
and topped with Mozzarella/
Cheddar Cheese)

Spaghetti Marinara
(A Tomato and mildly spiced
Sauce combined into cooked
Spaghetti, topped with Cheese)

Assorted Jacket Potatoes /
Selection of Sandwiches

Selection of Sandwiches

**Chocolate Sponge
& Chocolate Sauce**
(Homemade, light
Chocolate Sponge, served
with Chocolate Sauce)

**MSC Breaded Fish
Fillet Fingers**
(MSC Fish Fillet Fingers, served with
Seasoned Potatoes)

**MSC Salmon &
Sweet Potato Fishcake**
(MSC Salmon & Sweet Potato, served
with Seasoned Potatoes)

**American Style
Quorn Hot Dog**
(Quorn Sausage, served in a White
Bun with Seasoned Potatoes)

Assorted Jacket Potatoes /
Hot Sub Roll

Hot Sub Roll

**Chocolate
Crispy Crunch**
(A sweet bar made from
puffed Rice, Cocoa & Syrup)

food quarter

For full allergen
& nutritional
information
head to our app



City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL

NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is about 'Guiding young voices to make a difference'.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators GUIDING YOUNG VOICES TO MAKE A DIFFERENCE

Bullying impacts the lives of many young people. In the UK, one in five pupils aged 10 to 15 report being bullied. The effects can be long lasting, affecting mental health, school attendance and self-esteem, and can impact long-term development into adult life. Adults play a key role in building young people's confidence to speak out, support one another, and stand up to unkind behaviour. This guide offers ways to help youngsters make a positive difference.

1 CELEBRATE DIFFERENCES

Help young people value diversity by showing that what makes us different is also what makes us strong. Encourage them to learn about different cultures, identities, and abilities through books, films, and conversations. By appreciating uniqueness in themselves and others, children can grow into open-minded individuals who build inclusive and welcoming environments.

2 MODEL RESPECT

Children watch and learn from how adults behave. Use respectful language, show patience in disagreements, and treat others with fairness – especially in front of children. By modelling inclusive behaviour and challenging unkindness, adults set a lasting example that respect should be part of every interaction, whether online, at school, or at home. Be the change you want to make.

3 SPOT THE SIGNS

Adults and young people should learn how to recognise signs that someone may be experiencing bullying. This might include withdrawal from friends, hobbies or interests, changes in mood, reluctance to go to school, or unusual injuries. Helping young people recognise these clues ensures that support can be offered sooner and problems do not go unnoticed.

4 VALIDATE FEELINGS

When a child shares something that worries them, it's important to listen carefully and validate how they feel. Respond with empathy – not judgement – and let them know it's okay to feel upset or confused. Offering reassurance and understanding helps young people feel safe about opening up, and builds the trust needed to talk again in future.

5 TEACH ALLYSHIP

Show children how to stand up for others in safe, respectful ways. Allyship might look like sitting next to someone who's been excluded, reporting hurtful behaviour, or speaking up when they witness bullying. By practising these responses together, you're helping children develop the courage to be kind and to take action when it really counts.

6 PROMOTE REPORTING

Ensure young people know how to report bullying and feel confident that they'll be taken seriously. Talk to them about who they can speak to and what to expect when they do, such as reporting school incidents to teachers, and out-of-school bullying to parents or teachers. Reassure them that reporting is a brave and helpful choice – not tattling – and that it plays a vital role in keeping everyone safe.

7 ENCOURAGE KINDNESS

Everyday acts of kindness can make a big difference in creating safer, happier spaces. Encourage children to look out for one another by being helpful, saying kind words, or including someone who feels left out. These small actions set a strong example that kindness matters, and that it can be a powerful response to bullying.

8 USE YOUR VOICE

Encourage young people to speak up for themselves and others. Whether through storytelling, school campaigns, or peer-led projects, children can learn that their voice has power. Support them to express themselves confidently and safely, helping them understand that sharing experiences can challenge injustice and inspire real change in their communities.

9 BUILD COMMUNITY AND BELONGING

Children thrive when they feel supported. Help them build strong friendships, join clubs or teams, and connect with trusted adults who care. These networks offer comfort, encouragement, and protection – particularly during challenging times. Remind children that they don't have to face difficulties alone and that support is always within reach.

10 SUSTAIN THE CONVERSATION

Bullying awareness shouldn't be limited to one week each year. Create regular opportunities to talk about kindness, respect, and inclusion. Use books, news stories, and personal experiences as conversation starters. Embed anti-bullying initiatives into the school, and make tackling bullying a shared, ongoing commitment.

Meet Our Expert

Robert Allsop is an experienced pastoral and safeguarding practitioner, specialising in tutorials, behaviour interventions, and attendance management. A recipient of the Diana Award for Anti-Bullying, he has helped raise standards and improve Ofsted outcomes in some of the country's most challenging schools and colleges.



The National College

See full reference list on our website.



@wake_up_weds



/www.thenationalcollege



@wake.up.wednesday



@wake.up.weds

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