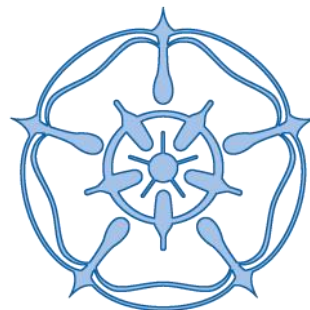


15 - 19 November 2021

CARSHALTON HIGH SCHOOL FOR GIRLS


# ANTI BULLYING WEEK

Excellence: everywhere, every day.



Last week (15<sup>th</sup> – 19<sup>th</sup> November) we engaged in a range of activities to raise awareness as part of the National Anti-bullying week. Our students showed outstanding commitment and dedication to promote and learn about kindness so we can continue to have a safe and happy environment that we all can be proud of.

The week started with reinforcing our commitment to the school's Kindness Charter. The Kindness Charter ensures we uphold the values we know are important in creating a culture where all students can thrive, be happy and succeed. All our students pledge to uphold these values through signing the CHSG Kindness Charter; a copy of which can be seen below:



## OUR KINDNESS CHARTER

Carshalton High School for Girls is a caring and friendly school. We want everyone to feel safe and happy to be here.

We will treat everyone as we wish to be treated: fairly, with dignity and respect, and without discrimination.



We will not be tempted to fight back with words or actions we will only respond with kindness. We will not be a bystander and let unkindness happen.

We will use social media appropriately. Think, type and think again before we send. Spread positive messages.

We will support each other to create a culture where everyone has the right to learn in a safe environment.

We will not be afraid to report unkind behaviour and action to an adult or an Anti-bullying Ambassador.

**SEE IT, SAY IT, STOP IT!**



# Learning the value of *One Kind Word*

The week started with a whole school assembly outlining our theme 'One Kind Word' and the activities the students would be engaged with throughout the week. One Kind Word stickers were handed out to all students to highlight that it only takes one kind word to make someone feel cared for and happy.

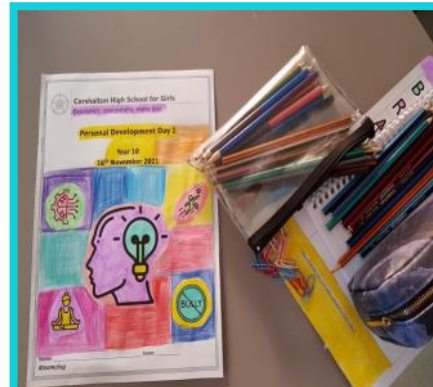


## Focused Lesson

As part of the PSHE day on the Tuesday all students had a lesson on anti-bullying. The lesson involved students discussing scenarios and how they can resolve conflict through kindness. The lesson was interactive with excellent resources which stimulated a wide range of points of view.

It was really pleasing to see all the students engaged with this topic which demonstrates the kind, caring and thoughtful students we have at our school.

During tutor time in the morning students were engaged in playing kindness bingo. This gave them the opportunity to take part in acts of kindness. It was really nice to see their enthusiasm and commitment to such an important subject





# Deep thinking & moments of reflection

It was wonderful to see all of the students so engaged and enthralled by the day's activities, particularly their session on Anti-Bullying. During this session, the students were given a range of scenarios where they discussed how they could potentially spread kindness and stop bullying in each instance. This session allowed the Year 7 groups to have positive conversations with their tutor about the ways in which they can spread kindness; a message that is ever-important. - Miss Martino, Assistant Head of Year 7



I think learning about antibullying is so important. We need to be kind to others as well as respect them. How you act towards someone shows people just who you are. Treat others how you would like to be treated. Learning from the antibullying sessions made me realise how much bullying actually happens and that we should do all that we can stop to it.

*Isabelly S - Year 9G1*

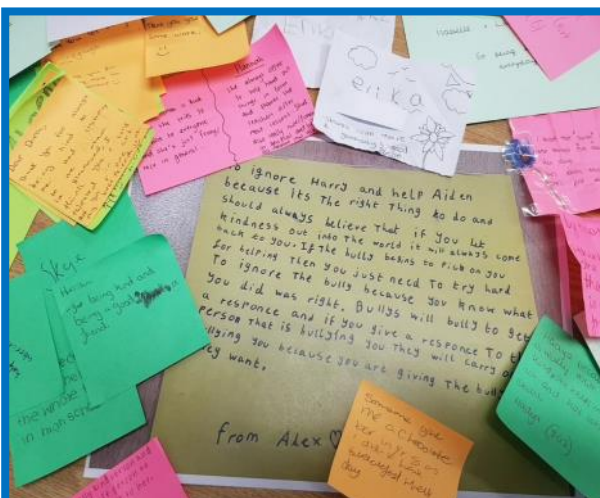


Anti-bullying week had a big impact on us all, it taught us the danger of stereotypes but also how much one kind word can go. From cyberbullying to verbal bullying both types of bullying have a big impact on a child's life. Antibullying week really helped explain what bullying is and how we can help stop it. So if you see bullying of any kind, tell a teacher or a trusted adult to fix it. Remember to say one kind word, because it can go far.

*Nikisika U - Year 8G2*

During anti-bullying week, all teachers and staff worked very hard to make the week special. I felt very motivated and I also love how we did a bingo sheet. The bingo sheet had 16 different activities to complete and they were very fun to do. I believe that no matter what you are doing or where you are, you can always show kindness (even if it's just a smile)

*Dua A - Year 8G2*

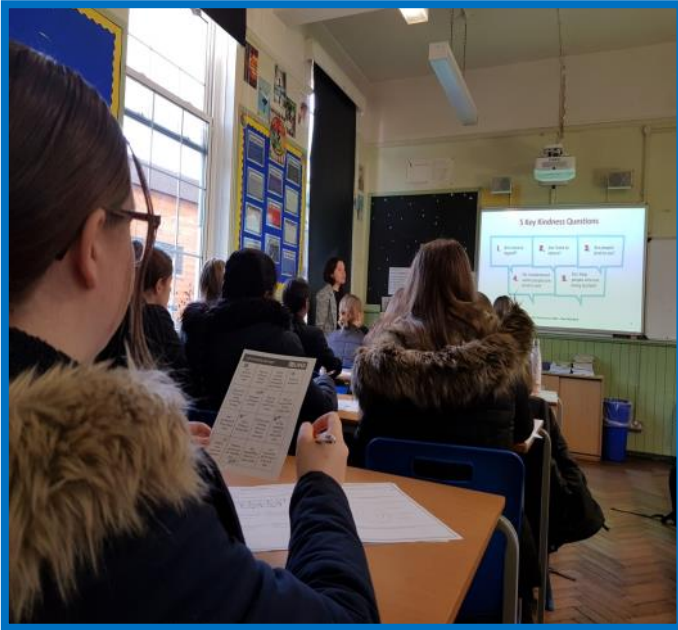


Student nominations for Kindness Week, reflecting that CHSG is a kind school!

On the 16<sup>th</sup> November, we had our Personal Development Day. One of the things we covered was the impact of bullying which was part of anti-bullying Week. We spent the session with our tutors talking about potential bullying scenarios and what to do to overcome them if they ever happened to us. We really enjoyed the day and look forward to learning more in our next session.

*Aiza A - Year7R1 & Alexa T - Year 7Y1*

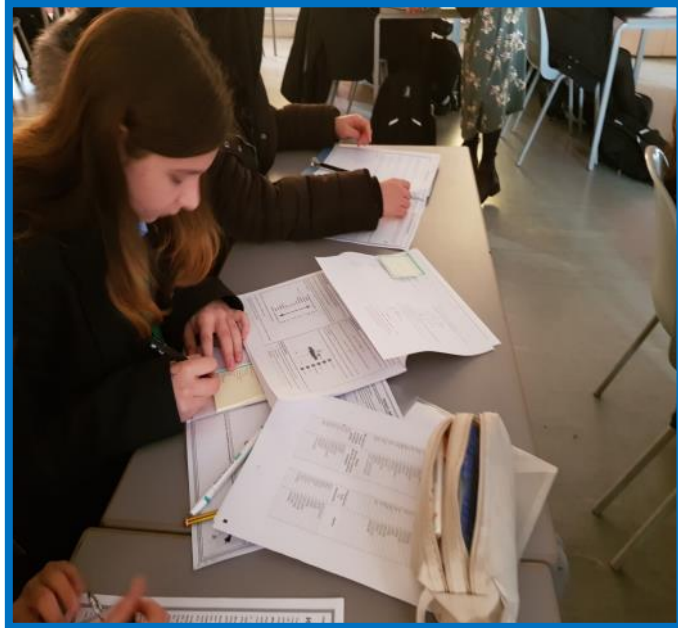
# Students immerse themselves in learning



Last week, in CHSG we did an anti-bullying week. In this week we learnt that bullying is not ok and in our school there are many teachers and students we could talk to if something like this happened. Also we learnt that there are many types of bullying, which are cyberbullying, verbal bullying and physical bullying. When learning this, we realised that it is not ok to bully at all.

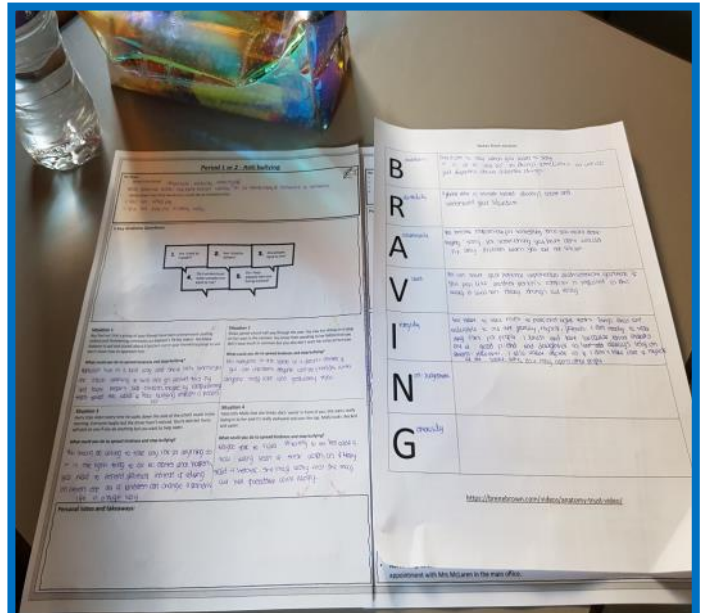
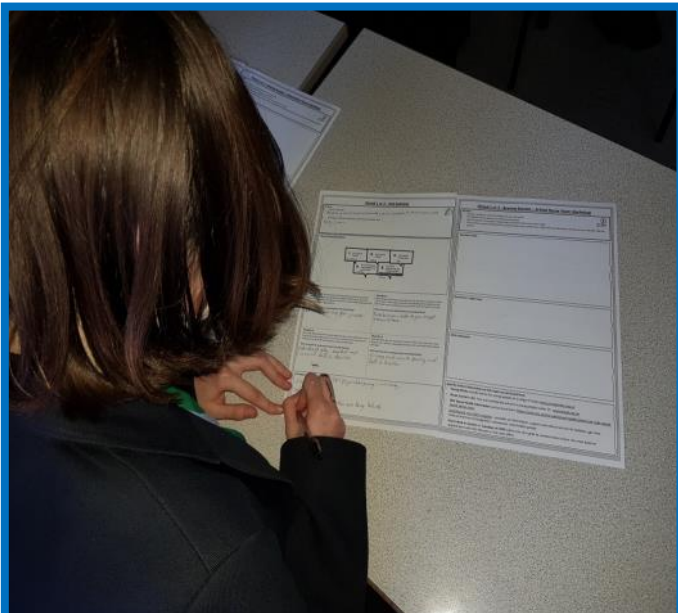
Also, about the impacts of bullying and that it could take a life away at most. We also had a guest come in and talk about this matter. Overall, this was an amazing week that taught us about bullying.

Vaishnavi P – Year 8G2



During anti-bullying week, all teachers and staff worked very hard to make the week special. I felt very motivated and I also love how we did a bingo sheet. The bingo sheet had 16 different activities to complete and they were very fun to do. I believe that no matter what you are doing or where you are, you can always show kindness (even if its just a smile)

Dua A - Year 8G2





# Planting the Seeds of Kindness

## Kindness Trees

After a very successful and fruitful anti-bullying week, where students learnt the importance of 'One Kind Word' we couldn't leave the lessons learnt behind.

In order to have a visual reminder for all students and staff of the importance we place on kindness we brought in two lovely apple trees. As the 'Kindness Trees' grow, we hope these act as a reminder in the playground and encourage students to show kindness towards each other.

During the week all students were asked to nominate names of students who they felt have been kind to them or others. It was heart-warming to see so many nominations flood through. A ballot was done to select a handful of names from those nominations. The students were delighted and very proud of themselves as they were informed of their selection and called to help plant the trees.

The students excitedly gathered together and helped to plant the Kindness Trees alongside Deputy Headteacher Mr Conduit-Smith who is leading this Kindness initiative.





# Spreading kindness in the community



After a very successful Sixth Form Open Evening, we had some beautiful flowers left from the stage décor.

And what better way to appreciate the bouquet of flowers than to share it within the local community.

The local care home Gracewell was selected and when students were informed of this, they were delighted to represent CHSG for this kind gesture.

Our school Enrichment and Events Coordinator Ms Nadeem along with students are shown in photo proudly holding the flowers.



Upon reaching Gracewell Carehome of Sutton the floral display was presented by our Data Manager Mr Brittain to the care home staff who were delighted to receive them and thanked the school for thinking of them and sharing the flowers with them.

They do say sharing is caring!