Bishop Monkton CE Primary School

St John's Road
Bishop Monkton
Harrogate
HG3 3QW

Headteacher- Mrs Kelly Reppold M.Ed NPQH
Tel/Fax 01765 677583

E Mail: admin@bishopmonkton.n-yorks.sch.uk

Friday 13th November 2026

Dear Parents and Carers,

ANTI-BULLYING WEEK 2026 - BREAK THE SILENCE

We would like to inform you that Anti-Bullying Week will take place from Monday 16th November to Friday 20th November. This year's theme is "Break the Silence." Throughout the week, all children from Wrens to Ospreys will take part in age-appropriate activities designed to develop their understanding of bullying, friendship, kindness, respect and how to seek support when they need it.

What is Bullying?
Bullying is behaviour that is repeated, intended to hurt someone either physically or emotionally, and often involves an imbalance of power.

Bullying can include name-calling, deliberate exclusion, spreading rumours, physical aggression, and unkind online messages. It is important for children to understand that occasional disagreements, friendship fallouts, or one-off unkind acts are not usually bullying, although they should still be addressed.

Following a recent North Yorkshire study, it appears that some children have misconceptions about what bullying is. During the week we will help children understand the difference between bullying and everyday friendship issues and teach them how to seek help and support others.

🧦 ODD SOCKS WEEK 🧦

We are asking all children to come to school wearing odd socks from Monday 16th November to Friday 20th November. Wearing odd socks celebrates the fact that we are all different, unique and special. It is a fun way to show that everyone belongs and should be treated with kindness, respect and acceptance. Children should continue to wear their usual school uniform, simply adding their favourite pair of odd socks each day.

Please take some time to talk with your child about bullying and the importance of speaking up if something is worrying them. Information and resources are available online to support these conversations at home.

By working together, we can help our children develop the confidence to Break the Silence, speak up when something is wrong, and create a kind and respectful community for everyone.

Kind regards,

Mrs A Coupland

Mrs Amanda Coupland
PSHE Coordinator