



Dear Parents and Guardians,

Anti-Bullying Week, Monday 16 to Friday 20 November

Bedford School is proud to support Anti-Bullying Week 2020 from Monday 16 November to Friday 20 November, when there is a national focus on the issue. This year, Anti-Bullying Week has the theme 'United Against Bullying' building on the positive power that society can have when they come together to tackle a common challenge, something that has been witnessed so well over the previous months. Bullying has a long-lasting effect on those who experience and witness it, but by channelling our collective power, through shared efforts and shared ambitions, we can reduce bullying together. From parents and carers, to teachers and politicians, to children and young people, we all have a part to play in coming together to make a difference. The campaign objective is to emphasise that we are all a piece in the puzzle, and together, we are united against bullying.

During tutor time, boys will be able to access a variety of online resources provided by Anti-Bullying Alliance the leaders of the campaign and other sources such as the Complete Issues Guide to Bullying provided by our library, and they will discuss the issues raised as a group. All resources, as well as a link for a parents and carers support pack provided by Anti-Bullying Alliance [here](#). All boys will be able to show their support for the campaign by being provided with an official wristband by Anti-Bullying Alliance.

Citizenship Morning, Thursday 19 November

All boys will be off timetable for periods 1 to 5 in their house groups and sessions will focus on some of the themes raised in November and Anti-Bullying Week. All sessions will be led by a member of Upper School staff and the Library will be accessible for all pupils throughout the morning if they find any of the issues discussed upsetting.

The **Fourth Form** will start the morning with a session where they look at the importance of Sleep and Resilience. They will discuss factors that can influence both and positive actions that they can take to support themselves and each other. They will spend the rest of morning focusing on Anti-Bullying Week. For this, they will start off by looking at what bullying is and the impacts it can have. They will then explore the Anti-Bullying Week theme of United Against Bullying and the part they can play within school. As part of this, they will look at our school policy and design an assembly campaigning their point.

For the first two sessions, the **Remove Form** will be delivered a lesson over Teams by this year's MoBros on Emotional Wellbeing and Men's Mental Health. The sessions will look at the importance of sharing worries and concerns and how to strike up a conversation and look out for each other. It will also touch on some mental health issues and support that can be put in place. For the third part of the morning, pupils will focus on Anti-Bullying Week, looking at the role they can play within their year group to support the theme of United Against Bullying.

The **Fifth Form** will also be lucky enough to have their first two sessions delivered over Teams by this year's MoBros. The sessions will explore various aspects of men's health before looking specifically at testicular cancer, where pupils will have a chance to feel an examination model. They will go on to explore how they can look out for each other and strike up conversation to check all is okay. For the third part of the morning, pupils will jump to a different topic and explore the theme of Prejudice and

Polarisation. This session will focus on the challenges facing democracy in 2020, as exemplified by the rise of populism, fake news, political partisanship and disinformation, the impact of social media, and the coarsening of political language, not least by those in positions of power. In seeking to understand what a manifesto for democratic citizenship might look like, boys will consider how far new digital and consultative strategies might help frame a response to these challenges by encouraging more positive forms of political participation and civil discourse.

The **Lower Sixth** and **Upper Sixth** non-MoBros will spend the first two sessions of the morning looking at various aspects of Mental Health and Emotional Wellbeing. They will explore some of the signs of change in mental health, some common mental health issues and how to recognise when they and others need support and effective strategies to address these difficulties. For the third session, they will be joined by the MoBros and all the Sixth Form will take part in a MoBro Assembly. The boys will start off by hearing from Nathan Thomas, a Movember Ambassador, who will talk about the work of Movember as well as his experiences with mental health. The boys will then go on to explore in groups the links between mental health and bullying, before finishing off the session by exploring bullying in the workplace, a theme they will have touched on in tutor period.

Bedford School Relationships and Sex Education Policy

In line with the latest government guidance about Relationships and Sex Education, we have updated our school policy to ensure that we are fully compliant. As part of the policy development, we would appreciate parental feedback before we publish the final version early next year. As such, a copy of the first draft can be located [here](#) and accompanying form for you to provide your feedback [here](#).

Please do not hesitate to contact me if you have any questions.

Kind Regards

Alice Swallow
Head of General Educaiton