



MENTAL HEALTH Bulletin

22nd November 2021

Hello Everyone,

Anti-Bullying

This week I want to focus on anti-bullying and acts of kindness. Last week was anti-bullying week across the UK and at Shenley it was the focus of assemblies and tutor time PSHE lessons.

Bullying can take many forms: physical, verbal, social and, in recent years, cyber bullying. Bullying in schools and for adults in the workplace can affect the person being bullied for many years. Here at Shenley, we have a zero tolerance to bullying and will work with our students to resolve disputes and fallouts. We focus on educating all of our students about the impacts of bullying on well-being and mental health and teach them that it is ok to speak out if they are aware of bullying taking place.

The theme for the assemblies led by Mr Thacker-Smith was on the bystanders. The ones who witness the bullying but do nothing about it. The ones who think it's ok to watch; after all they are not actually involved in the bullying. The fact is they are involved in the bullying. By being witness and failing to report it they are part of the problem. Affray is also a criminal offence for which bystanders can be charged by the police.

At Shenley, it is possible to report bullying anonymously through the Sharp system. ([The link is here on the academy website.](#)) Students can report bullying without fear of anyone knowing who they are or that they have reported it. We encourage our students to do the right thing and help someone who is the victim of bullying.

One Kind Word

The theme for Anti-Bullying Week this year was One Kind Word, from the Anti-Bullying Alliance. Kindness is more important today than it has ever been. The isolation of the last year has underlined how little acts of consideration can break down barriers and brighten the lives of the people around us. The Anti-Bullying Alliance asked over 400 young people, teachers, and parents what they wanted from this year's event and the overwhelming response was that they wanted the focus to be about hope and the positive and kind things we can do to halt hurtful behaviour in its tracks.

It is a fact that one act of kindness leads to another. When someone has been kind to us it is more likely we will be kind to the next person we meet. Kindness fuels kindness! So, all of us can start a pandemic – positivity and kindness across the academy, community and country. Being kind to someone is also good for our mental health so not only are we doing something nice for someone else, but we are doing something that is good for us, too.

In summary, bullying is wrong and is unacceptable. Allowing it to happen and doing nothing to stop it is also wrong. Fortunately, only a small minority of people become bullies and it is down to the rest of us in society to stop them. Speak out and be part of the One Kind Word movement and share the kindness.

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As parents, if you are concerned about bullying then please do not hesitate to get in touch with the academy. There is also support and advice on the Anti-Bullying Alliance website <https://anti-bullyingalliance.org.uk/anti-bullying-week/parents-and-carers> and on the [Academy website](#).

For students who have experienced bullying, the YoungMinds website has several useful resources. <https://www.youngminds.org.uk/young-person/coping-with-life/bullying/>

Have a good week everyone and stay safe and well.

Ms Corbett-Lees

Mental Health Lead

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