Coulsdon Church of England Primary School
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Dear Parents & Carers,

5th November 2026

Friendship Week 16th - 20th November 2026

Anti-Bullying Week 2026 takes place from Monday 16th – Friday 20th November with the theme 'Break the Silence'. It is coordinated by the Anti-Bullying Alliance, which is based at leading children's charity the National Children's Bureau. Anti-Bullying Week has become one of the largest children's wellbeing campaigns in the UK, reaching an estimated 8 million children and young people and over 80% of schools each year.

The theme of 'Break the Silence' was developed in collaboration with the anti-bullying sector and shaped directly by the voices of more than 200 children and young people, many of whom spoke about the silence that can surround bullying and the barriers young people face in asking for help.

Throughout Anti Bullying Week, the children will be taking part in activities designed to encourage students to think about how we can actively choose respectful behaviours towards others.

To kick off a great week, we are inviting children to wear their odd socks to school on Monday 16th November. This is an opportunity to encourage people to express themselves and celebrate their individuality and what makes us all unique! This will help the children to reflect on the fact that it doesn't matter what colour hair you have; what trainers you are wearing; how you speak; how you walk; how you talk. We are all different in some way and that's what makes us amazing.

Thank you for your continued support.

Mrs Patel and Mrs Pullin
PSHE Leaders