



From: Head of Wellbeing, Paul Gooding

9 November 2023

Dear Parents and Carers

### **2023 Anti-Bullying and International Men's Day**

Next week is annual [Anti-Bullying Week](#). This year's theme is: "*Make a noise about bullying*" and we will be raising this issue with students throughout the week. Whether it is verbal, physical, online or in-person, bullying can have a significant impact on a child's life well into adulthood. Please, could you try to find the chance to talk about this important topic at home?

We will be encouraging students to speak out if they ever witness bullying; working on the idea of being an "upstander" and not a "bystander". We also have an anonymous reporting platform at school called *Whisper* should students wish to report something should they feel uncomfortable talking about something. This will go to the safeguarding team so we can help.

Please also feel free to visit the Anti-Bullying Alliance [website](#) which has a wealth of resources (including resources on cyberbullying) and/or the School's [Anti-Bullying policy](#).

We will also be marking **International Men's Day this month** and tutors will also be highlighting this important day with students, too. It serves as an opportunity for students to remember and thank key men in their lives as well as reflect on various men's issues to do with health and wellbeing. Please, could you try to find the chance to talk about this with your child as well? You might want to visit [this website](#) in order to gain more information.

If you haven't already done so I also invite you to join our wellbeing Twitter feed for parents, which is [@Ab Wellbeing](#).

Thank you in anticipation of your support with the above.

Best wishes

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Head of Wellbeing

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