



# SWANMORE COLLEGE Anti-Bullying

## Newsletter

September 2023

At Swanmore College, the *Anti-Bullying Committee* is at the centre of pupil voice activities with many opportunities for pupils to become involved. We are always striving to ensure that pupils feel safe and supported and know how to prevent bullying as well as responding to any bullying incidents. Over the last academic year, we have been involved in several activities.

### TIMELINE

What's been happening?

#### September

New KS3 and KS4 Committee launched  
Year 7 T-Shirt Competition

#### October

Anti-Bullying Ambassador Training Day  
RESPECT Month

#### November

Odd Socks Day and Anti-Bullying Week

#### February

Racist Anti-Bullying Ambassador Training

#### May

Year 7 Anti-Bullying Forum launched

#### July

Year 6 Transition Day Presentation



# Anti-Bullying Committees



With the growing interest in being part of the Anti-Bullying at Swanmore, this year we opted to have two committees meeting every week; one committee for our Year 8 and 9 pupils and one for our Year 10 and 11 pupils. This has enabled more pupils to be involved and to have more of a say in events, policies and training opportunities. The two committees have also been able to focus on support for their specific year groups.



# Year 7 Anti-Bullying Forum



In the Summer Term, we invited pupils in Year 7 to express an interest in becoming involved in the Anti-Bullying at Swanmore. As a result, we have recently set up our Year 7 Anti-Bullying Forum which meets on a Tuesday every fortnight. The forum members have already brought along a range of new ideas which we are integrating into our plans for 2023-2024. We are looking forward to the forum members joining the KS3 Committee in September. Our Forum members proudly wear our Year 7 Anti-Bullying Forum Badges on their blazers.

## Our new Year 7 Forum members:

Olivia B-M 7R1  
Amelia W 7R1  
Ella H 7R2  
Darcey C-S 7R3  
Cara W 7R4  
Ashton P 7R4  
Mia T 7R5  
William P 7R6  
Jack R 7R7  
Andrew B 7R8  
Dylan T 7R10  
Morgan H 7R10

*Thank you to Emma T (8R1) and Toby M (8R3) who have supported the Forum this year.*

# Yr 7 T-shirt Competition

In September, we launched our annual T-Shirt competition with Year 7. The aim was to help the new pupils get to know each other, to celebrate the positive attributes of everyone in each tutor group and to raise awareness of the work of the Anti-Bullying Committee at Swanmore. Each tutor group was asked to decorate a T-shirt to reflect all members of the group and to let their creativity flow. Every tutor group worked hard at designing and creating the T-shirts, and we were incredibly impressed with the different designs. Judging them was very testing, with several meetings devoted to trying to choose a winner. We announced the winner in a Year 7 assembly... Well Done to 7R4!





# Anti-Bullying Week



The Anti-Bullying Committee threw themselves into preparing for the National Anti-Bullying Week. The theme this year was “Reach Out”. We planned and delivered assemblies to all year groups on this theme and asked pupils to REACH OUT for help if they witness bullying or are being bullied themselves. We reminded everyone what bullying is and how to get help. We distributed Anti-Bullying information cards to all pupils. On Monday 14 November, we participated in Odd Socks Day as part of Anti-Bullying Week.

It was great to see so many pupils and staff wearing odd socks to promote celebrating our differences. Congratulations to 7R8 as the winning tutor group with the most pupils wearing odd socks!





# Anti-Bullying Week

Swanmore College was delighted to host a training day for over 120 pupils and staff from local Secondary Schools. It was run by the charity, The Diana Award, and was a motivational, engaging and educational day for all involved. We experienced a range of activities including icebreakers, thought-provoking true/false statements, and discussion of the laws relating to bullying. During the day, we learnt about the different forms of bullying, how to support those being bullied, and how to promote the Anti-Bullying message. It was great to have a full day together reviewing the impact of the Anti-Bullying work we already do and researching and planning new ways to ensure that Anti-Bullying stays high profile at Swanmore College. We left the training day inspired to develop the work of our Anti-Bullying Committee. This newsletter includes some of these activities. Thank you to The Diana Award for inspiration!



Congratulations to our current Anti-Bullying Ambassadors:

Amelie T 10r5  
Yasmine P 10r2  
Daniel W 10r9  
Stephen V 10r9  
Isla K 9R7  
Rowan G 9R7  
Toby M 8R3  
Faye H 8R1  
Emma T 8R1  
Cara W 7R4

Our fully trained Anti-Bullying Ambassadors wear these green badges on their blazers alongside their Swanmore Anti-Bullying Committee badge.



# Racist Anti-Bullying Ambassador Training

To follow up our Anti-Bullying Ambassador Training, in February 2023, we participated in a specific training event aimed at dealing with Racist Bullying Behaviour. This event was online, and we worked with staff from The Diana Award and another school. Our ambassadors learned what racist bullying is, what it looks and sounds like, how to deal with it and how to work towards preventing it. The pupils looked at case studies of people in the public eye who have dealt with racist bullying and considered how we could ensure that Swanmore College is an environment that celebrates diversity and ensures that any racist bullying behaviour is dealt with appropriately and effectively. The Committee are planning on delivering an assembly to all year groups next year on this topic.

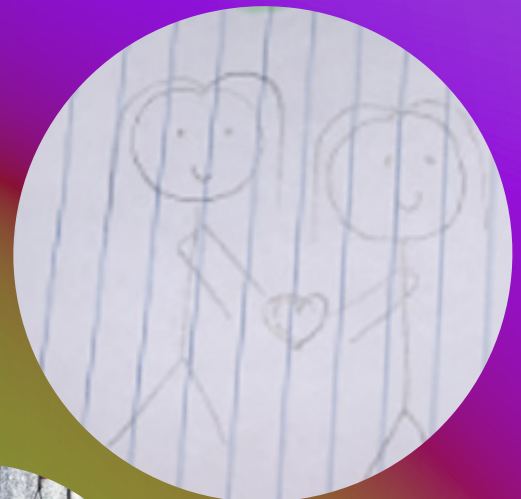




# RESPECT MONTH - October



In October, the Anti-Bullying Committee launched Respect Month. Pupils in all year groups were challenged show respect for others by undertaking a range of acts of kindness. So many pupils participated and shared their actions with us. These included diaries, thank you messages to family and friends, helping out with chores, lots of cups of tea being made and an abundance of cooking and baking. Well done to everyone who took part and to those who shared their diaries, photos and videos of their acts of kindness and respect.





# Year 6 Transition

During the Summer Term, we have been thinking a lot about how to make the transition to Swanmore College easier for our new Year 7 pupils in September 2023. We were delighted to be invited again to present to the Year 6 pupils on their transition day. During their assembly, pupils from Year 7, 8 and 9 informed them all about how Anti-Bullying works at Swanmore and how they can seek help if needed. The committee have also contributed towards the development of our “Welcome to Swanmore” booklet which all Year 6 pupils also received on their transition day. It is full of all sorts of information which we hope our new pupils will find useful. Our message is clear: “Bullying is NOT a big issue at Swanmore College BUT Anti-Bullying is!”





# PLANS

What's on the agenda?

September/ October  
Year 7 T-Shirt Competition

13-17 November – Anti-Bullying Week  
The theme this year is  
*“Make a noise about bullying”*

Monday 14th November  
Odd Socks Day



# WHAT IS BULLYING?

“Repeated, negative behaviour that is intended to make others feel upset, uncomfortable or unsafe.”

V

## VERBAL

Hurtful words, offensive language, swearing, discriminatory language

I

## INDIRECT

Isolating someone, rumours, sharing someone's secrets, cyber-bullying, damaging/taking someone's property and physical intimidation

P

## PHYSICAL

Hurting someone intentionally, kicking, punching, pinching, spitting, slapping

Are you experiencing or witnessing any of these forms of behaviour?

If so – **IT IS BULLYING**

Please report it to:

- Anti-Bullying Committee member (Ambassador)
- Any member of staff
- Your "Go To" Adult
- Email [antibullying@swanmore-sec.hants.sch.uk](mailto:antibullying@swanmore-sec.hants.sch.uk)

DIANA AWARD  
CRISIS MESSENGER\_

NEED TO TALK TO SOMEONE? THE CRISIS MESSENGER  
IS OPEN 24/7 FOR YOUNG PEOPLE IN THE UK.

