

12th November 2026

Dear Parents and Carers,

As part of Anti-Bullying Week 2026, we will be celebrating Odd Socks Day on Monday 16th November. Children are invited to come to school wearing odd or mismatched socks to celebrate individuality and remind us that we are all unique and special.

There is no need to purchase anything new. Simply wearing odd socks is enough to join in!

Anti-Bullying Week – Getting On and Falling Out

This year's Anti-Bullying Week theme is "Break the Silence", encouraging children to speak up, support one another and help create a community where everyone feels included and valued.

At Adamsrill, we are proud of the positive relationships our children develop and the kindness and care they show towards one another. Anti-Bullying Week provides a wonderful opportunity to celebrate these qualities while continuing to help children develop the skills needed to build and maintain healthy friendships.

Our whole-school assembly, *"Getting On and Falling Out – What Does That Mean?"*, will explore the ups and downs of friendships, helping children understand that disagreements are a normal part of growing up, but that how we respond to them is what matters.

We will encourage children to think about how their words and actions affect others, how to resolve disagreements respectfully and how to ensure that everyone feels welcome and included in games and activities, whether on the playground, in the classroom or during football matches.

Building on our previous assemblies about positive relationships and emotional regulation, we will revisit our familiar characters, Captain Wise and Captain Impulse, reminding children of the

importance of pausing, thinking and making thoughtful choices, particularly when they feel upset, frustrated or disappointed.

An important part of our message will be "Break the Silence". We want children to feel confident about speaking to a trusted adult if something is worrying them or if they notice someone being treated unkindly. We will reinforce that asking for help is a positive and courageous choice, and that being a good friend means looking out for one another.

How Parents and Carers Can Help

We know that children benefit most when the messages they hear at school are also reinforced at home. We would therefore welcome your support in having simple conversations with your child about kindness, friendship and inclusion.

You might like to ask:

- What makes someone a good friend?
- How can you help someone feel included in a game or activity?
- What can you do when you and a friend disagree?
- How might someone feel if they are left out?
- Why is it important to speak to a trusted adult if something is worrying you or a friend?

These everyday conversations can make a real difference in helping children develop empathy, confidence and positive relationships.

At Adamsrill, our school values of Respect, Responsibility, Resilience, Creativity and Integrity underpin everything we do. Anti-Bullying Week gives us another opportunity to celebrate these values and encourage children to put them into practice through their everyday interactions.

Our message to the children is simple: "We do not have to agree on everything or be everyone's best friend, but we can always choose to be kind, respectful and inclusive."

We look forward to seeing everyone's colourful odd socks on Monday and to enjoying a positive week of learning, reflection and celebration.

Thank you, as always, for your continued support in helping us make Adamsrill a happy, welcoming and inclusive school for every child.

Kind regards,

Beauty Ohiomoba
Behaviour and Welfare Officer