



# BATH & WELLSBEING FORTNIGHT

23 Nov - 4 Dec, 2020

'That they may have life, life in all its fullness' John 10:10

November 19th, 2020

Update from Nikki Edwards, Trust CEO

## Every week is Anti-Bullying Week



While they are opportunities to focus the mind, the various celebration 'days' and 'weeks' we have throughout the year can sometimes be misleading. There are some bizarre ones – national biscuit day has a certain appeal, albeit one day is surely not enough. There is also Pencil Appreciation Day and National Hug a Plumber Day, although the latter presumably not during Covid restrictions. America has National Toothache Day (Feb 9th, if you're interested).



Joking aside, the misleading part is when we think about all the other 51 weeks in the year. In Trust schools, and across the country, it has been Anti Bullying Week. We have spoken about it, shared ideas with the children and hopefully given reassurance to pupils and parents alike that our schools are safe places.

Like the proverbial dog not just for Christmas, though, anti-bullying is not something that just happens during a wet week in November. This is why it is vital that the week will

only work if it focuses our minds on every week. Our schools get this. The job we have to do, and it is one that will never stop, is to bring everyone with us. From parents and carers, to children of all ages and the wider community, **it must be a non-negotiable that bullying is unacceptable.**

The message of anti-bullying Week this year was the idea of being 'united against bullying'. This is a powerful message. It also demonstrates how strong the sense of community and family that we foster in the Trust can be. Working together and having the same understanding means the message will be as clear as it can be that culturally, bullying has no place here.

This unity will happen as long as we listen and reflect on the power of our words and actions, in tandem with the core values of the Trust.

Will we eradicate bullying? No. Can we create such an overwhelming sense that it is simply not acceptable and will be acted upon every time? Yes. By doing this, as a united group of 33 schools, hundreds of staff and thousands of families, the world of the bully becomes lonely, isolated individual, not that of the victim. Then we can more easily address this behaviour and support both. Over time, this will make a huge difference.

Nikki Edwards

## Living our values every day

This week I had the pleasure meeting five children via a Teams call from St Mark's in Weston-super-Mare. It was truly inspiring. Each child shared a core value of the school with me and then we discussed thoughts around friendship.

With just five words – familiar to all but probably more powerful that we think – I was given a real insight into the values which are clearly embedded in the school.

This is what they told me:

### ● Hope

"Without hope everyone is fearful and wary with nothing to look forward to"  
"Hope makes me confident"  
"Hope gives me a reason to live"

### ● Honesty

"Honesty solves anything"  
"Honesty always helps the person"

### ● Friendship

"Friendship is when you are kind to each other"

### ● Forgiveness

"Forgiveness means you can sort things out"  
"Without forgiveness there is no friendship"

### ● Perseverance

"Stickability"

"Perseverance is when you are continuing on, reaching for the Moon, even if you don't reach it you will be in the stars"

Then they spoke about **friendship**:

● "My sister is my best friend as she is always there for me"

● "My best friend and I have so much in common it is completely magical"

● "My best friend and I are quite different but we are the same through friendship"

● "Arguments can make a friendship stronger"

They were also keen to share with me that their Headteacher, Mrs Bath, helps them to believe in themselves. The message is "Let your light shine"

As we were ready to sign off, one of the children had a final thought – "Be the best you can be .. be the best version of you."

Is that not wonderful? What inspiring, bright and perceptive youngsters.

'National Amazing Children Week', anyone?

