



Anti-Bullying Week

Monday 'Meaning'

This week's **Sacred Time** theme is 'Anti-Bullying Week'

Anti-Bullying Week is coordinated In England and Wales by the Anti-Bullying Alliance and takes place from **15 to 19 November 2022** and it has the theme **Reach out**. The week will begin with Odd Socks Day which is supported by CBBC and CBeebies star Andy Day and his band Andy and the Odd Socks.

How can you reach out during **Anti-Bullying Week**?

Tuesday 'Talks'



This week's **Sacred Time** theme is 'Anti-Bullying Week'.

Kindness is more important today than it has ever been. The isolation of the past few years has underlined how little acts of consideration can break down barriers and brighten the lives of the people around us. This is one of the reasons, that '**Reach Out**' has been chosen as the theme of Anti-Bullying Week taking place from 15 to 19 of November 2022.

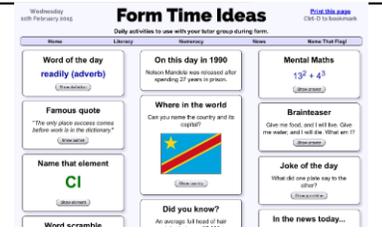
Personal pause – Make a list of the times you may have wanted to say something rude or hurtful to someone. Or maybe the times when you have.

Reflect on the times you can't remember what you said but you know you hurt someone. That person may still think about it now- even though you have forgotten!



'Try it' Tuesday

Each week for 'Try it' Tuesday, we will get an opportunity to put sacred time into action and be the 'Good Samaritan'. It will also be a chance to have a personal pause. This week let's think of one thing where we can turn a negative in to a positive. How can we bring good out of darkness? How can we bring good out of a bad situation. Make a list of qualities that nurture your inner light such as compassion, kindness, and generosity. Commit yourself to further cultivating one of these qualities starting in the here and now.



Wednesday 'Words of Wisdom'



This week's theme on 'Anti-Bullying Week'

The Old Testament teaches us that we are all special and unique in the eyes of God, no-one is better than anyone else. Therefore, we should embrace or differences: 'All different, all equal': Genesis 1:27 'So God created man in his own image, in the image of God created he him; male and female created he them'

And of course, Jesus always tried to treat all with respect. He of course told us to "Treat others as we would like to be treated" (Matt 7) and so we should always treat people with respect. We shouldn't involve our self in bullying unless we step in to stop someone's suffering.

Read today's specific Bible reading [HERE](#).



Thursday 'Thoughtfulness'

Our thoughtfulness for today is a prayer:

We pray for all your children who carry the scars of bullying and abuse. Comfort them, give them peace and work through us to answer this prayer.
Amen



Listen to the BBC Radio 4 'Thought for the Day' [HERE](#).

'Find out' Friday



What is happening in the world around us? **Watch** Newsround to find out more [HERE](#).



Key questions

What is happening in your world?

What is happening in St Helens and our local area?

Can we relate our theme this week to what is going on in the world?

Can we do anything to help any issues that our facing the world this week? Should we help?

Our **Cultural Capital** Sacred time this week links to **Citizenship & Character**.

Focussing on Anti-Bullying Week concepts remind us that our social networks and our school culture have value to us and that we shouldn't tarnish our community with hurtful words.



Form activity



Google 'Anti-bullying day' and click on images.

You will find loads of inspirational quotes. As a form class, come up with your own inspirational quote. Share this in the SACRED ROOM google classroom.

