







## What's going on this week?

Marathon runner Ben Smith has recently launched his own foundation 'The 401 Foundation' to raise awareness of bullying through events and fundraising, often doing talks at schools, most recently at Cokethorpe School in Oxford last week. A victim of bullying at school, Ben from Portishead, ran 401 marathons in 401 days around the UK to raise more than £250,000 for anti-bullying charities Stonewall and Kidscape. This week (13<sup>th</sup>-17<sup>th</sup> November) is anti-bullying week, many charities such as the Anti-Bullying Alliance and Kidscape hold events and offer free information and resources to raise awareness of the damage that bullying can do.

### Main question:

**Should we always speak up if someone is being bullied?**

### Listen, think, share

-  Look at the poster image and ask the children to discuss what they think is happening. Why might what's happening have anything to do with bullying? Tell the children about Ben Smith and his life. Explain that he was bullied very badly when he was at school and it made him very unhappy.
-  Explain that when he became an adult, he was introduced to running by a friend. He said running changed his life, making him happier, giving him a focus and taking his mind off things. Do we have any hobbies or activities that help take our minds off things? Talk about how far 1 marathon is and then explain that Ben completed 1 marathon every day for 401 days in a row! Explain that this is around the same distance as running to Australia from the UK!
-  Ask the children why they think Ben thought that doing such a difficult challenge would make a difference – do you think it will have done? Why?
-  Look through the examples from the assembly resource which talk about other things people have done to raise awareness of bullying. Why do you think they did these things? Is it important that we always speak out if we see others being mean to each other? Should we always get involved? Why?

### Reflection

Sometimes we may be aware of unkind behaviour and even bullying and it may feel easier to do nothing and ignore what's going on. However, by speaking up for those who don't have the confidence to do so, we can really make a difference and raise awareness about an important issue.










## KS1 Focus

### Question:

**How might bullying make us feel?**

### Listen, think, share

-  Ask the children how it feels if someone is unkind to them.
-  Make a list of the feelings we have when someone says not very nice things.
-  When someone is mean or unkind, do you think other children want to be friends with them? Why?
-  Read through the KS1 resource, The Bully, a poem written by Claire Bevan.
-  Why do the other children think they are a bully? Who does the bully look for? Why do they choose these children? Why do you think the bully acts the way they do?
-  Thinking about the bully from the poem, what advice might you give to them to help them make the right choices about their behaviour and the words they use?
-  What should we do if we see someone being unkind to someone else?

### Reflection

Bullying can make lots of us sad and a bully's behaviour can make us feel scared and alone. We must think carefully about how we speak to others, making sure we are kind and to always tell someone if we see others acting differently.







## KS2 Focus

### Question:

**Can raising awareness of bullying help to stop it?**

### Listen, think, share

-  Ask the children what they know about bullying. Make a list or diagram sharing our knowledge and also where our information came from, e.g. books, school, friends etc.
-  Ask the children if they think that organising events to raise awareness helps. What other things can help stop bullying?
-  Read through the two poems from the KS2 resource, discuss which you think has been written by someone bullying and the other by a victim. What do you think the messages for each are? Explain that some bullies are not really bullies deep down. Instead, they feel an overwhelming need to be accepted, usually because they don't have much confidence. So they will follow the group even though they know what they are doing is wrong, and later feel even worse about themselves.
-  Explain that being a victim does not mean you have allowed yourself to be a victim. For example, the second poem shows that bullies might think they are in control, but it is really the person getting bullied who maintains control over their lives.

### Reflection

Even if we may not feel like we've been directly affected by bullying, we all need to play a part in stopping it from happening by raising awareness and talking about it. Hopefully, we stop bullying in its tracks.



## Picture News

### KS2 Cross-Curricular Ideas

**English:** Refer back to the KS2 assembly question 'Can raising awareness of bullying help to stop it?' Explain that children in KS1 will be their audience. How might they help children this age understand what to do if they or someone else is being bullied? Story telling can be a powerful tool to get messages across to children at this age. Ask the children to plan and write a playscript (you could have alternative endings). Act them out to KS1 children.

**Maths:** Ben Smith ran 401 marathons in 401 days. How many miles is this per day? How many miles in total? Can you estimate how long it took him?

**Art:** Ask the children to list powerful anti-bullying words such as respect, talk, beautiful, empower, diverse, together etc. Show the children how to write these words using a graffiti style. Create a display in the classroom as a reminder to everyone.

**Computing:** Create an anti-bullying presentation to share with others and help raise awareness.

**Geography:** Look at maps of the local area or use the link found in useful websites. Ask the children to plan a route Ben could run. Challenge the children to make it exactly 26 miles. This may require converting between kilometres and miles.

**PE:** Ask the children to plan an anti-bullying run to raise awareness in school. Each class in KS2 could link with classes in KS1 to take part. Make sure the children consider distance and time.



## Picture News

### KS1 Cross-Curricular Ideas

**English:** Ask the children to share how it might feel to be bullied and how it might feel if someone is kind to us. Split a page in half and ask them to record sentences, words or pictures to display these contrasting situations. At the end, share and highlight the importance of being kind and making sure everyone is feeling happy and included.

**Maths:** Ben Smith ran a marathon every day for 401 days! That is running every day for over a year. How many days are there in a week? How many months in a year? How many days in a year? How many days in each month? Does anyone know the song? Challenge - If there are 365 days in a year, how many more days did Ben run for?

**Art:** Give the children a heart shaped piece of paper and then use paint, pencils or different materials/textures to decorate it in a way that they choose (representing themselves). As a class, create some anti-bullying rules such as always tell, use kind words etc. If the children agree to try to follow these rules, they can place their hand around them.

**Music:** Create your own class anti-bullying song or chant. Collect words such as strong, tell, together to inspire lines such as 'We are strong, tell if we are worried, together we will win. Add some percussion to this then perform!

**PE:** Take part in your own anti-bullying run in school to raise awareness. Hopefully children in KS2 might organise this for you!



## Picture News

### This Week's Useful Websites

This week's news story

<http://bit.ly/2jdGEeg>

Anti-bullying Alliance website

<http://bit.ly/2zDlxYC>

### This Week's Useful Videos

BBC bullying clip

<http://bbc.in/2yGiwro>

Burger King Advert

<http://bit.ly/2zBGoMN>

KS2 Geography

<https://www.freemaptools.com/measure-distance.htm>