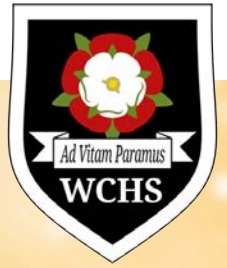


WEST CRAVEN HIGH SCHOOL
NEWSLETTER



STARS OF THE WEEK



7

Hanna
Huzaifa
Ollie
Imran



8

Owen
Noah
Blake
Scarlette

9

Ryam
Jamie-Leigh
Peter
Ellie

10

Zainab
Henry
Maddox
Freddie
Isabelle

11

Hanifa
Jak
Solomon
Zak
Mursaleen
Evie

Congratulations to this week's top students from each form group.



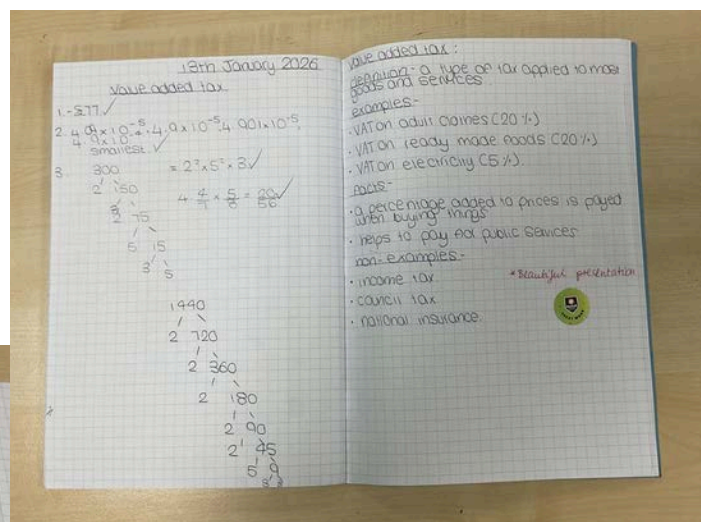
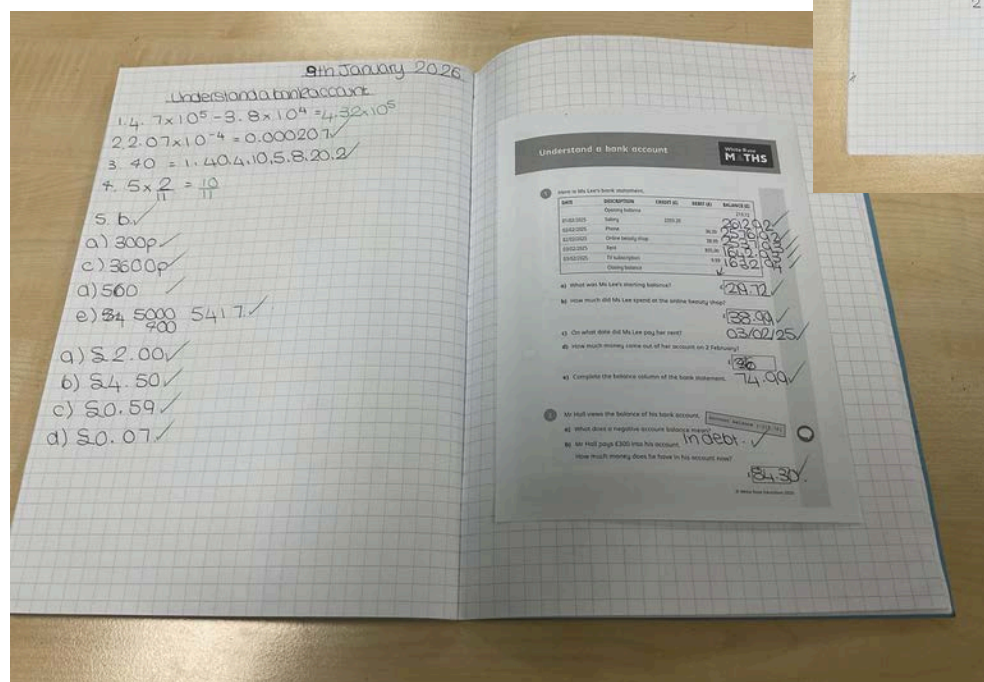
CURRICULUM UPDATE MATHS

As we begin the new year, students across all year groups have made an excellent start in Mathematics. Year 7 are exploring graphs and data, learning to interpret different representations, while Year 8 are working on area and volume, developing skills in both 2D and 3D measurement.

Year 9 have begun their real-life financial skills topic, Maths and Money, which helps prepare them for independent decision-making.

Year 10 are strengthening their non-calculator techniques to build fluency and accuracy, and Year 11 are focusing on algebra and geometry as they prepare for their upcoming mock exams.

The Year 9 Maths and Money topic gives students a practical understanding of everyday finances. They learn how bank accounts work, how interest is applied, and how to interpret simple bank statements. Students explore how wages are calculated, what appears on a payslip, and how VAT affects the final price of items. They also practise creating basic budgets, thinking about needs and wants, saving sensibly, and planning for unexpected costs. The topic introduces borrowing through examples of loans and mortgages, helping students see how interest affects repayments and why borrowing must be managed responsibly. Finally, they look at how currency conversion works when spending overseas and why insurance exists to protect against unforeseen events.



Mr M Balal
Assistant Principal
Whole School Data
& Director of Maths



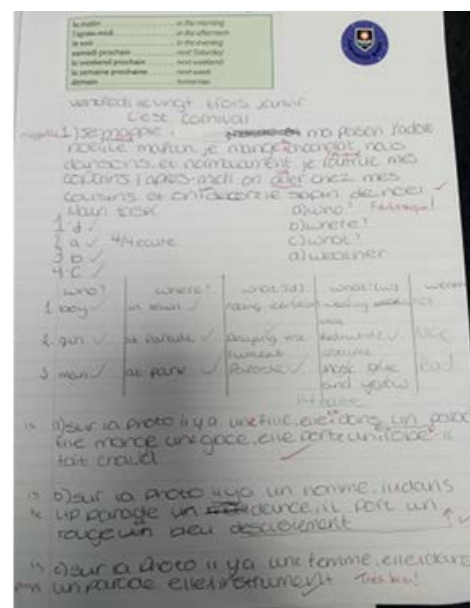
CURRICULUM UPDATE FRENCH

Year 7 have been learning how to describe themselves and others using adjectives and qualifiers. They have also learned the skill of making adjectives agree. They have had fun establishing their knowledge in a game where one side of the class competes against the other, in and online educational game. They were very enthusiastic and competitive with the other team as they tried to go through door after door facing the sentence challenges.

•They have had further fun today as they sang a song aloud to learn the new er verbs we are working on. As usual year 7 did not disappoint as they sang out the new song loud and clear. We then played memory games to help them memorise and retain the new words.

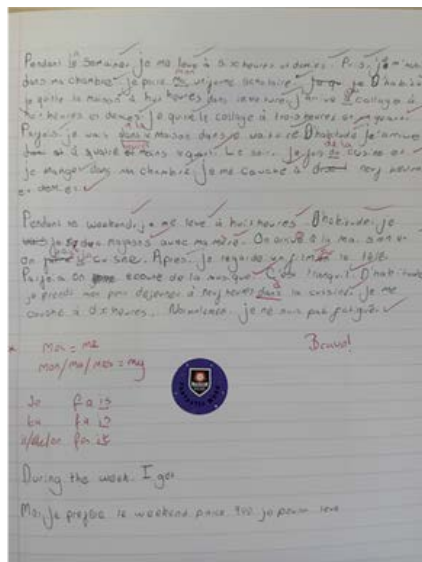
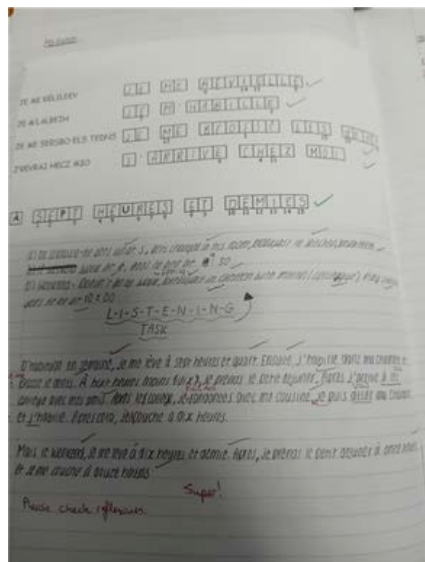


Year 8 have been learning about celebrations in French . They had fun with memory games to recall the new vocabulary , helping them to retain the new words. They wrote about their favourite celebration, extending sentences with why it is their favourite, giving an opinion and saying who they celebrate with. They have used their French listening skills to self mark a sentence match task with different verbs and complete a gap fill. This was followed by a more detailed listening task where they had to pick out detail from the listening task to complete a table translating who the speaker was, where they were, what they were doing/ wearing and the weather.



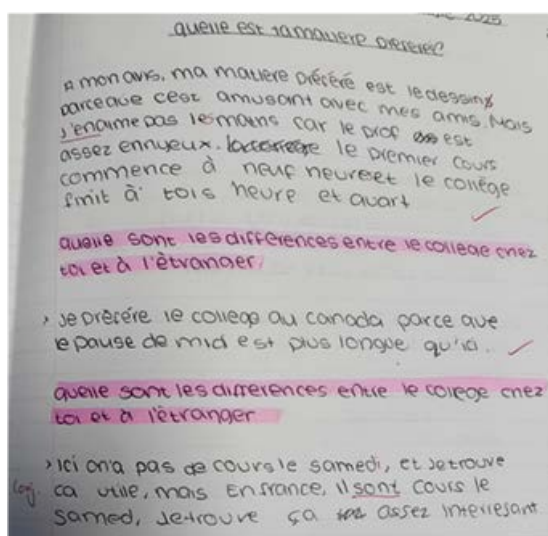
CURRICULUM UPDATE FRENCH

Year 9 have just completed the module on the topic of daily routine and used reflexive pronouns before the verb to talk about their daily routine. They used colour coded cards to play memory games to test their knowledge on translation of a variety of verbs with a reflexive pronoun. They also chose the odd one out and completed a jumbled word quiz to practise their skills before leading onto a written task about their own daily routine.



Year 10 have worked consistently well on learning and practising their answers for a speaking assessment. Many of them attend a French club to practise their speaking skills and have fun playing games, this helps them retain previously learnt work.

• They are presently studying the topic of school and education and have been learning about the differences between schools in the UK and France. This includes the fact that French pupils do not wear school uniform but clothes of their choice, neither do they study Religious Education in school.



J Pearson
French Teacher

Parler 4 Choose a pair of subjects. In pairs, take turns to give your opinions and make a comparison.



POETRY COMPETITION WINNERS

West Craven High School Students Shine in National Poetry Competition

We are thrilled to announce that 40 talented students from West Craven High School have successfully entered the I Have A Dream Poetry Competition and received certificates for their creative efforts!

This inspiring competition encourages young writers aged 11–18 to imagine a better world and express their hopes, ambitions, and dreams through poetry. Whether it's performing on a stage, creating a kinder, greener planet, exploring new places, or simply wishing for fewer worries, students were invited to write poems that reflect optimism, creativity, and self-belief.

The competition provided free resources, including lesson plans and idea-generation activities, making it a fantastic opportunity for students to develop vocabulary, poetic techniques, and composition skills while exploring themes such as aspiration, identity, and personal growth. It also links perfectly to English and PSHE curriculum topics.

With no limits on style or theme, our students embraced the challenge and produced original work that truly reflects their unique voices. Their participation demonstrates not only their creativity but also their willingness to think positively about the future.

We are incredibly proud of their achievements and look forward to seeing how their dreams continue to inspire others. Congratulations to all our budding poets!



Year 8 Pop Art Project

Year 8 pupils have made a fantastic start on their Pop Art project, beginning with creative and well-researched research pages. There is already some excellent design work on display, with pupils exploring bold colours, patterns and influential Pop Art artists. Well done to Year 8 for such an enthusiastic and impressive start – we look forward to seeing how these projects develop.



INSPIRES CHALLENGE

Premier League Inspires Challenge: Students Leading the Way in Mental Health Initiatives

We are excited to share two incredible student-led projects as part of the Premier League Inspires Challenge, aimed at promoting mental health and wellbeing across our school community.

Clarets for Change – Year 10 & 11

A passionate group of Year 10 and 11 students have launched Clarets for Change, an initiative using the power of sport to make a positive impact on mental health. They will be hosting a 5-a-side football tournament on 2nd February here at school.

Who can join? Trials are open to all year groups, sign up with your Head of Year.

Spectators welcome! Come along and cheer on the teams.

Look out for posters around school for more details.



West Craven High School



BAKE SALE

FRIDAY 23RD JANUARY

Please bring in cake donations or support us by purchasing cakes during break and lunchtime

ALL PROCEEDS WILL GO TOWARDS MENTAL HEALTH RESOURCES

Cakes will be available to purchase from 50p - to £1 each



One Mind, Many Voices – Year 8 & 9

Our Year 8 and 9 students are tackling the challenges Year 6 pupils face when transitioning to high school. Their project, One Mind, Many Voices, aims to create resources that support this move by engaging with primary schools to understand what Year 6 students need most.

To fund these resources, students will hold a Bake Sale on 23rd January in the main hall during break and lunch.

Suggested donation: £1

Cake donations: *We'd love your support—please send in cakes in the days leading up to the event.*

These initiatives showcase the creativity and compassion of our students as they work to make a real difference.

Thank you for supporting them in these inspiring challenges!



AFTER SCHOOL DRAMA CLUB

💚💜 AUDITIONS NOW OPEN! 💜💚

We're thrilled to announce that this summer's school production will be The Addams Family Musical! ❤️❤️❤️

Students are invited to audition Tuesday after school,

🕒 3:30 – 4:45pm

📍 Room T2

Auditions and after-school drama sessions will be run by the brilliant Stagedoor Youth Theatre, so it's a fantastic opportunity to develop performance skills and get involved in an exciting production.

🌟 Want to be part of the cast?

Simply attend the Tuesday extracurricular after-school club and audition!

🎵 Creepy, kooky, mysterious and spooky... don't miss out!

West Craven High School Presents

The Addams Family

AUDITION NOW

STAGE DOOR
YOUTH THEATRE

Tuesdays
3:30-4:45pm
Room T 2

#ASPIRE

Ad Vitam Perseverant
WCHS



www.westcraven.co.uk



[westcravenhighschool](https://www.facebook.com/westcravenhighschool)




[westcraven.barnoldswick](https://www.instagram.com/westcraven.barnoldswick)

AFTER SCHOOL DANCE CLUB

🌟 Imogen Gibson School of Dance – After School Club 🌟

Love to dance or want to try something new?
Join the Imogen Gibson School of Dance at West Craven High School – everyone is welcome!

 17 Every Thursday

 3:30 – 4:30pm

 The Gym

Sessions run weekly and are a great way to build confidence, fitness and dance skills in a fun, supportive environment.

👉 Sign up today!

If you'd like to come along, simply turn up on the day and introduce yourself to the teacher, Imogen.

We look forward to seeing you on the dance floor! ✨



IMOGEN GIBSON
school of
DANCE



 **LEARN TO DANCE AT** 
WEST CRAVEN HIGH SCHOOL
EVERY THURSDAY 3:30PM - 4:30PM

SIGN UP TODAY **FREE**

 email: office@westcraven.co.uk
Places are limited, open to all year groups



WORK EXPERIENCE PLACEMENTS NEEDED

We are currently seeking local employers and organisations who can support our Year 10 students by offering a two-week work experience placement this academic year.

Work experience is a vital opportunity for young people to develop confidence, workplace skills and a clearer understanding of future career pathways. By opening your doors to a student, you can help inspire the next generation while sharing your expertise and insight into your industry.

Placement dates:

 **Monday 16 March – Friday 27 March**

Placements are voluntary and can be tailored to suit your organisation. Whether you are a small business, large employer, or public sector organisation, your involvement can make a real difference.

If you are interested in offering a placement or would like more information, please get in touch:

 **Jevetts@pendleeducationtrust.co.uk**

Employers will be fully supported throughout the placement by our staff, who will act as a point of contact before and during the work experience period.

Thank you for supporting our students and helping to shape their futures.



West Craven High School

YEAR 10 WORK EXPERIENCE

We are looking for employers that can offer a two week volunteer placement for a Year 10 student

Contact us now to find out how you can share your expertise with our students.

Date: 16th –27th March 2026

EMAIL

jevetts@pendleeducationtrust.co.uk



www.westcraven.co.uk



[westcravenhighschool](https://www.facebook.com/westcravenhighschool)



[westcraven.barnoldswick](https://www.instagram.com/westcraven.barnoldswick)

Reporting An Absence

If your child is unable to attend school, you **MUST**:

- Contact the school before 9.30am on the first day of absence
- Provide a reason and continue to report daily until they return
- This is essential for safeguarding and accurate attendance records

If you do not provide a reason for your child's absence, this is automatically recorded as unauthorised and will count towards the 10 absent sessions within a 10-week period which will then trigger the fining process. There are 2 sessions in the school day (AM & PM), so this is only 5 full school days in any 10 weeks.

Please report absences on:

 **01282 812292** option 1

or email

 **attendance@westcraven.co.uk**



YOU'RE INVITED.

Meet Tutors | Talk to Employers | Explore Careers |
Discover Apprenticeship Opportunities

Our first Open Events of 2026

Accrington and Rossendale College

3 FEB

5:30PM - 7:30PM



SCAN THE CODE

To register for events at
Accrington & Rossendale
College

Nelson and Colne College

5 FEB

5:30PM - 7:30PM



SCAN THE CODE

To register for events at
Nelson & Colne College

NOT SURE WHAT'S NEXT AFTER SCHOOL?

- ✓ Discover exciting **A Level, T Level, Technical Learning** and **Apprenticeship** pathways.
- ✓ Enjoy **free refreshments** while you explore your future.
- ✓ Access **live Apprenticeship opportunities** open to you after GCSEs.
- ✓ Explore our **welcoming Campus**.
- ✓ Get to know **top employers** and **friendly college tutors**.
- ✓ Get **hands-on** with fun activities.

PASTORAL UPDATES

The Year 7 students have made a fantastic start to the new term! It's wonderful to see pupils returning with enthusiasm and a readiness to learn. We are looking forward to building on last term's successes and continuing to celebrate their achievements throughout the year.

Last year, our Year 7 students took part in the Young Writers Scheme, producing some fantastic pieces of work. We are thrilled to announce that several of these pieces have been selected for publication in a book titled I Have a Dream.

Congratulations to all the pupils whose work will be featured. As recognition of their achievement, they received certificates during Monday's assembly. We are incredibly proud of your creativity and hard work!

Year 7 have made a fantastic start to the new term! It's wonderful to see pupils returning with enthusiasm and a readiness to learn. We are looking forward to building on last term's successes and continuing to celebrate their achievements throughout the year.

Thank you, as always for your continued support.

Mrs Harper
Head of year 7



Dear Parents and Carers,

As we move into the fourth week of the Spring Term, we are delighted to share how well our Year 8 pupils have settled back into school life. They have made an excellent start to the term and are producing some truly impressive work, both academically and practically. We are particularly proud of the enthusiasm and commitment shown across a range of subjects. Many pupils are excelling in sports and drama, demonstrating talent, teamwork, and confidence both in lessons and extracurricular activities.

In addition, we are pleased to celebrate the success of several talented pupils who have recently received certificates in recognition of their outstanding work. Some of these pupils have also been given the exciting opportunity to have their work published, which is a fantastic achievement and a real credit to their effort and creativity.

Kind regards
Mrs. Freeman





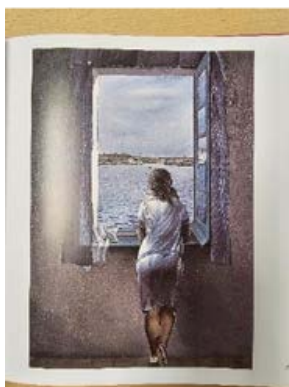
The librarian loves

The Dead of Winter by Sarah Clegg. I was very lucky to be gifted this book at Christmas. It is a beautifully illustrated book all about strange folk tales and arcane winter traditions.

World Religion Day is celebrated on the 18th January 2026. The purpose of World Religion Day is to work towards a peaceful understanding between faiths. For pupil who wish to learn more about their faith or the faith of their peers, there is a display of information books in the library on different religions.

Word of the week: Fatigue

Fatigue is a noun and it comes from the French word fatigue, fatiguer meaning "weariness" or "to tire," ultimately from the Latin verb fatigare, meaning "to weary, tire out, or exhaust". It entered English in the 1660s, initially meaning "that which causes weariness" or "labour," and later evolved to include senses like manual work (military fatigues) and the state of being tired.



The explanation of the Dewey Decimal System has now reached Number 700. This section of the library is where you will find books on art and recreation.



The title 'Macbeth' is in a pinky/red colour and sits below a golden crown. Both are surrounded by a grey haze and mud. The Octagon Theatre in Bolton is showing Macbeth from the 4th – 28th March. Plays are meant to be performed live and watching a theatre production helps to improve a pupils' memory of the play and it promotes a deeper understanding of the plot. Also at Colne Muni – find out more here...

<https://www.themuni.co.uk/whats-on/macbeth/>



Hamlet | National Theatre
The National Theatre is showing Hamlet in cinemas in Bradford, Leeds, Skipton and Burnley. Please follow this link for further details

<https://hamlet.ntlive.com/>

Anne Bronte was born on the 17th January 1820 in Thornton Yorkshire. She was the younger sister of Charlotte and Emily Bronte. She was the author of several poems and the novels Agnes Grey and The Tenant of Wildfell Hall. She died in Scarborough on 28th May 1849. One of her poems is reproduced below.

The National Theatre is showing Hamlet in cinemas in Bradford, Leeds, Skipton and Burnley. Please follow this link for further details National Theatre Live: Hamlet | Official Website | In Cinemas 22 January 2026













AFTER SCHOOL CLUBS – SPRING TERM 1

West Craven High School (Spring Term 1)

After School Clubs



MON	TUE	WED	THU	FRI
	Netball (All Years) 		Football (All Years) 	Art Room M10 
French Club Room G3 Year 10s 			Science Club Room M2 	
Library Homework club	Library Homework club	Library Homework club	Library Homework club	
	Band club Main Hall 		SEN Homework Club Room G6	
History Year 7,8,9 Room M7 	Stage Door Drama Club 3:30pm - 4:45pm Room T1/2 		Imogen's dance School 3:30pm-4:30pm Gym 	

Spring Term 1 Extracurricular Programme

We are pleased to share details of our Spring Term 1 extracurricular programme, which offers a wide range of lunchtime and after-school clubs designed to enrich students' learning and personal development. Opportunities available this half term include Homework Support Club, Stage Door Drama Group, Imogen's Dance School, Band Club and Science Club, alongside many other activities.





We encourage all students to review the full programme and take advantage of the clubs and support available.

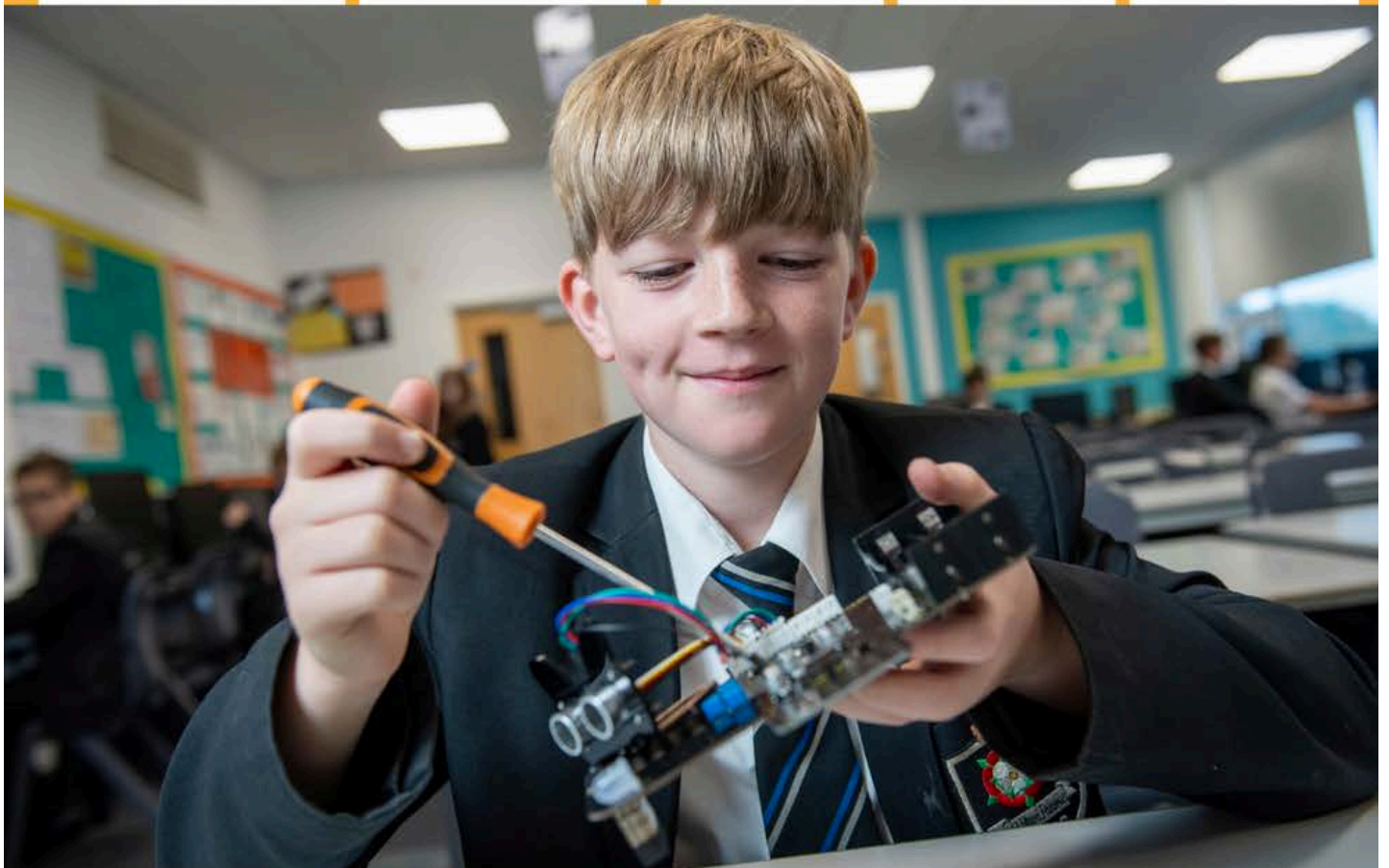
LUNCHTIME CLUBS – SPRING TERM 1

West Craven High School

Lunchtime Clubs



MON	TUE	WED	THU	FRI
Library Years 10 & 11	 Library Years 7,8, & 9	Library Years 7,8, & 9	Library Years 7,8, & 9	Library Years 10 & 11
	Choir Lunch time Room G8	Computing All Years Room G11	Karaoke Club Room T7 	
	Youth Enterprise / Fundraising Room G11 	Creative Writing Room T8 Year 7 only 		



PENDLE EDUCATION TRUST CAREERS DAY

Pendle Education Trust Careers Day

On Thursday 12 March, students from West Craven will be attending the Pendle Education Trust Careers Day, hosted at Colne Primet Academy.

This exciting event gives students the opportunity to meet a wide range of employers from the local community, representing a variety of sectors. It is an excellent way for young people to hear first-hand about what local companies have to offer and to explore the many different career pathways available to them.

During the day, students will be able to speak directly with employers to gain a better understanding of:

- **What different jobs involve**
- **The range of roles available within different industries**
- **The skills and qualities needed to be successful in today's economy**

In addition, students will meet representatives from a selection of universities, as well as Nelson and Colne College, who will be attending with subject specialists. These teams will be running interactive activities and talking to students about their future options and next steps.

This Careers Day is a valuable opportunity to inspire our students, broaden their horizons and support them in making informed decisions about their future education and career pathways.

Pendle Education Trust

Inspire

THE NEXT GENERATION

JOIN US FOR OUR CAREERS DAY 2026

We are currently looking for employers to come and talk to our children at our next careers day on **Thursday 12th March 2026**

The event will engage over one thousand children from all our 5 schools aged 7 to 16 years old

We are keen for our students to meet local employers from all sectors

Careers days are an excellent way for children to hear what local companies have to offer. Children can meet different employers, gain an understanding of what their jobs entail or the different roles available, and the skills that are needed to be successful in today's economy.

Colne Primet Academy
Dent Street
Colne, BB8 8JF

ncc. **elg.**

For more information or to request an exhibitor booking form please email JEvetts@pendleeducationtrust.co.uk



If you know of any local businesses interested in exhibiting for free at this event, please get in touch at jvetts@pendleeducationtrust.co.uk.



ARE YOU PREPARED FOR LIFE AFTER SCHOOL?

The world of work is changing fast. Join our series of free workshops to explore what the future of work could look like and how you can start to prepare for it.

3rd Feb 6pm Uk Time

Will AI Take My Dream Job?

- How AI is impacting jobs now and in the future
- The opportunities and challenges that AI could bring you
- How AI affects subject choices, university decisions and career planning
- Live Q&A

10th Feb 6pm Uk Time

How to Futureproof Your Career (interactive workshop)

- Learn how to prepare for changing career paths
- Identify what matters most to you
- Practise building key transferable skills
- Explore how work experience supports career planning

Receive a certificate of completion

INVESTIN

REGISTER NOW



DATES FOR YOUR DIARY



Monday 2nd February Nelson and Colne College Options Sessions for Year 9

Monday 2nd February - Lancashire Sexual Health Team

Tuesday 3rd February - Cyber Skills Day NCC

Thursday 5th February Year 10 Barclay's Life Skills
Year 11 revision launch

Friday 6th February NSPCC Number Day

9th February - National Apprenticeship Week

10th February Safer Internet Day

Friday 13th February - Nelson and Colne College Apprenticeship Assembly - Year 11's

End of term - school closes - 13th February

School re-opens - 23rd February



JUNIOR CRICKET IS GROWING AT BARNOLDSWICK CC!

After a huge success last season, we're expanding our junior cricket programme!




WE'RE LOOKING FOR:

- ★ **UNDER 13 PLAYERS**
- ★ **GIRLS OF ANY AGE**
- ★ **BRAND NEW GIRLS SOFTBALL TEAM**

No experience needed – just enthusiasm!



PRE-SEASON WINTER NETS NOW UNDERWAY

Come and give cricket a try in a fun, friendly environment 

➔ **NEW PLAYERS WELCOME – COME AND TRY CRICKET WITH US!**



A HUGE THANK YOU TO OUR MAIN SPONSOR BARNFIELD CONSTRUCTION

BARNOLDSWICK

ICE TRAIL

31ST JANUARY 2026

FREE
ACTIVITIES

SUPER HERO

FREE
EVENT

MARKET

REFRESHMENTS

PHOTO OPPORTUNITIES

ENTERTAINMENT

HEROES VS VILLAINS

NERF BATTLE

SUPERHERO TRAINING ACADEMY

HERO TIME - WRESTLING

ARTS & CRAFTS



FOLLOW THE ICE TRAIL · TRAIN LIKE A HERO · BATTLE THE VILLAINS

LIVE CARVING "BARLICK ASSEMBLE" ICE WALL

Barnoldswick
Town Council

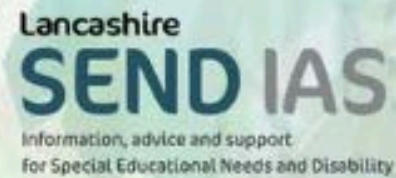
10AM-4PM



SPONSORED BY

BARNFIELD
CONSTRUCTION

www.barnfieldconstruction.co.uk



**Lancashire
Parent Carer Forum**

Are you a parent or carer of a child or young person with special educational needs or disabilities?

Join us at one of our

Pendle Family Hub Drop ins

Share your concerns & get answers from:
Lancashire County Council, NHS providers & others.
Also stay updated on what's happening with services

**Don't miss out, come along to
make your voice heard!**

4th Friday of the Month

**@ Nelson Family Hub, Leeds Road,
Nelson, BB9 8EL**

For more information follow LPCF Facebook page



Wild Explorers: Into The Wild

A 2-day experience for young people aged 10 - 16. Into The Wild provides an opportunity for young people to unplug from technology and benefit from all that nature has to offer.

Into The Wild is a 2-day experience that will give young people (10-16 years) increased responsibility and challenge.

You will have the opportunity to set up your own shelter, make your own campfire, plan the menu and cook the food on the fire along with other activities on the day.

The 2 days will be centred around building confidence, leadership, teamwork and resilience.



Price

£95 per child for 2 days inc food
Childcare vouchers accepted

Age

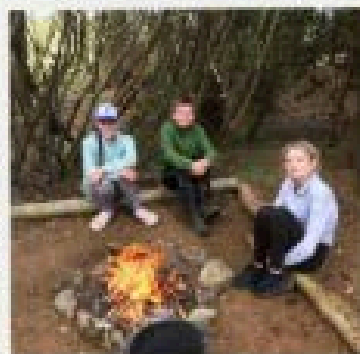
10 - 16 years

Must be in year 5 or above

Upcoming Dates

16th & 17th February 2026

Please note: this is a 2 day experience.

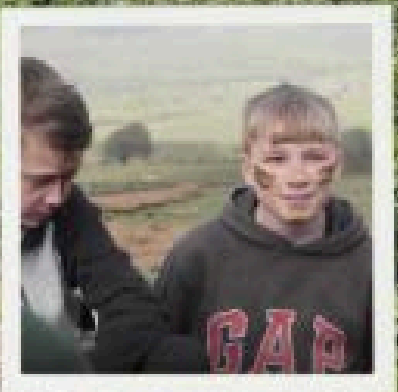


Time

9.30am - 3.30pm

Location

Broughton Hall Estate



hello@wildexplorers.org.uk



www.wildexplorers.org.uk

OUR COMMUNITY

Community Advertisements

In this section of our newsletter, we share posters for local events, activities, and charities.

If you would like us to advertise a community event or club, please email jvetts@pendleeducationtrust.co.uk.

Please note that West Craven High School is not affiliated with these organisations and cannot endorse the events, promotions, or clubs. We will only feature events that we consider appropriate for our school community.

We are
Community

Stay connected, follow us on Facebook and Instagram

A very warm welcome to all our new Year 7 families! We are thrilled to have you join the West Craven High School community. To stay updated on school news, student achievements, important events, and reminders, we encourage all parents and carers to follow our official Facebook and Instagram pages.



West Craven High School



WestCraven.Barnoldswick



10 Top Tips for Parents and Educators

GUIDING YOUNG VOICES TO MAKE A DIFFERENCE

Bullying impacts the lives of many young people. In the UK, one in five pupils aged 10 to 15 report being bullied. The effects can be long lasting, affecting mental health, school attendance and self-esteem, and can impact long-term development into adult life. Adults play a key role in building young people's confidence to speak out, support one another, and stand up to unkind behaviour. This guide offers ways to help youngsters make a positive difference.

1 CELEBRATE DIFFERENCES

Help young people value diversity by showing that what makes us different is also what makes us strong. Encourage them to learn about different cultures, identities, and abilities through books, films, and conversations. By appreciating uniqueness in themselves and others, children can grow into open-minded individuals who build inclusive and welcoming environments.

2 MODEL RESPECT

Children watch and learn from how adults behave. Use respectful language, show patience in disagreements, and treat others with fairness – especially in front of children. By modelling inclusive behaviour and challenging unkindness, adults set a lasting example that respect should be part of every interaction, whether online, at school, or at home. Be the change you want to make.

3 SPOT THE SIGNS

Adults and young people should learn how to recognise signs that someone may be experiencing bullying. This might include withdrawal from friends, hobbies or interests, changes in mood, reluctance to go to school, or unusual injuries. Helping young people recognise these clues ensures that support can be offered sooner and problems do not go unnoticed.

4 VALIDATE FEELINGS

When a child shares something that worries them, it's important to listen carefully and validate how they feel. Respond with empathy – not judgement – and let them know it's okay to feel upset or confused. Offering reassurance and understanding helps young people feel safe about opening up, and builds the trust needed to talk again in future.

5 TEACH ALLYSHIP

Show children how to stand up for others in safe, respectful ways. Allyship might look like sitting next to someone who's been excluded, reporting hurtful behaviour, or speaking up when they witness bullying. By practising these responses together, you're helping children develop the courage to be kind and to take action when it really counts.

6 PROMOTE REPORTING

Ensure young people know how to report bullying and feel confident that they'll be taken seriously. Talk to them about who they can speak to and what to expect when they do, such as reporting school incidents to teachers, and out-of-school bullying to parents or teachers. Reassure them that reporting is a brave and helpful choice – not tattling – and that it plays a vital role in keeping everyone safe.

7 ENCOURAGE KINDNESS

Everyday acts of kindness can make a big difference in creating safer, happier spaces. Encourage children to look out for one another by being helpful, saying kind words, or including someone who feels left out. These small actions set a strong example that kindness matters, and that it can be a powerful response to bullying.

8 USE YOUR VOICE

Encourage young people to speak up for themselves and others. Whether through storytelling, school campaigns, or peer-led projects, children can learn that their voice has power. Support them to express themselves confidently and safely, helping them understand that sharing experiences can challenge injustice and inspire real change in their communities.

9 BUILD COMMUNITY AND BELONGING

Children thrive when they feel supported. Help them build strong friendships, join clubs or teams, and connect with trusted adults who care. These networks offer comfort, encouragement, and protection – particularly during challenging times. Remind children that they don't have to face difficulties alone and that support is always within reach.

10 SUSTAIN THE CONVERSATION

Bullying awareness shouldn't be limited to one week each year. Create regular opportunities to talk about kindness, respect, and inclusion. Use books, news stories, and personal experiences as conversation starters. Embed anti-bullying initiatives into the school, and make tackling bullying a shared, ongoing commitment.

Meet Our Expert

Robert Allsop is an experienced pastoral and safeguarding practitioner, specialising in tutorials, behaviour interventions, and attendance management. A recipient of the Diana Award for Anti-Bullying, he has helped raise standards and improve Ofsted outcomes in some of the country's most challenging schools and colleges.



#WakeUpWednesday

The National College

See full reference list on our website.