

4 February 2022

Dear families

This week we launch our first Anti-Bullying Campaign, called One Kind Word. Our aim is to spread happiness and joy throughout our academy as we ask students to say at least one kind word to each other. We aim to build a school culture based on genuine mutual respect and this campaign will help make it a reality.

All our staff, students and parents work together to create a school community where bullying is not tolerated. We are committed not only to dealing with bullying, but to do all that we can to prevent it happening in the first place. All our students should feel free from the threat of bullying and have the right to feel safe and secure. Students should know where to go and whom to speak to if bullying does occur. We will make students aware that all bullying concerns will be dealt with sensitively and effectively.

If your child is aware of name calling or any form of bullying, they can do the following:

- Visit Room 1 any time before 0830 every day. One of our Learning Mentors will always be present.
- Place a message into our Anonymous Box in Room 1 if they feel more comfortable with writing the information on paper.
- Visit our daily 'Drop-in' sessions each lunchtime, led by our dedicated team of Anti-Bullying Ambassadors.

To see more about this campaign, please follow us on Twitter @dixonsfa.

### Our 'Seven Steps' Anti-Bullying Support Group Approach

The 'Seven Steps Approach' focuses on four essential ingredients:

- The absence of blame
- The encouragement of empathy
- Shared responsibility
- Problem solving

All of our staff have recently been trained on this 'Seven Steps' approach. We have learnt how to prevent further bullying by:

- Effectively listening to the concerns of our students so that they feel supported.
- Meet with all students involved (including bystanders and friends of the victim).
- Consider how we can help all students understand the problem and take a shared responsibility for solving it.
- How we can follow up with students each week to check on their wellbeing.

These seven steps are outlined below:

<p><b>1</b> </p> <p><b>Interview victim about how they are feeling.</b></p> <p>When the member of staff finds out that the bullying has happened they will talk to the victim.</p>	<p><b>2</b> </p> <p><b>Meeting with the people involved.</b></p>	<p><b>3</b> </p> <p><b>Explain the problem.</b></p> <p>Tell the group about the way the victim is feeling. No details are discussed.</p>	<p><b>4</b> </p> <p><b>Share responsibility - 'no blame'.</b></p> <p>Blame is not given to anyone but the group are informed that they do have a responsibility and they can do something to help.</p>	<p><b>5</b> </p> <p><b>Suggestions.</b></p> <p>Group members are encouraged to make suggestions as to how they can help make the victims time in school better.</p>	<p><b>6</b> </p> <p><b>Leave it up to them.</b></p> <p>The responsibility is passed over to the group to solve the problem. The member of staff arranges to meet with the group to see how things are going.</p>	<p><b>7</b> </p> <p><b>Meet again for individual interviews.</b></p> <p>About a week later the member of staff discusses with each student, including the victim, how things have been going. This helps to monitor the bullying and keep all the individuals involved.</p>
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If, after completing these Seven Steps and weekly check-ins, the bullying has not ceased, then we would involve parents and, where necessary, outside agencies.

If bullying is of a very serious nature then the academy may need to escalate the situation through the use of sanctions and, if necessary, exclusion.

Thank you for taking the time to read about our campaign and our new approach to tackling bullying. If your son / daughter is aware of any of the issues discussed, please do not hesitate to get in contact with us.

### **Mental Health Awareness Week**

Last week our students learnt about the importance of mental health and wellbeing and received the following key messages:

- Being stressed, anxious or upset about something is perfectly normal. Feeling this way temporarily does not mean that you have poor mental health.
- Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential.

Students also learnt about how they can take care of their mental health. For example, they should:

- Switch off their phones at bedtime.
- Make time for their interests and passions.
- Have plenty of exercise and eat healthily.
- Write short notes of gratitude and ask for help whenever they need it.

We would appreciate your support in communicating these messages to your son / daughter so that develop strong mental health.

### **LGBT+ History Month**

2022 sees the 50th anniversary of the very first Pride march in the UK in 1972. This week we are looking at five artists (one each to represent the L,G,B,T and '+' of the community) who have used their talents for "political" ends, or expressed their orientation through their work.

Students will learn about Keith Haring's dancing figures artwork as they were used to draw attention to the growing AIDS crisis of the early 1980s; Doris Brabham Hatt and Fiore de Henriquez's bravery when fighting against fascism in the 1930s; Jean-Michel Basquiat's work as a graffiti artist; and a close look at Mark Aguhar's life where he confronted white dominance.

We hope that all of these campaigns will help bring our school community closer together so that genuine mutual respect is a core feature of Dixons Fazakerley Academy.

Yours faithfully

**Mr Ashcroft**  
**Assistant Headteacher**