



Brampton Primary School  
Brampton Road  
London E6 3LB  
tel: 020 8472 0830  
info@brampton.newham.sch.uk

Mr K Reid  
Headteacher  
B.Ed. (Hons), NPOH

Wednesday 29<sup>th</sup> January 2020

Dear Parents/Carers and Pupils,

As you are no doubt aware, we fight against all forms of bullying at Brampton Primary School. Through assemblies, class councils and personal, social and health education lessons, we regularly teach children about the importance of being *upstanders* and not bystanders. We encourage all our pupils to *Build Personal Success* and follow the four steps:

1. **Decide** whether or not you are being bullied. Is the behaviour **hurtful, purposeful** and **repeated**?
2. If you are being bullied, **tell the bully** how you are feeling. Give them the opportunity to understand your feelings and use personal language like, "You're hurting my feelings," or "I feel very upset when you do that."
3. If the bully does not stop after you tell them how you feel, **tell an adult**. The adult can be a parent, teacher or any adult that you feel comfortable and safe with. Tell them what is going on and that you need their help.
4. **Find out** from that adult how they are going to help you.



**To help us promote our anti-bullying stance, we are going to create a series of educational videos for our website.** The videos will show children, and adults, what to do in the event bullying does take place. **We would like the students of Brampton Primary School to star in them.**

All students are invited to apply; however, parents must agree and be prepared for their children (without personal details) to be visible on our school website.

#### **The Audition Process**

- All participating children will need to learn the part of the *upstander* overleaf.
- Participating children will be asked to perform in front of their class.
- Each class teacher will put one actor forward to the final audition. Class teachers may decide to nominate two children in exceptional circumstances.
- The final audition will take place in front of members of the senior leadership team.
- 10 children will be chosen to act in the videos. Further details will be sent to parents once the children have been chosen.

If you have any questions about the process or anti-bullying in general, please speak to me in the playground or call 0208 472 0830. Good luck!

Yours faithfully,

Alex Wedgbury  
**Assistant Headteacher**

## Monologue Script

*On a bleak, damp and drizzly day, three girls have surrounded a boy in a corner of the playground. It is the fourth day in a row they have targeted Gareth and his sodden, downcast eyes appear to search for some comfort in the grey concrete beneath him. As he lets out a whimpering sigh, he becomes aware of a presence behind him.*

**Upstander:** Hi Gareth! What's up? What you did in class today for English was so funny. Maybe you could help me write like that one day. What you doing now? Do you wanna come and play dodgeball with us?

**Gareth:** Ummmm.... Yeah. Thanks.

**Upstander:** Alright, let's go. Race you there!