Diocese of Hereford Multi-Academy Trust

LUDLOW C.E. SCHOOL

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6 November 2026

Dear Parents and Carers

Anti-Bullying Week 2026: Break the Silence

We are pleased to let you know that our school will be taking part in Anti-Bullying Week 2026, which takes place from Monday 16th November to Friday 20th November.

This national event is organised by the Anti-Bullying Alliance (ABA) and this year's theme is "Break the Silence." The theme encourages everyone to speak up about bullying, support one another, and help create environments where all children feel safe, respected and valued.

The week will begin with **Odd Socks Day on Monday 16th November**. On this day, children and adults are encouraged to wear odd socks to school to celebrate individuality and recognise that our differences make us unique. There is no cost to take part and children should wear their normal school uniform with their odd socks.

Throughout the week, pupils will take part in a range of age-appropriate activities designed to:

- Promote kindness, respect and inclusion.
- Develop understanding of what bullying is and the impact it can have.
- Encourage children to speak out if they are worried about themselves or others.
- Celebrate diversity and individuality.
- Reinforce our school's commitment to providing a safe and supportive environment for all.

We encourage families to talk together about the importance of kindness, respect and standing up against bullying. By working together, we can help ensure that every child feels heard, supported and valued.

Thank you for your continued support. We look forward to a positive and engaging Anti-Bullying Week.

Yours sincerely

E. Morris

Emma Morris