



علم متميز مع حب المجتمع
Learning Excellence with a Community Heart

Dear Parents/Guardians

As part of the on-going awareness campaign to maintain RAK Academy as a safe learning environment and to develop social, emotional and behavioural skills, we are planning our 3rd annual Anti Bullying Week from 20th -24th October.

Anti-Bullying Week helps our Academy to shine a spotlight on bullying when it occurs and encourage all children, teachers and parents to take action against bullying throughout the year. Bullying is not common but can take hidden forms, particularly now that social media is so familiar.

No-one ever knows the struggles people are going through inside and we believe that a simple act of kindness can help a person feel empowered to stand up to bullying. Hence, the theme of the week is" Be a buddy not a bully # choosekindness".

During the week, we will focus on helping students to develop the skills, understanding and confidence to recognise and act when they see or experience bullying. Assemblies, class activities, debates and wrist bands sales will be part of this programme.

The anti- bullying wristbands are great addition for the campaign and it will be sold for AED 5 to our students from grade 3 onwards and they can wear it throughout the week.

We would appreciate your support with this most important topic by talking to your child about bullying and anti-bullying week.



Advice for parents/Guardians

You suspect that your child is suffering from bullying:

- Calmly talk with your child
- Take time to listen to your child and stay calm. Acknowledge how they are feeling
- Explain to them that any form of bullying is unacceptable and that no one should have put up with it. Promise to do all you can to stop it
- Write down what your child has said. If it involves cyberbullying, keep any evidence of emails and texts
- Encourage your child to talk to their teacher, the Counsellor/CPO or a trusted adult at school
- Never intervene with other children or children's parents, but let the school know
- Contact your child's class or form teacher as soon as possible to let them know your concerns. The school will take any incident of bullying extremely seriously and will deal quickly to find out why it has happened and to prevent it happening again
- Staff may not know about the bullying and will need to know what has happened and will discuss with parents / guardians what action will be taken
- Most important – keep up communication!

What to do if your child is bullying someone else:

Children who bully others also suffer from long lasting consequences and may continue with bullying behaviour into their adult lives. It is important that children receive help and the issues are dealt with straight away. You should:

- Explain to your child about bullying. They may not perceive their behaviour in this light
- Talk to your child about what he/she is doing and why he/she might be doing it
- Explain why this behaviour can affect others: use examples: "Would you like someone to do that to you?" or "How do you think that made the other person feel?"
- Keep an eye on your child's use of the internet and mobile phones
- Make an appointment to speak to the Counsellor/CPO to talk about how the bullying can be modified



Ac. Counsellor/CPO

Tamar Harboyan Abou Samra