

Tuesday 12<sup>th</sup> November during Anti-Bullying Week 2019

# ODD SOCKS DAY



PATRON

## SCHOOL PACK



PART OF THE NCB FAMILY



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## INTRODUCTION

**Anti-Bullying Week 2019 is happening from Monday 11th – Friday 15th November and has the theme 'Change Starts With Us'. It is coordinated by the Anti-Bullying Alliance, which is based at the National Children's Bureau.**

The aims of this week are to support schools and other settings to help children and young people, school staff, parents and other professionals who work with children to understand that whether it is verbal, physical, online or in-person, bullying has a significant impact on a child's life well in to adulthood. If we work together and make small changes, we can make a big difference and break this cycle to create safe environments for everyone.



**You can find the Anti-Bullying Week 2019 school packs for primary and secondary school [here](#):**

**Odd Socks Day  
12th November**

**This year we are delighted to the continued support from our patron Andy Day and his band [Andy and the Odd Socks](#), and from [SafeToNet](#) as official supporters of Odd Socks Day.**

Andy Day is one of the most popular children's TV presenters in the country. He has worked with young children for over 10 years, and is a favourite amongst children and parents alike. He has a lot of experience working with children, and understands the importance of being yourself, and the struggles that can sometimes bring.

Andy wanted to create a new way of promoting a positive and inclusive message to the young audience that watch him week in and week out on TV. So he formed a band called Andy and the Odd Socks...and the Odd Socks rock, and not just musically! They promote a message that it's good to be different and everyone is unique. Which is no more apparent than in their song 'Change', written especially for Anti Bullying Week based on this year's theme, 'Change Starts With Us'. You can find the song in the materials below.

Odd Socks Day is an opportunity to have fun, be yourself, and spread awareness of the core values Anti Bullying Week promotes.

All of the ideas in this pack are designed to help children and adults in a school environment to think about, identify, and celebrate what makes us all unique.



**The pack is designed to help you use Andy's song and to celebrate Odd Socks Day for Anti-Bullying Week. It includes some activity ideas and some of the details you will need to help you get ready for Odd Socks Day during Anti-Bullying Week on Tuesday 12th November.**



## MESSAGE FROM OUR PATRON, ANDY DAY AND THE ODD SOCKS

We are over the moon to be working with the Anti Bullying Alliance again on such an incredibly important issue. Encouraging acceptance of individuality at an early age can help prevent bullying later in life and raising awareness on the issue of bullying is very important to us. Odd Socks Day is a fun day where we can do all of this!

We would LOVE for your school to get on board!



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# ODD SOCKS DAY FOR ANTI-BULLYING WEEK

## WHAT IS IT?

Most importantly Odd Socks Day is designed to be fun! It's an opportunity for children to express themselves and celebrate individuality. There is no pressure on the children to wear the latest fashion or for parents to buy expensive costumes. All they have to do to take part is wear odd socks to school. It couldn't be simpler!



Odd Socks Day normally takes place on the first day of Anti Bullying Week, however, this year we are holding it on the Tuesday of Anti-Bullying Week, the 12th November, to avoid clashing with Armistice Day

If you can't do the Tuesday of Anti-Bullying Week, any day in the week would be fine (or the whole week!). We would like to invite participating children to make a £1 donation (or whatever you feel the right donation should be) to support the Anti-Bullying Alliance. However, if you do not think raising money is the right thing for your school, please do still take part in Odd Socks Day and have lots of fun helping us raise awareness on this important issue.

To help promote that you are holding Odd Socks Day in your school, you could:

Display this Odd Socks Day Poster

Download the poster here:



and share this book bag flyer with parents.

Download the book bag flyer here:



## HOW CAN YOU DONATE TO THE ANTI-BULLYING ALLIANCE?



We are a small team and are always so very grateful for any fundraising that you do for us to help us keep running Anti-Bullying Week each year in England. If you raise money for us through your Odd Socks Day or anytime in Anti-Bullying Week you can give it to us in the following ways:

- You can donate directly to us via our [Virgin Money Giving page](#)



- Or send us a cheque which should be made payable to 'Anti-Bullying Alliance' and be sent to the National Children's Bureau, 23 Mentmore Terrace, London, E8 3PN. Please include your name and your address as we like to acknowledge all funds raised wherever possible.



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# ODD SOCKS DAY ANTI-BULLYING WEEK COMPETITION



We will be running an exciting competition for schools during Anti-Bullying Week. Two winning schools will receive a visit and live performance from Andy and the Odd Socks themselves! To enter, we would like schools to show us how you celebrate Odd Socks Day on Twitter.

Send us a photo or video that best captures how the school participated in Odd Socks Day. Get creative! Your entry could be a video of your teachers dancing along to 'Change', a photo of the whole school in odd socks, a poem you've written about Odd Socks Day, a piece of art you've created or just about anything! The prize will go to the most creative entry.

## TO ENTER:

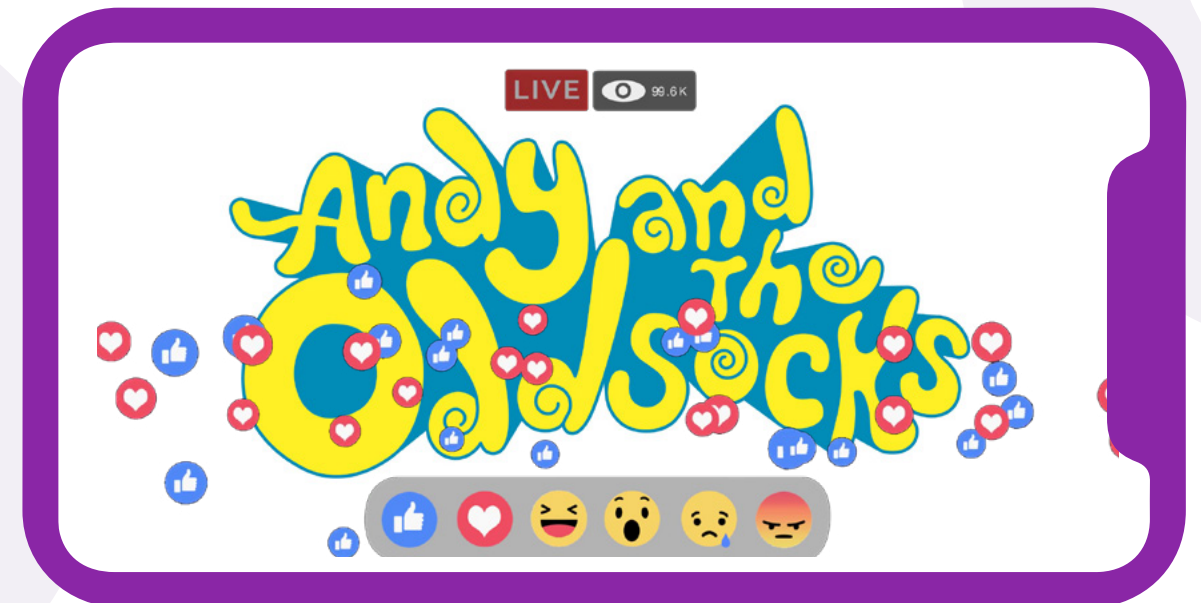


1. Share your odd socks day on **Twitter** with us via photo or video
2. Tag us – **@abaonline**,
3. Use the hash tags **#AntiBullyingWeek** and **#OddSocks**
4. Tweet to us in Anti-Bullying Week **between 11th – 15th November**

The Anti-Bullying Alliance will select the winning schools (we are particularly looking for the most creative entries) on the Monday **2<sup>ND</sup> DECEMBER** and we will be in touch to arrange the visit in the New Year.



# FACEBOOK LIVE SCREENING OF THE SONG ON ODD SOCKS DAY!



**On Odd Socks Day at 9am** we are planning to live stream Andy and the Odd Socks performing the song they have written for this year's Odd Socks Day. If you have the technology set up to do it, you could live stream it to your school assembly.



You can follow us on Facebook and we will post the live video on the **morning of Tuesday 12th November**.



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# ASSEMBLY PLAN

These ideas could be used in the classroom or in an assembly. Please do share all your activity with us on social media. Andy and the Anti-Bullying Alliance would love to see them! Don't forget to use the hashtag #AntiBullyingWeek and #OddSocks

## AIMS





- Fun!
- Empower children and young people to celebrate what makes them, and others, unique
- Help them to understand the changes we can all make to try and tackle bullying

## PREPARATION AND MATERIALS NEEDED

(Click the links to download the assets)



-  Andy and the Odd Socks song 'Change' (there is also a Makaton version available on YouTube)
- Make sure you can show the video on a screen to the group.
-  Print copies of the song lyrics
- Make sure you know your anti-bullying policy details and are able to share with children what they should do if they are worried about anything or worried about bullying.

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## 20 MINUTES ACTIVITY

Tell the group that we are wearing Odd Socks today to celebrate Anti-Bullying Week this year. Ask everyone to show their odd socks.

Ask them to tell you why we are wearing odd socks? What message are we trying to send by wearing odd socks? Hopefully you will hear back the key message, that it celebrates what makes us all unique. You could ask people to tell the group what makes them unique but that we often share similarities too. Those differences make the world a more interesting and diverse place.



Show them the video for 'Change' by Andy and the Odd Socks or stream the live version of Andy and the Odd Socks performing the song at 9am on Tuesday 12th November.

Ask them what they think the message of the song is.

Some questions you can ask:

- What is the message in the song?
- What changes were made in the video to make everyone feel more included? (e.g. the judges encouraged the dancers, the different types of dancing were celebrated, everyone smiled more etc.)
- What changes could we make to stop bullying? Give them some examples of the changes you've made in the last year to try and address bullying and what you plan to do as a school.

Then say it is important that we are all able to celebrate what makes us unique and to do our best to look after each other. This is why you are supporting Odd Socks Day this Anti-Bullying Week.

## TO FINISH

Ask everyone to shout 'we are all unique' and 'change starts with us' over and again.

You could also share with them:

- What else the school is doing for Anti-Bullying Week 2019 e.g. lesson plans, fundraising activity, singing the song in music class
- Details of your anti-bullying policy
- How to report bullying and anything children might be worried about





# OTHER ODD SOCKS DAY ACTIVITY IDEAS



- **Create an Odd Socks photo, GIF or video.** In 2018 we saw some amazingly creative ways of displaying odd socks. You could create your own videos or images of you all in your odd socks. Whether it's just a photo of your feet or a whole assembly photo in odd socks, there are endless ways to get creative!



- **Odd Socks Sock Puppet Competition!** Can you develop your own Odd Socks Puppet and Puppet Show? Everyone can use a large size sock and you could give prizes for the best designed odd socks



- You can use this **SOCK IMAGE** and each pupil (and staff member) can colour in their odd socks in their favourite colours and styles so it represents them. They could also put their name on their odd socks. These could be displayed on string as Odd Socks bunting around the school!



- **Music themed:** Ask pupils to each identify their favourite song and then share in small groups. If the songs are different, ask them to find out what the songs share. For example, do they have the same time signature, tempo, similar instruments etc? This shows we can all be different and the same at the same time.



- You could put on a show with the **Change video by Andy and the Odd socks**, where either pupils or staff perform the song for an audience of pupils, parents and/or staff.

Don't forget to share your activity with us online!  
Use the hashtag **#AntiBullyingWeek**  
**#OddSocks** and **#ChangeStartsWithUs**



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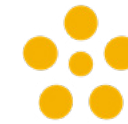
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## SafeToNet

### A MESSAGE FROM THE SAFETONET TEAM

## What does the **SafeToNet** app do?

### FOR CHILDREN

SafeToNet is an online safeguarding buddy. It's an intelligent keyboard which interacts with children and educates them to become better digital citizens by advising and if necessary preventing children from sending messages that could harm them and others. It detects signs of bullying, sexual content, worrying thoughts, abuse and aggression.

### FOR PARENTS

SafeToNet advises and guides parents too by providing powerful and informative insights into their child's digital world. It does this whilst always respecting the child's rights to privacy as it never discloses what the child is doing, what they are saying and who they are talking to. Instead it provides a Safety Indicator. Parents are notified of their child's movement towards or away from online risk, and are given "in the moment" advice and guidance that encourages conversations between the parent and child about staying safe in the digital world.

**FREE  
FOR  
60  
DAYS**

As part of SafeToNet's support of Odd Socks day SafeToNet is providing parents access to its award-winning app for **FREE FOR 60 DAYS** Use promo code 'ABA2019'. As Teachers you might find it helpful to download the book bag slips for your parents as it explains how they can gain access to the app.

To download more great anti-bullying content, please visit:

[www.SafeToNet.com/OddSocks](http://www.SafeToNet.com/OddSocks)

We hope Odd Socks Day is a great success for your school!



# OTHER THINGS YOU CAN DO FOR ANTI-BULLYING WEEK 2019

1. You can find the [Anti-Bullying Week 2019 primary school pack](#) which has many other ideas, lesson plans, and assembly plans to hold in Anti-Bullying Week this year
2. Sign up to be a [supporter of Anti-Bullying Week online](#) where you can download a certificate for your school to display.
3. Display the [Anti-Bullying Week poster](#) up around school.
4. If you want to shine more of a spotlight on cyberbullying you can use the [Stop Speak Support materials](#) which empower bystanders who see online bullying. The resources include lesson plans and activity ideas to help you.
5. You can purchase a range of amazing Anti-Bullying Week merchandise including wristbands and stickers from our [online shop](#) to support your activities / and raise awareness.
6. Sign up for [free anti-bullying email updates](#) and/or become [a member of ABA](#)
7. Schools can access our [free All Together programme](#), which includes access an online pupil wellbeing questionnaire, audit tool and online training for all school staff. Schools that evidence impact receive All Together status including a certificate and logo to use.
8. Anti-Bullying Week is not government funded so we need to raise funds to run it each year. If you are able to fundraise for us or any of our member charities during Anti-Bullying Week we are immensely grateful. You could do a sponsored race or hold a non-uniform day or a bake sale. [You can find more ways to fundraise for us during Anti-Bullying Week here.](#)
9. Anti-Bullying Week is a great opportunity to review your school policy. We have some handy [tips to help with developing your anti-bullying policy.](#)
10. We have [free CPD anti-bullying online training available](#) for all school staff on our website. It covers a range of topics including bullying and the law, what is bullying cyberbullying, and many others; thousands have accessed it so don't delay – complete today!



Please share your activity with us on social media.  
Use the hashtag **#AntiBullyingWeek** **#OddSocks** and **#ChangeStartsWithUs**

We love to see what you're doing.  
Share with us your videos, artwork and messages.



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Anti-Bullying Week is coordinated by the **Anti-Bullying Alliance (ABA)** in England. We are a unique coalition of organisations and individuals, working together to unite against bullying and create safer environments in which children and young people can live, grow, play and learn. We welcome membership from any organisation or individual that supports this vision and support a free network of thousands of schools and colleges.

The ABA has three main areas of work:

1. **Supporting learning and sharing best practice through membership**
2. **Raising awareness of bullying through Anti-Bullying Week and other coordinated shared campaigns**
3. **Delivering programme work at a national and local level to help stop bullying, and bring lasting change to children's lives**

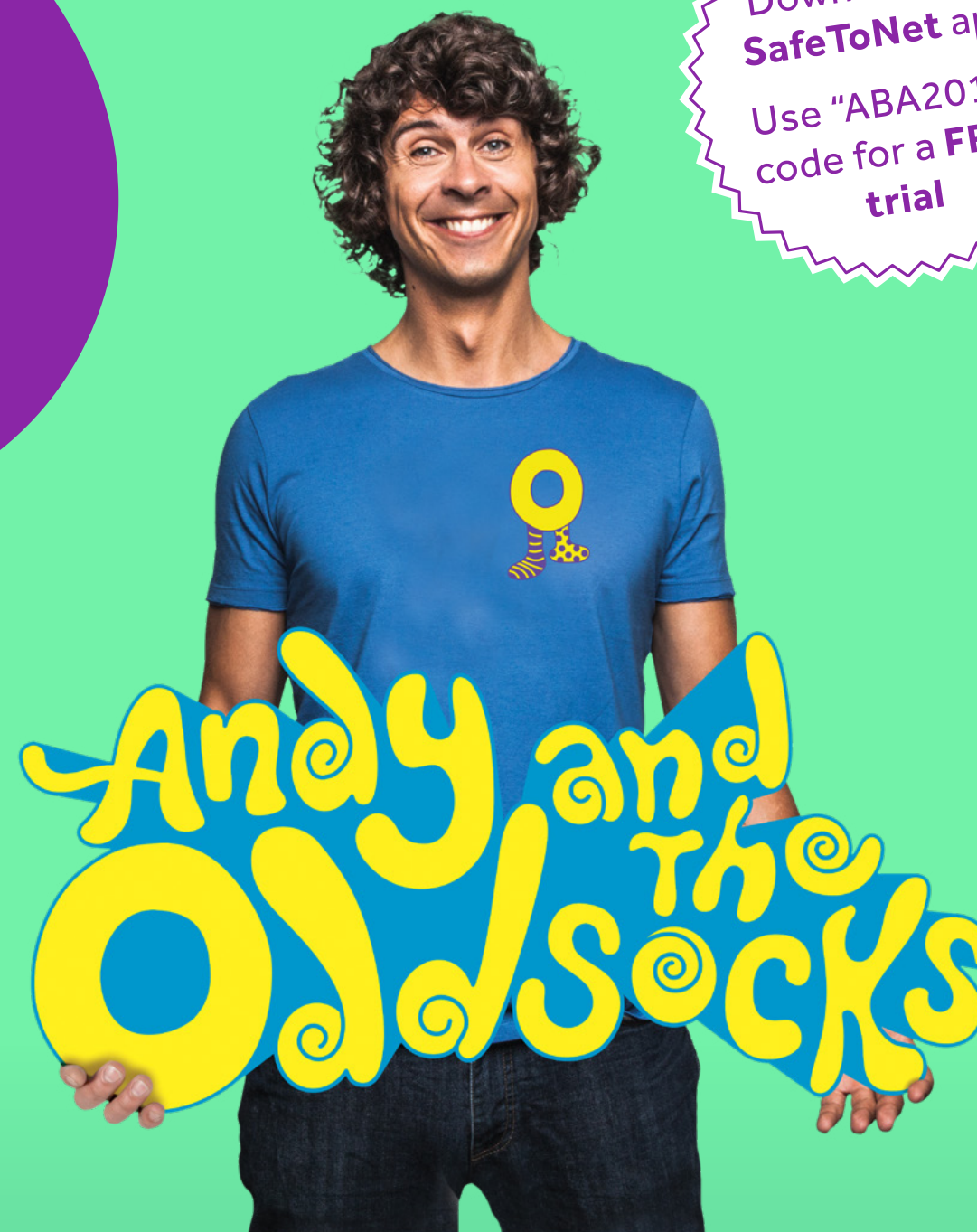
ABA is based at leading children's charity the National Children's Bureau. Mentions of the SafeToNet app does imply a recommendation or endorsement from the Anti-Bullying Alliance or Andy and the Odd Socks

We'd like to extend a massive 'thank you' to the **Andy and the Odd Socks** team for continuing to support us year after year for Odd Socks Day with a toe tapping song and many, many ideas to help us bring Odd Socks Day to life.

We'd also like to extend our sincere 'thanks' to **SafeToNet** for their continued support and help making Odd Socks Day happen.

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