



Dear parents/carers,

We have registered our Year 3 – 6 students to take part in Interrelate's annual Say No To Bullying Poster Competition for Australian Primary Schools. The competition encourages students to talk about bullying and this year's theme focuses on celebrating diversity. Your student will be drawing a poster to 'Celebrate our differences and create a more colourful world'. Interrelate has partnered with Faber-Castell to deliver great prizes including:

- **National Winner** receives holiday accommodation on the NSW South Coast + a large Faber-Castell gift hamper + a Faber-Castell gift pack for their class
- **Major finalists** each receive a Faber-Castell gift pack plus further **Highly Commended** prizes to be given
- **Schools with a 100% participation rate** go into a draw to receive Interrelate's Bullying Awareness Program for FREE + a large Faber-Castell hamper
- **All schools who register** go into a draw for a large Faber-Castell hamper + a FREE webinar on a topic of your choice from Interrelate's area of expertise (puberty, bullying, resilience, diversity, cybersafety etc)

We encourage you to continue the bullying conversations with your children at home so they are getting the same message in multiple environments. In that way, we can all be part of creating a positive culture for our children. Interrelate provides the following tips for parents in regards to signs a child may be being bullied:

Have you noticed your child...

- Is acting out and getting into trouble more often?
- Has become quiet and withdrawn?
- Avoids going online?
- Does not want to go to school?
- Has unexplained cuts and bruises?
- Seems anxious and unsettled?

They may be experiencing bullying. If you think this is the case:

- Tell your child that you are concerned and that you would like to help
- Make sure your child knows that being bullied is not their fault
- Let your child know that bullying, in all its forms, is NEVER acceptable
- Talk to your child about the places and sites they visit online and their activities
- Set up an appointment with their teacher to understand their peer relationships

To follow our progress in the competition and for more parenting and family tips, you can follow Interrelate at www.facebook.com/interrelate and www.instagram.com/interrelate

If you tag @Interrelate in a social media post about the competition, you will also go into their draw to win a \$50 gift card.

We look forward to sharing some of our school's artworks with you later in the year.