

Some Useful Websites

www.antibullyingalliance.org

www.antibullying.net

www.childline.org.uk

www.kidscape.org.uk

www.familylives.org.uk

ChildLine Special Bullying Helpline

(Always Open) 0800 441 111

Contacts

Principal - Mrs F Robinson

Vice Principal - Mr D O'Regan

SENCO and Inclusion Leader -

Behaviour Leader - Mrs N Banks

Behaviour for Learning Coach - Mrs M Martin



WORKING TOGETHER TO SAY NO TO BULLYING!



What is Bullying?

BULLYING IS

- The wilful, conscious desire to hurt, threaten or frighten someone.
- A deliberate act done to cause distress solely in order to give a feeling of power, status or other gratification to the bully.
- An unresolved single frightening incident that casts a shadow over a child's life, or a series of such incidents.

BULLYING IS NOT

- When a child/children unintentionally hurts someone's feelings by mistake. For example: having a laugh, knocking into people by mistake, getting angry because they are annoyed with someone or something, or when they decide they don't want to play with someone one day.

THERE ARE FOUR MAIN TYPES OF BULLYING

- Physical (Hitting, punching, kicking)
- Verbal (Name calling, making threats)
- Indirect (Rumours, 'leaving out', spoiled clothes,, possessions etc)
- Cyber (email, text, social websites)



What are we doing to say no to bullying?

- We have staff who care for and support your child and will listen to your concerns.
- Whole school PSHE and SEAL programme (Social and Emotional Aspects of Learning) in place, designed to teach children to grow in self confidence and self esteem, to understand behaviour and self control and have a sense of community.
- Regular assemblies and discussions in circle times to highlight anti-bullying throughout the year.
- Cyber bullying awareness information for parents and in-school training for children.
- Anti-bullying governor who works alongside the school to monitor and advise on bullying.
- Lunchtime and playtime peer buddies to support more vulnerable children.
- Parent support advisor (Maxine Martin - Behaviour for Learning Coach) to listen, help and support parents.
- School Council - Children can raise issues with their class representative.
- Worry Box - Issues can be shared anonymously or named for the class teacher to address.

WHAT SHOULD PARENTS DO?

We understand wanting your child to be safe and happy is natural. If you think your child is being bullied you may feel angry, hurt, guilty or afraid.

- Listen, reassure and stay calm.
- Take whatever your child says seriously and keep a record.
- Don't promise to keep it a secret.
- Involve your child in all the action you take, considering their views too.
- Reassure them that it is not their fault.
- Arrange to see their teacher.
- Sometimes your child may want to talk to someone else too. Give your child the ChildLine number.
- Do not approach the bully yourself.

HOW TO APPROACH THE SCHOOL

- Approach the school as soon as you are worried.
- When talking to the school staff try not to be aggressive even though you are worried.
- Agree a plan of action and agree to review the plan.
- Keep your child informed and involved.

THE BULLY

Advice to parents of bullies:

If your child is bullying others, ask yourself what might be behind it - are they trying to get your attention or fit in with the crowd.

- Try to stay calm and not become angry or defensive.
- Sit down with your child and find out what has been happening. Take a firm but gentle approach - be willing to listen to your child's side of the story whilst insisting that the bullying has to stop. If you are too harsh your child will feel like not talking.
- Ask you child how they think it can be stopped. They may need help from you or the school to change their behaviour.
- Explain to your child all types of bullying are wrong and why.
- Find out if there is something in particular troubling them. Is there a bigger problem?
- Reassure your child you still love them as a person - it is their behaviour we want to change.
- Speak to the school, following the same advice as for victims.



WHAT THE SCHOOL WILL DO

- Meet with you straight away and take your concerns seriously.
- Refer to behaviour and anti-bullying policy.
- Agree with you a plan of what to do to address the problem.
- Invest time and resources to deal with the problem.
- List your concerns on the School's Bullying Log.
- Keep you informed of what action is being taken.
- Make sure your child feels safe.

Bullying at West St Leonards Primary Academy is not tolerated and must be reported.



Name calling is the most common form of bullying but unchecked can escalate; for example hitting, isolation and nasty messages. It is therefore important not to underestimate repetitive name calling.

WHY DO SOME CHILDREN BULLY OTHERS?

- As a way of coping with a difficult situation.
- Some are victims themselves.
- Some want to be 'top dog' of the school.
- They pick on others as a way of making life better for themselves.

VICTIMS

Possible signs that your child may be being bullied...

- Being frightened of walking to and from school.
- Not wanting to go to school and refusing to say why.
- Feeling ill in the morning or before bed with no real signs.
- Having nightmares, waking frequently.
- Becoming tearful, unusually quiet or seeming worried.
- Having some of their possessions go missing or spoiled.
- Having unexplained scratches or bruises.
- Becoming aggressive at home, sometimes with younger siblings.

There may be other reasons for this behaviour so talk to your child first about what is worrying them. There also may be other signs not included on the list.