

What are we doing to say NO to Bullying?

- Our school community follows our mission statement, which is 'to live, love and learn joyfully in the family of Christ'.
- The children care for and support each other.
- We have staff that care for and support your child and will listen to their concerns.
- Whole school RE and JIGSAW programmes (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 to highlight anti-bullying throughout the year.
- Cyber bullying awareness evenings for parents and in-school training for children.
- Anti-bullying policies in place and clear guidelines to deal with any incidents.

Every child in the school has been taught the difference between unkindness and bullying. Every child understands what to do if they are being bullied.

**'TELL SOMEONE!!!'
AN ADULT IMMEDIATELY.**

Useful Websites

www.antibullyingalliance.org

www.antibullying.net

www.bullying.co.uk

www.childline.org.uk
0800 11 11

www.kidscape.org.uk

www.familylives.org.uk

We are committed to Safeguarding your child.

Our Designated Senior Person is Mrs Michelle Fusi (Head Teacher), and in her absence is Mr Joseph McIntyre (Deputy Head teacher) and Mrs Laura Matteoni (Wellbeing Lead)

Sacred Heart Catholic Primary School



At Sacred Heart we...

'SAY NO TO BULLYING'



We believe every child has the right to feel safe and to be heard.

What is Bullying?

Bullying is a combination of (overtime):

- 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
- A series of unresolved frightening incidents that cast 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.

BULLYING IS NOT A ONE OFF INCIDENT

There are four main types of Bullying

1. Physical (hitting, punching, kicking)
2. Verbal (name calling, making threats)
3. Indirect (rumours, 'leaving out', spoiled clothes, possessions etc)
4. Cyber (email, text, social websites)

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 class
- They pick on others as a way of making life better for themselves

Victims of Bullying

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

- 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
- Unexplained bed wetting
- 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.

What should parents do?

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
- Encourage your child to speak to their teacher – 'tell someone is the message'
- Don't promise to keep it a secret
- Involve your child in all the action you take
- Reassure them that it is not their fault
- Arrange to see the teacher
- Do not approach the bully or their parents yourself

How to approach the school

- Approach the school as soon as you are worried
- When talking to the class teacher, try to remain calm even though you are worried
- Agree a plan of action and agree to review the plan with the school
- 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 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 not feel like talking.

- Ask your 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.
- Fill out an incident form to clarify the nature of the incident
- Agree with you a plan of what to do to address the problem.
- Invest time to deal with the problem.
- List your concerns on the School's Bullying Log.
- Keep you informed of the process.
- Make sure your child feels safe.

'Courage is fire, and bullying is smoke'

**BULLYING AT SACRED HEART
SCHOOL IS NOT TOLERATED AND
MUST BE REPORTED TO THE TEACHER.**