

OUR LADY'S CATHOLIC PRIMARY SCHOOL



As the family of God, with Jesus, we love, we learn and enjoy

ANTI-BULLYING POLICY

At Our Lady's Catholic Primary School we are committed to providing a caring, friendly and safe environment for all our pupils so that they can learn in a relaxed and secure atmosphere. Bullying of any kind is unacceptable at our school. If bullying does occur, all pupils should be able to tell and know that incidents will be dealt with promptly and effectively.

The children at Our Lady's were consulted on the policy and their responses are in RED

AIMS AND OBJECTIVES

1. Bullying is wrong and damages individual children. We will, therefore, do all we can to prevent it by creating a positive, participative environment for children where bullying is regarded as unacceptable.
 - We will not let bullying happen in this school
2. This policy aims to establish a consistent approach to all bullying incidents and ensure that all those connected to the school know that bullying of any description will not be tolerated.
3. We aim, as a school to create a safe and secure environment where all can learn without anxiety. By challenging bullying effectively, we demonstrate that the school cares and makes clear to bullies that their behaviour is unacceptable.
 - We promise that children will be safe in our school
4. This policy details the consistent response to any bullying incidents that might occur.

5. We aim to make all those connected with the school aware of our opposition on bullying.
- All governors, teaching and non-teaching staff, pupils and parents should have an understanding of what bullying is.
 - All governors and teaching and non-teaching staff should know what the school policy is on bullying and follow it when bullying is reported.
 - All pupils and parents should know what the school policy is on bullying and what they should do if bullying arises.
 - Pupils and parents should be assured that they will be supported when bullying is reported.

DEFINITION

What is bullying?

Bullying is defined as deliberately hurtful behaviour, repeated over a period of time, where it is difficult for those being bullied to defend themselves.

Bullying behaviour usually has the following four features:

- it is repetitive and persistent
- it is intentionally harmful
- it involves an imbalance of power, leaving someone feeling helpless to prevent or stop it
- it causes feelings of distress, fear, loneliness and lack of confidence in those who are at the receiving end
 - **being mean or nasty to someone all the time**

Bullying can be:

- emotional being unfriendly, excluding, tormenting, humiliation, mocking, intimidation, **making fun of someone**
- verbal name-calling, sarcasm, spreading rumours, teasing, **talking about their parents**
- non-verbal body language, gestures, facial expressions
- material damaging or taking belongings, extortion
- physical pushing, kicking, hitting, punching or use of any violence, 'accidentally' bumping into someone, **snatching things, taking money**
- racist racial taunts, graffiti, gestures, **making fun of race or culture**
- sexual unwanted physical contact or sexually abusive comments
- homophobic because of, or focussing on, the issue of sexuality
- cyber text messages, email, phone calls, chat room misuse
being cruel on the Internet

Refer to Appendix 1 on 'Cyberbullying'

Signs and symptoms

Refer to Appendix 2 for a list of signs and symptoms

The children added these observations:

- Children may look worried, upset or sad and won't play or talk with anyone
- They may not want to go to school
- There may be signs of being hurt such as bruises or cuts
- Avoid their friends and won't play group games

Procedures to follow

- If bullying is suspected or reported, the incident will be dealt with immediately by the member of staff who has been approached
 - Always tell an adult, friend or buddy.
 - Tell the bully to leave you alone and run away.
 - Ignore the bully.
 - Don't keep it inside you, it will eat you up.
- In cases of serious bullying, a clear account will be recorded and given to the headteacher
- The headteacher will interview all concerned and will record the incident
- Disciplinary measures will be used as appropriate.
- Class teachers will be kept informed.
- After dealing with an incident, teachers will follow-up on a regular basis to check that the bullying has not started again.
- In serious cases, parents will be informed and will be invited into school to discuss the Problem.
- If necessary and appropriate, police will be consulted.
- All bullying behaviour or threats of bullying must be investigated and the bullying stopped quickly
- Every effort will be made to help the bully (bullies) change their behaviour.
 - Try and talk to the bullies and find out what they want.
 - We have adopted the "See something, say something" slogan so that all children can remember and follow this rule.

Pupils who have been bullied will be supported by

- Offering immediate opportunity to discuss the experience with a member of staff of their choice.
 - Make sure adults in school know about it.
- Reassurance and explanation as to why the action of the bully was wrong.
 - Make sure that the children see it is not their fault.

- Offering continuous support.
 - Making sure they have friends to play with.
- Restoring self-esteem and confidence.
 - Being their friend, always stand by your friend.

Pupils who have bullied will be helped by

- discussing what happened
 - tell them how much they are hurting the person.
 - tell them to stop because we don't want that behaviour in our school.
- discovering why the pupil became involved.
 - ask them "Why?"
- establishing the wrong doing.
- helping the child to change their behaviour in future.
 - give them rules in class.
 - encourage them to play playtime games.
 - get good role models as friends
 - teach them to be kind.
 - work with the SLT (HT or SENCo) about how to stop being a bully.
- informing parents to help change the attitude of the pupil if necessary.
 - have an assembly to talk about bullying.
 - adults to keep an eye on them.

The following disciplinary steps can be taken

- Official warning to cease offending.
 - Create a lunch or playtime behaviour chart.
- Removal from the group (in class).
- withdrawal from break or lunchtime detention.
 - Not allowed to play out.
 - Sit in a room on their own and complete a reflection sheet (under supervision).
- withholding participation in school trips or sports events
- lunchtime exclusion
- fixed term exclusion
 - **everyone needs a second chance and support**

Key Strategies to reduce bullying

The everyday curriculum can be used by:

- Raising awareness about bullying, cyberbullying and the anti-bullying policy.

- All children should make an Anti-Bullying Pledge.
- Each class should do an Assembly on bullying.
- Increasing understanding for victims and helping to build an anti-bullying ethos.
- Teaching pupils how constructively to manage their relationships with others.
- Encouraging co-operative working: eg working together on shared tasks.
 - Make bullies do more work (to focus their attention).
- Circle Time: creates a safe space to explore issues of bullying.

Emotional Wellbeing

- Circles of Friends: building relationships around vulnerable pupils.
- Befriending including Buddies.
 - Create friendship groups to stamp it out before it begins.
- Support groups: for the bullied pupil made up of those involved in the bullying and bystanders.
- Mediation by adults to promote co-existence.
- Mediation by peers where a neutral person helps resolution of disputes.

Communication

- Assemblies
- Class rules and promotion of Ethos Statement each week
 - Reinforce school rules
 - Sharing ideas around school
 - Posters and displays telling children what to do
- Information Sheet for Children (See Appendix 3)
- School Council meetings
- Anti-Bullying and Lunchtime Pledges
- Behaviour contracts
- Anti-Bullying Policy including range of sanctions known to all
- Use of 'Incident Report Sheets'
- Chart in staffroom (to alert staff)
- Whole school projects (eg Anti-Bullying Week, Health and Safety Week etc)
- Clear monitoring of the use of technology to prevent cyberbullying.

**Teachers support all children in their class by establishing a climate of trust
and respect for all.**

**By praising, rewarding and celebrating the success of all children,
we aim to prevent incidents of bullying.**

Involving Parents

- Parents who are concerned that their child might be bullied, or who suspect that their child may be the perpetrator of bullying, should refer to the 'Information Sheet for Parents' (Appendix 4) and contact their child's teacher immediately.
- Parents have a responsibility to support the school's anti-bullying policy and to actively encourage their child to be a positive member of the school community.
 - Make sure parents know what bullying is and what coping strategies to use
 - Do something about bullying in the SHARE group
 - Send the policy home
 - Get parents to agree to the Anti-Bullying Pledge

Monitoring, Evaluation and Review

The school will review this policy in consultation with staff and pupils and assess its implementation and effectiveness annually.

APPENDIX 1

CYBERBULLYING

"Cyberbullying is an aggressive, intentional act carried out by a group or individual, using electronic forms of contact, repeatedly over time against a victim who cannot easily defend him or herself."

School staff, parents and young people have to be constantly vigilant and work together to prevent this form of bullying and tackle it wherever it appears. The University of London describes seven kinds of cyberbullying:

- **Text message bullying** involves sending texts that are threatening or cause discomfort.
- **Picture/video-clip bullying via mobile phone cameras** is used to make the person being bullied feel threatened or embarrassed, with images usually sent to other people. 'Happy slapping' involves filming and sharing physical attacks.
- **Phone call bullying via mobile phone** uses silent calls or abusive messages. As with all mobile phone bullying, the perpetrators often disguise their numbers, sometimes using someone else's phone (often stolen) to avoid being identified.
- **Email bullying** uses email to send bullying or threatening messages, often using a pseudonym for anonymity or using someone else's name to pin the blame on them.
- **Chat room bullying** involves sending menacing or upsetting responses to children or young people when they are in a web-based chat room.
- **Bullying through instant messaging (IM)** is an Internet-based form of bullying where children and young people are sent unpleasant messages in conversations online.
- **Bullying via websites** includes the use of defamatory blogs (web logs), personal websites and online personal polling sites. Social networking sites for young people, which can provide new opportunities for cyberbullying.

At Our Lady's Primary School we will ensure that:

- bullying via mobile phone or the Internet is included in our anti-bullying policy, that this policy is regularly updated, and that teachers have sufficient knowledge to deal with cyberbullying in school
- the curriculum teaches pupils about the risks of new communications technologies, the consequences of their misuse, and how to use them safely
- emailing will only take place as part of a structured lesson
- all e-communications used on the school site or as part of school activities off-site are monitored
- children will not be allowed to bring mobile phones to school or at other times when they are under the school's authority
- Internet blocking technologies are continually updated and harmful sites blocked
- we work with pupils and parents to make sure new communications technologies are used safely, taking account of local and national guidance and good practice
- security systems are in place to prevent images and information about pupils and staff being accessed improperly from outside school
- we work with the police and other partners on managing cyberbullying.
- children found to be cyberbullying are dealt with in line with the anti-bullying policy.

APPENDIX 2

ANTI-BULLYING POLICY

SIGNS AND SYMPTOMS

A child may indicate by signs or behaviour that he or she is being bullied

Adults should be aware of these possible signs and that they should investigate if a child:

- Is frightened of walking to or from school
- Begs to be driven to school
- Changes their usual routine
- Is unwilling to go to school
- Begins to truant
- Becomes withdrawn, anxious or lacking in confidence
- Starts stammering
- Attempts or threatens suicide or runs away
- Cries themselves to sleep at night or has nightmares
- Feels ill in the morning
- Begins to do poorly in school work
- Comes home with clothes torn or books damaged
- Has possessions which are damaged or 'go missing'
- Asks for money or starts stealing money (to pay bully)
- Has dinner or other monies continually 'lost'
- Has unexplained cuts or bruises

- Comes home starving (money or lunch stolen)
- Becomes aggressive, disruptive or unreasonable
- Is bullying other children or siblings
- Stops eating
- Is frightened to say what's wrong
- Gives improbable excuses for any of the above
- Is afraid to use the Internet or mobile phone
- Is nervous or jumpy when a cyber message is received

These signs and behaviours could indicate other problems, but bullying should be considered a possibility and should be investigated

Source of information: KIDSCAPE Anti-Bullying Policy for Schools March 2005

Policy Reviewed: January 2016
Next Review Date: January 2018

Approved by the Governors

Signed

Date