



The Good Shepherd
Primary Catholic Academy
Our School • Our Community

Anti-Bullying Policy Information Booklet for Parents 2020

Mission Statement

Our mission is to develop our children with active and creative minds, a sense of understanding and compassion for others and the courage to act on their Catholic beliefs.

In our school community we celebrate our faith and we work together to achieve our personal potential by trying to live like Jesus and become the person he wants us to be.



**We try to live like
Jesus**

What is bullying?

Throughout school, children will learn that bullying is:

- repeated behaviour;
- deliberate - the bully wants to hurt, humiliate or harm the other child;
- an imbalance of power. It involves someone (or a group of people) who are stronger in some way than the person who is being bullied. They may be older, stronger, there may be more of them or they may have a 'hold' over the person (e.g. they know a secret about them).

Children will learn that bullying is not a one-off argument or falling-out or when a friend is sometimes thoughtless.

We teach our pupils about different types of bullying:

- **Verbal** e.g. hurtful comments and threats, name-calling;
- **Physical** e.g. hitting, kicking, taking belongings;
- **Emotional** e.g. staring, glaring, leaving people out, spreading rumours;
- **Cyber** e.g. using technology to hurt someone through a variety of media - e.g. text messages, comments on social networks, gaming messaging.
- **Prejudice**: Targeting someone based on stereotypes that you have about their differences or perceived differences.
- **Racist**: Calling people names because of the colour of their skin, their religious beliefs or where they come from.

What does school do about bullying?

At The Good Shepherd Catholic Primary School, we join in with Anti-Bullying Week each year.

We continue, through the year to promote anti-bullying in school through carefully planned PSHE and RE values lessons and discussions within class time, including issues such as cyber-bullying and what it means to be a good friend. We have an anti-bullying display to remind children that bullying is not tolerated and to remind them how to get help.

What does school do about bullying?

At school we have an Anti-Bullying Policy, reviewed each year with the help of pupil, parents, governors and staff. This explains what to do if bullying is reported and what the school is doing to prevent bullying. The policy and the relevant appendices are shared with pupils each term to ensure that all children are familiar with the procedure and how they can access help. The Child-Friendly Anti-Bullying Policy is sent home once a year and can be found in the foyer. The Anti-Bullying Policy and relevant appendices can be found on the website and are widely shared.

This work helps us to prevent bullying by:

- Making sure that all children and adults mean the same thing when they talk about bullying;
- Making sure that all children know exactly what to do if they are being bullied, and feel confident that something will be done to stop it;
- Making sure that all children feel confident about telling an adult when they think that bullying is going on;
- Helping the child who is bullying to realise what they are doing is wrong and how to repair it;
- Helping children to understand how bullying feels for the person being bullied;
- Helping children enjoy, celebrate and respect the ways we are all different, as well as the ways in which we are similar, and to feel good about themselves.



Who can help?

- Any adult in school.
- Your child's class teacher.
- Mrs Williams, the headteacher.
- Mrs McGee, the Anti-Bullying Coordinator.

How can I help at home?

The most important things that you can do to help your child to understand, help prevent, and deal with bullying are to:

- Discuss with your child, what they have been learning about bullying;
- Encourage and support them to try out the skills they are learning in school;
- Be a good role model in the way you talk about others - so your child will learn that everybody deserves respect;
- Model empathy for others - talk about how other people might feel;
- Talk openly about what bullying is and how it feels;
- Make it safe for your child to share their worries about bullying with you and school staff, so they know they can rely on you and us to listen to them and support them;
- Talk to your child about the different types of bullying;
- Teach them how to use social media safely, and be a positive role model;
- Reinforce and support the school policy and procedures regarding anti-bullying within school.

Don't worry that your children are not listening to a word you say - worry that they are watching everything you do!



What should my child do if they are being bullied?

We need to help our children to feel safe to tell us if they know bullying is happening. Children can tell any member of staff in school, they can tell one of our Wellbeing Warriors or they can put a note in the concern box in their classroom. They can also speak to you and you can report it for them.

How do I know if my child is being bullied?

If you think your child may be being bullied, look out for:

- behavior changes
- not wanting to go to school
- unexplained marks
- stomach aches, headaches or non-specific illness.



Sometimes these ailments will be real, and sometimes they may be made-up, but whether the illness is real or not, the worry certainly is, so it needs to be taken seriously.

Help your child to talk to you. Use stories and experiences to open up discussions about bullying. With younger children, dolls, teddies or puppets are a good way to help them talk about their worries and feelings.

What should I do if I think my child is being bullied?

Your child may not tell you or us that he or she is being bullied. If you suspect it is happening, look out for the signs (see above).

- Try to control your own emotions first as seeing you upset or angry may frighten your child further.
- Praise your child for telling you and reassure them that they have done the right thing.
- Listen to your child, accept your child's feelings and encourage them to talk about their worries.
- Don't jump in with advice or try solve the problem for them. Listen to their ideas, unless they are likely to end up in serious danger or trouble.
- If you tell your child to fight back or say something 'clever' to the bullies they may well end up feeling twice as bad or get into trouble.
- Spend extra time helping them feel valued and important.

What should I do if I think my child is being bullied?

- Help your child to think about what they would like to happen, and ask how you can help.
- Tell your child that you have to inform your child's class teacher at this point and agree how you can do this in the best way so your child does not feel anxious about this happening.
- If you would rather contact us by telephone, the number is **0115 926 2983**. If you are not in school everyday, you may wish to contact us by email on head@goodshepherd.notts.sch.uk

What should my child do if they witness bullying?

Talk to your child about what they can do to support a child who is being bullied. They could befriend the child and be kind to them, include them in their games and they must tell an adult what is going on. Tell your child to be an upstander to bullying and not a bystander so that they 'stand up to bullying' and not 'stand by bullying'.

What should I do if my child is bullying others?

If you are told that your child is bullying others don't immediately dismiss the idea or rush into punishing them. Try not to call them a bully.

When you talk, stay calm and remind them that it is the behaviour you do not like, not them.

Listen to what they have to say. If they deny it, arrange to see the teacher so that you can all discuss it together. Calmly listen to what the teacher has to say.

Talk to your child about how the other person feels - they may not realise how much they are hurting, frightening or impacting the other person.

Help your child to develop positive friendships.

Why don't schools just get rid of bullies?

Parents are often surprised when schools don't automatically exclude children who are bullying others. As parents our first concern will always be for our own child's safety and happiness.

There are many reasons why schools don't automatically exclude bullies:

- Children who bully need to be given a chance to correct their behavior. Everybody deserves another chance - Jesus told us that we must always forgive others.
- The best thing to do is to deal with the problem and try to stop the child from bullying altogether, not move the problem to another school. If the behaviour does not improve following all necessary actions, the school have the right to suspend or exclude them .
- There are always ways of changing bullying behaviour. Helping the child to understand how the other child is feeling and the effect of bullying on them, teaching them to stand up to peer pressure from others, giving them support to manage the problems they are facing in their own lives - all of these things can change bullying behaviour for good.

Try to understand what we are doing at school and why. When children who are bullied are asked what they want to happen they very rarely mention punishing the other child or revenge, they almost always say: "I just want it to stop."

Further advice

More information can be found on the school's website. The following websites, links to which can be found on the Wellbeing and Mental Health blog on the website, also offer useful information for parents, about how to deal with bullying:

www.kidscape.org.uk

www.childline.org.uk

www.bullying.co.uk

www.anti-bullyingalliance.org.uk

www.nspcc.org.uk



Anti-bullying prayers



God of Love,
We pray for those who sometimes bully others
in school, online, or to and from school.
Give them the grace to understand the harm they are causing,
to themselves as much as to other people.
Give them the grace to break out of the cycle of bullying,
to see things from the point of view of those they hurt,
to have the courage to be reconciled
and to say sorry.

Amen

God of Peace,
We pray for those who have been bullied by others
in school, online, or to and from school.
Give them the grace to realise
that they are not alone
and to turn to friends, family and teachers.
Give them the grace to break out of the cycle of bullying
by telling someone they trust what is going on
and to speak honestly about how they feel
so those who bully will learn and grow.

Amen

God of Reconciliation,
Your Son revealed your nature to us,
He showed us that you are a gentle God
who wills the good of all human beings,
who wants to save us from sin.
Inspire us to follow the example of Jesus
and never lord it over others
or use our power to make anyone feel bad about themselves
but to treat others the way Jesus treated them,
with dignity and compassion

Amen