

What is Bullying?

Bullying is any behaviour which is deliberately intended to hurt, threaten or frighten another person. It is usually unprovoked, often repeated and may continue for a long period of time. Bullying behaviours are aggressive although they may not always seem so. Bullying is invariably persistent and it is usually difficult for those being bullied to defend themselves. An underlying feature is an abuse of power, and a desire to intimidate.

Bullying is not:

When someone doesn't want to play or wants to play a different game or when children fall out with a friend.

Types of Bullying

Physical

Repeated hitting, kicking, attacking or damaging belongings

Verbal

Repeated name calling, insulting, racist remarks, threats

Indirect Psychological

Repeated spreading of nasty rumours, excluding someone from groups, moving away as person approaches, leaving notes, failure to speak to acknowledge a person.

Cyber Bullying

Sending threatening messages or spreading rumours via text /emails/social media sites

Signs and Symptoms of Bullying

Bullying is usually a covert and even secretive activity. Reducing bullying therefore involves quick effective communication between members of staff and parents as part of a school culture, where talking about bullying and asserting one's right to feel safe are viewed as particularly important.

Sign & symptoms - useful indicators

- unexplained bruises, scratches, cuts, bite marks
- belongings repeatedly going missing
- refuses to say why she/he is unhappy
- distressed at the thought of going to school
- refuses to go to school
- reports aches and pains
- frightened of walking to school alone
- changes route to school
- starts taking longer to get home
- seems withdrawn / unhappy or in a world of his/her own
- cries at bedtime
- returns home with torn clothes or damaged school work
- returns home hungry (lunch stolen)

- loses interest in school work or finds it harder to concentrate
- refuses to go out to play or stops going to clubs in the evenings or at weekends

Responsibilities

It is the collective responsibility of staff, children and parents to prevent and respond to bullying and to respond to bullying behaviour.

Through our Home/School Agreement, we at Waverton Community Primary School expect and encourage parents/carers to endorse our Code of Conduct and to 'contract' themselves to our Behaviour Policy.

Strategies to Prevent Bullying

Our principal aim is to provide a safe, secure environment in school. Through the PSHE curriculum and Daily Act of Collective Worship, Class Circle Time and the use of Thinking Diaries, children can develop a heightened awareness of their own and others' feelings and needs. Children will be encouraged to develop practical strategies and solutions to bullying and social problems by:-

- Developing assertiveness strategies
- Encouraging them to always tell an adult
- Encouraging bystanders to seek help
- Increasing their understanding of the effects of bullying
- Challenging thinking and attitudes
- Establishing an anti bullying ethos, ACKNOWLEDGING KIND AND CONSIDERATE BEHAVIOUR
- Rewarding positive behaviour.

What happens if an allegation is made or bullying is suspected?

- A member of staff will make sure that the victim(s) is reassured and feels safe.
- Information will be gathered separately from all children involved and notes taken
- Staff will involve the children in identifying problems and suggesting possible solutions especially helping them to see that it is the behaviour that is not acceptable not the person
- Where possible a group meeting will be set up to help reconcile the pupils and they may be supported by a chosen friend
- Appropriate sanctions will be applied
- The necessary staff e.g. persons on duty, mid day assistants etc will be informed so that they may monitor the situation

In most instances this is enough to settle a matter in our school. Our children are often thoughtless rather than malicious and when they realise the distress they have caused this settles the matter. However:

If bullying should continue then:-

- Measures will be put in place to protect a victim further - e.g. separated at play times, kept apart when moving around school - going to assembly, in cloakrooms etc
- Parents will be informed and invited into school to discuss the problem
- An incident form will be completed and stored and this will be reported to the Governing Body and Local Authority at the required times

- If the matter persists then advice will be sought from other agencies such as Behaviour Support Workers, Family Support workers and Educational Psychologists and their recommendations applied in the school setting - this may be in the form of an Individual Behaviour Plan
- In extreme circumstances a child who has been bullying others may face a fixed term exclusion

Waverton School Anti-bullying Policy can be found on this link to the school website

http://www.waverton.cheshire.sch.uk/uploads/76/page/2160_page_file.pdf

Other useful links:

www.bullying.co.uk

www.antibullying.net

www.bullyingonline.org

www.stopbullying.gov

www.nspcc.org.uk/help-and-advice/worried-about-a-child/online-advice/bullying/bullying-a_wda87098.html

Waverton Community Primary School

**ANTI-BULLYING
STRATEGY
A PARENT'S / CARER'S
GUIDE**



Common Lane, Waverton,
Chester CH3 7QT

Tel. No. 01244 268985

Email:

admin@waverton.school.cheshire.co.uk