

How you can help

Children have an important role in encouraging their peers to be positive members of the school community. We can only be fully effective in dealing with incidents with your help.

- Be aware that there is an anti-bullying leaflet available in your classroom.
- Inform your class teacher of any incidents of bullying.
- Do not spread stories about incidents.

We must remember that as a school community, we help everyone to reconcile, repair relationships and put resolved incidents behind us.

Working Together to Deal with Bullying A leaflet for Children in KS1



"Learning to love, live and celebrate as we grow in the knowledge and love of Christ", underpins all that we do at St. Thomas More Catholic Primary School & Nursery.

Aims of this leaflet.

As a school community we have a shared responsibility for the well-being of each other. We take this responsibility very seriously and wish to work together with you to make sure that our school is a happy place for everyone. This leaflet is to help make sure that we have a shared understanding of what bullying is, of the methods used by the school to respond to incidents of bullying and of everyone's responsibility to care for one another.

Our approach

We respect the values of a Catholic community and preparing children for life in a society where everyone is included. These include accepting and valuing that everyone is different, helping difficult people, forgiving others and making sure we have acceptable standards of behaviour. We seek to create a community that encourages and reinforces good behaviour.

What is bullying?

The following 3 points help us to explain bullying behaviour:

Bullying is intentionally hurtful, physically, emotionally or mentally;

It is a repeated experience, rather than a 'one off' incident;

It is when it is difficult to reject or deal with the hurtful behaviour.

Examples of bullying may include:

- Verbal - mimicking, put-downs, humiliation, hurtful remarks, name-calling, racist remarks
 - Physical - hitting, pushing, hurting, disrupting work or play
 - Indirect - spreading rumours, exclusion, getting others to be unkind
- Psychological - intimidation, threats, looks to make someone fearful

The School's role

The school will:

- Create an environment where everyone feel safe to talk about bullying.
- Listen and respond.
- Teach everyone to understand what bullying is, to care for others, to be strong. This includes key Christian messages such as respect and forgiveness.
- Act to eliminate bad behaviour through education and sanctions and ensure that bullying behaviour stops.
- Act to resolve incidents, to rebuild relationships and restore a safe environment for all.
- Make staff aware of unacceptable behaviour so they can provide appropriate support.
- Be aware of the importance of informing parents of any incidents involving their child(ren) so they can help their child(ren) and assist in achieving a resolution.
- Record all incidents of bullying.
- Provide follow up support individuals as appropriate.