

Preventing bullying at Banks Road

How is my child taught about bullying?

Banks Road teaches bullying through direct teaching and through the SEAL (Social & Emotional Aspects of Learning) curriculum, which includes 'Say No to Bullying'. See our school website for more information on our curriculum.

How will my child know what to do if they are being bullied?

Banks Road has systems in place which ensure children who are hurt or upset are able to voice their concerns. These include:

- Raising awareness through the SEAL curriculum
- Nurture groups
- Playtime boxes which enable private time with the teacher
- Playtime buddies (year 2 children)
- Class midday supervisor at lunchtimes (MSA)

What can my child do if they see someone being bullied?

Children can be highly influenced by their peers. The bystander has an important and significant role in bullying. When peers intervene, bullying will stop in less than 10 seconds nearly 60% of the time! At Banks Road children are taught how to be a 'good Samaritan' and have the confidence to intervene when they feel another child is being bullied.

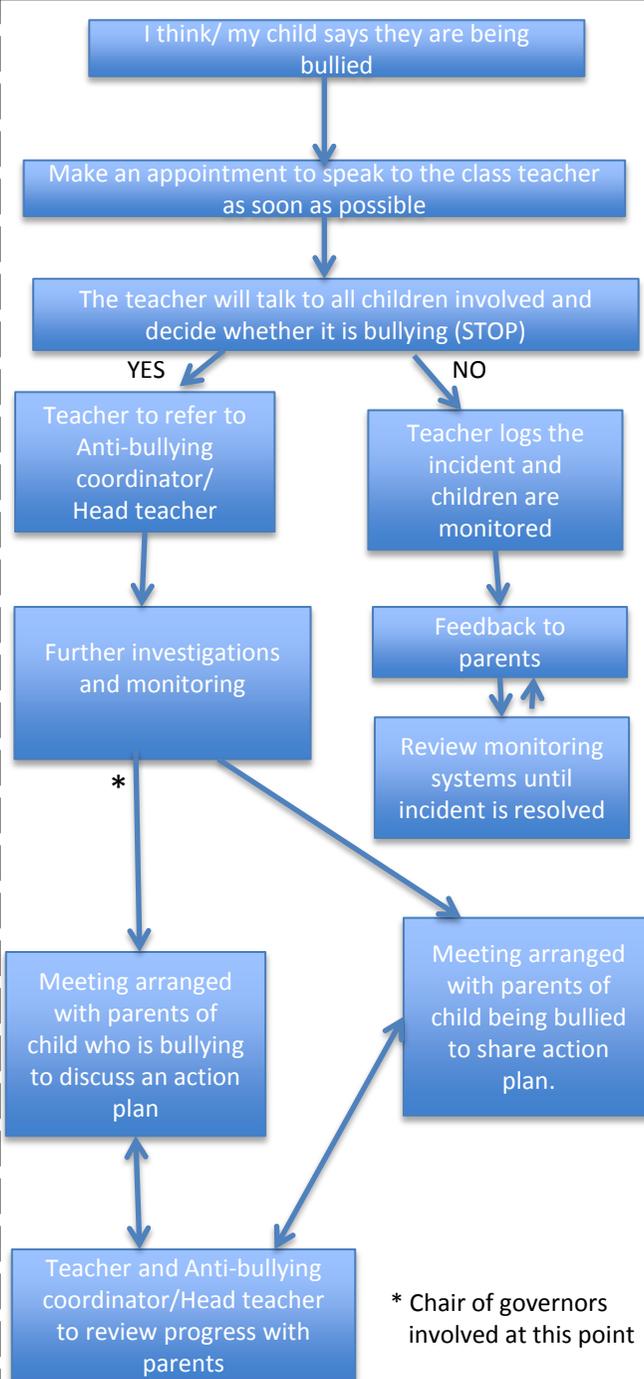
For further information on bullying see the following policies on the Banks Road website Behaviour policy, Anti-bullying policy, child protection and safeguarding policy

www.banksroadschool.co.uk

Useful websites: www.gov.uk/bullying-at-school

www.bbc.co.uk/schools/parents/bullying

www.nhs.uk/livewell/bullying



* Chair of governors involved at this point



Anti-Bullying Information for parents



This leaflet was developed in consultation with parents.

The Definition of Bullying

Bullying occurs where there is a deliberate intention to hurt or humiliate someone. There is a power imbalance and it is usually persistent.

Several Times On Purpose

Bullying can be...

Physical – hitting, kicking, pushing, taking or hiding things.



Verbal – Name calling, teasing, insulting, threats, gossiping.



Emotional – looks, leaving out of groups, ignoring.



Possible signs of bullying (behaviour signals)

- Your child may be scared or upset at the thought of going to school, they may complain of feeling ill in the morning.
- They may come home from school with unexplained bruises or scratches etc.
- Their behaviour might change in different ways i.e. they may become more withdrawn, lack confidence and refuse to say why or they may be aggressive, unreasonable and bully other siblings.

What can you do as a parent if your child shows any of these signs

Ask – What did you do at school today? Who did you play with? Is there anyone at school you don't like? Why? Are you looking forward to school tomorrow?

Listen – Make the time to listen carefully to everything your child is telling you i.e. turn off the TV and give them your full attention. Use toys, puppets or pets to encourage your child to talk. Use faces showing pictures of feelings. Draw pictures with them or get them to draw some of the key parts of their day.

Reassure – Tell your child that you will help them to make the bullying stop by talking to the school.

Discuss a plan with them – Talk about what your child can do straight away, encourage them to tell if anything happens that upsets them. When a plan is made with the school discuss this with your child at home.

Next steps to take

1. Talk to your child and start keeping a record or diary.
2. Contact the school office to make an appointment to see your child's class teacher. Our contact details are **01159179881**.
3. If you are not satisfied make an appointment with the Head teacher/Anti-bullying coordinator.

What to do if your child is the bully

Bullies pick on others as a way of making life better for themselves. They often use bullying as a way of achieving popularity and friends.

If your child has been bullying:

- Stay calm and don't get angry with them – they may be going through a difficult time themselves.
- Talk to them about why they are bullying and what they think they could do to stop
- Reassure them that it is the behaviour you don't like not them!
- Work out a way for your child to make amends for the bullying.
- Work with the school to support you in helping to change your child's behaviour.
- Remember to give positive feedback for the good behaviour.