



Frodsham Church of England Primary School

School Lane, Frodsham, Cheshire. WA6 6AF • Tel 01244 981180

School and Home Working Together - Anti Bullying

WHAT TO DO IF YOU FEEL YOUR CHILD IS BEING BULLIED.

- You may notice your child often seems unhappy to go to school, is regularly ill or unwilling to take part in activities with other children.
- Take time to talk to your child if you suspect that they may be being bullied.
- Encourage your child to talk and listen carefully, to find out as many facts as possible.
- If you have any concerns, however small they may seem, talk to the class teacher.
- If needed, it may be decided to keep a home-school diary, to collect more details, in order to resolve the problem.

WHAT SHOULD YOUR CHILD DO IF THEY ARE BEING BULLIED?

- Don't blame themselves.
- Tell a parent, teacher, friend or peer pal, what is happening.
- Ignore the bully or say 'NO' really firmly, then turn and walk away: It's hard for a bully to go on bullying someone who won't stand still to listen.
- Don't show that you are upset or angry: bullies love to get a reaction- it's 'fun'. Keep calm and hide your emotions; the bully might get bored and leave you alone.
- Don't fight back: you could make the situation worse, get hurt and get into trouble.
- Keep a diary of what happens: write down details of incidents- what happened, how often, who did it, where and whether anyone else saw it and your feelings.
- Try to avoid being alone in the places where you know the bully is likely to be.
- Walk tall and be confident: bullies think shy, quiet people make easy targets.
- Be positive about yourself: make a list of all the good things you can think about yourself.



If you feel you need to read more about the issue of bullying, a useful website to support parents who feel their child is being bullied in school is www.kidscape.org.uk

As a church school, the foundations for our behaviour and anti bullying policy are the Christian values of love, forgiveness and reconciliation. In our behaviour we try to be more like Jesus Christ.

As God's family we love, learn and play together.

Any form of bullying is treated very seriously at Frodsham CE Primary School.

We are committed to providing a caring, friendly and safe environment for all of our children. If bullying does occur we encourage all children to tell us about the incident so that it can be dealt with promptly and effectively. All children are encouraged to talk to staff if they suspect bullying is taking place in our school environment.

WHAT IS BULLYING?

Bullying is when people are deliberately mean to someone or hurt them over a period of time.

Bullying can be-

- Physical: pushing, kicking, hitting, pinching and any other form of violence or threats
- Verbal: name-calling, sarcasm, spreading rumours, persistent teasing, taunting, jokes
- Emotional: excluding, ignoring, tormenting (hiding, stealing, damaging belongings, threatening gestures), ridicule, humiliation
- Cyber: the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature.

Bullying is characterised by repeated incidents, where specific children are targeted.

WHO OR WHAT IS A BULLY?

A bully is someone who likes to feel powerful. Their victim may be someone who is different. Bullies have worked out what buttons to push to make their victim upset.



WHAT DOES SCHOOL DO IF MY CHILD IS BEING BULLIED?

- If bullying is suspected or reported, the incident will be investigated and dealt with immediately by the class teacher.
- The victim will be listened to and a written record will be made in the class behaviour file.
- Parents of the bully and the victim will be informed verbally of significant incidents.
- All staff are made aware of bullying incidents so children can be monitored closely.
- If bullying is on going, strategies will be put in place to support both the victim and the bully and parents will be kept informed.
- Any sanctions will be determined by the Headteacher.

Any incidents, which occur in school, will be dealt with by the school and parents are asked not to approach other parents or children.

The school's anti-bullying policy includes strategies to use to deal with bullying,.

We promote anti bullying through:

- Collective worship and assembly themes
- Circle times and PSHE lessons within class
- Social skills groups
- Use of drama and role play
- Celebrating national anti-bullying week
- Developing self confidence and self esteem
- Peer Pals
- Friendship bench
- Teaching Assistant support
- Family Support Worker support

The aim is to raise the self esteem of all children so they feel confident about themselves. It is important that all children have someone they can talk to, if worried or unhappy.