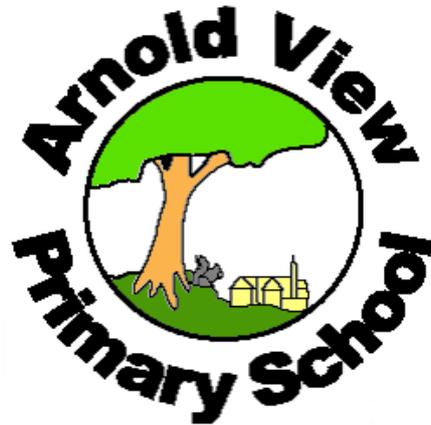


Arnold View Primary School



Bullying advice for Parents



At Arnold View Primary School we aim to provide a safe, caring and friend environment for all of our pupils to allow them to learn effectively and help them maximise their potential. We take bullying very seriously and have clear procedures to investigate all reported incidents.

This booklet aims to equip parents with the knowledge and understanding of what bullying is and what to do if your child is being bullied. It will also outline our role as a school and our procedures for reporting and investigating incidents.



What is bullying?

Behaviour by an individual or group usually repeated over time, that intentionally hurts another individual or group either physically or emotionally.



What does bullying look like?

Bullying can include:

- + Name calling including using inappropriate language
- + Taunting
- + Mocking
- + Making offensive comments
- + Physical assault
- + Taking or damaging belongings deliberately
- + Cyber bullying- inappropriate text messaging and e mailing; sending offensive or degrading images by phone or via the internet
- + Producing offensive graffiti
- + Gossiping and spreading hurtful and untruthful rumours
- + Deliberately excluding people from groups

Although bullying can occur between individuals it can often take place in the presence (virtually or physically) of others who become the bystanders or accessories.

How does bullying differ from banter?

- ✚ There is a deliberate intention to hurt or humiliate
- ✚ It is persistent

Several Times On Purpose

Who is involved in bullying incident?

Bullying can occur between individuals or with others who become the bystanders.

The Victim - Bullies need a victim, they will find something about the victim to focus on but this is just an excuse to justify their behaviour. All children can be at risk from bullying.

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.

The Bystander - The Bystander is the person who witnesses bullying happening.



Effects of bullying

Persistent school bullying can result in;

- # Low self esteem
- # Shyness
- # Depression
- # Poor academic achievement
- # General change in character or behaviour



What to do if you think your child is being bullied

1. Watch for the signs.

The following signs or behaviours may indicate that your child is being bullied.

If your child:

- # Is frightened of walking to and from school
- # Is unwilling to go into school/classroom
- # Is not maintaining their usual standard of school work
- # Comes home regularly with clothes or books destroyed
- # Comes home with unexplained bruises, scratches etc...
- # Becomes withdrawn, distressed or stops eating
- # Cries him/herself to sleep or starts bed wetting
- # Has nightmares

2. Ask, listen, reassure. Encourage your child to talk to you about school and any problems they may have.
3. Talk to the class teacher or head teacher. Bullying is not a necessary part of growing up.
4. Boost your child's morale. Help him or her to realise that it is not them, but the bully that should feel ashamed.



Reporting and responding to bullying

We have clear systems to report bullying for the whole school community, (including staff, parents/carers, children and young people) this includes those who are the victims of bullying or have witnessed bullying behaviour (bystanders).

When an incident of bullying is reported we discuss the circumstances with all parties. Parents are informed if they do not know and a range of solutions such as mediation, circle of friends or peer support are developed according to the needs of the children involved.

- ✚ A bullying form is completed and a record kept by the anti-bullying coordinator.

- ✚ All incidents are followed up. Parents of both parties will be invited for discussions on the progress of the matter and any additional solutions or actions will be agreed.
- ✚ A report is presented by the head teacher to the school governors each term.

What we do at school to discourage bullying

At Arnold View, bullying is an open subject. It is discussed at assemblies and in classrooms and the children are encouraged to talk about any problems. Children are told that hurting people, whether physically or emotionally, is wrong. Emphasis is placed on kindness to counteract bullying behaviour.

We aim to work on developing positive attitudes in all children, and building respect for individual differences. We hold an annual Anti Bullying Week in November where pupils are taught what bullying is, what to do if they are being bullied, how to be a good friend etc... This is followed up throughout the year in SEAL.

Children are taught weekly SEAL sessions where the themes change on a half termly basis.

Autumn Term First Half: New Beginnings

Autumn Term Second Half: Getting On and Falling Out and Say No to Bullying

Spring Term First Half: Going for Goals

Spring Term Second Half: Good to be Me

Summer Term First Half: Relationships

Summer Term Second Half: Changes

Young Leaders

Year 6 children organise activities and games for children to play at playtimes with both Key Stage 1 and Key Stage 2 children.

Openness and honesty about fears and feelings are encouraged so that opportunities arise for identifying bullying, for example through writing stories, games and discussions.

The Arnold View Anti -Bullying Policy

The Anti-Bullying Policy sets out how the school deals with bullying in more detail. If you would like to read more about our policy, you can find it on the parents pages on our website www.arnoldview.notts.sch.uk under 'School Policies' or ask in the office for a copy.

Arnold View's Anti Bullying Coordinator is Mrs Amber Hutchinson
Anti Bullying Governor: Amanda Belcher

What to do if your child is the bully

- ✚ Stay calm and don't get angry, your child might be going through a difficult time causing them to act out aggressive feelings
- ✚ Talk to them about why they bully and what they think they might 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 or other setting to support you in helping to change your child's behaviour and keep in touch with progress
- ✚ Give lots of positive feedback for good behaviour and opportunities to shine

Bullying affects everyone

The bystanders who witness the bullying have an important role in stopping the behavior. People who bully are often trying to impress others by looking tough or funny. We encourage our pupils to tell an adult if they see someone being bullied, and not to just stand by as this supports the bully.

Contacting us at Arnold View Primary School

If you have a concern, please speak to your child's class teacher in the first instance or contact the school office to arrange an appointment with Mrs Bryant or Mrs Hutchinson.

Head Teacher - Mrs Denise Bryant
Telephone Number - 0115 956 0967
Email - office@arnoldview.notts.sch.uk