



St Anthony's Catholic Primary School And Nursery

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Information for Families at St. Anthony's School about Anti- Bullying

Please discuss this leaflet as a family.



Bullying is not about having a row or disagreement with a classmate or calling a person a name in the heat of the moment. Your friend or classmate may not want to play with you one day, this is not bullying - you need to build up some resilience and play with someone else. Playing boisterous games is ok as long as everyone is safe and agrees. It is not bullying if they do not want to stop playing or do not want to play your game.

We should always try and be careful about the words we use when we are talking to each other. Think about how you feel when someone at home says something nice or if your teacher tells you that you have worked really hard. Words can make a person feel great, proud and happy. Words can also be hurtful. You attend a Catholic School with Catholic values and beliefs of acceptance, respect and tolerance.

TELL A TEACHER, PARENT, FRIEND

Bullying is hard to explain but it is when some-one repeatedly hurts you or your feelings on purpose - or when someone is deliberately mean to you because they think you are weaker in some way than them. It can include gossip, intimidation and threats.

DO NOT BE A VICTIM

Isolated incidents or falling out is not bullying. Bullying is about a person deliberately selecting a person and thinking they can hurt them. Verbally threaten them or leave them out on purpose or make others afraid to include them. Bullies try and make people think that they are better than everybody else but they are usually cowards that only pick on people they think they can have power over. They try hard to keep their behaviour secret because they know it is wrong.

TELL A TEACHER, PARENT, FRIEND

Cyber bullying is about sending text messages or e-mail that is unwanted, unkind or threatening. Please remember all the ways that you can keep yourself safe and never give out private information unless your parents or guardians know and agree. Social network sites have a legal age to join so discuss this with a parent or guardian. There is an age limit because access to these sites is not appropriate for children of your age. Cyber Bullying can involve the police. Parents have a responsibility to ensure they know what sites their children are using. Talk to your children regularly about keeping themselves safe on the internet at home.

Remember what you have been taught in school when you use the internet at school and at home.

At St Anthony's school we have a policy about bullying so all the teachers, children, visitors and guests know how they are expected to treat each other. It is part of the adult's job in school to help keep you safe and well. We have displays up in all of the classrooms about how we should behave. We also have circle time in class, assemblies and R.E. lessons. Mr Flaherty also talks to you and the teachers and staff so that everyone is clear about what bullying is, and how it should be dealt with.





There are lots of people you can talk to in school. Even if the bully tells you that telling will make it worse, they are lying so that they do not get into trouble.

Bullies only pick on children because they hope no-one else will find out. If you can try and tell an adult as soon as you are worried because it might be hard for you to remember what happened or who was involved. It also helps school keep good records of incidents so that we can do something to help make it stop.

All of the people at school take bullying very seriously and will always listen to what you have to say about bullying.

Children that do not behave in an acceptable way and hurt and bully must be stopped and school has a lot of ways to make the bully stop.

At school we are very good at making sure you are safe and well.

Sometimes children are worried about talking to some-one about bullying.

Adults at school know this and have ways of investigating your worries without letting the bully know that you have shared your worries with an adult at school.

If you really sure that you cannot talk to some-one yourself then ask a friend you trust to come with you or ask that friend to tell instead of you. It is better if you tell an adult because although a friend might feel sorry for you it is an adult that can help make it stop.

When you have shared your worries with an adult at school, we can watch the situation carefully and write down what has happened, when and who was involved so that we make sure we know all the facts. This is called a Concern Log.

There are lots of reasons why people bully, usually because they are unhappy about their own life and want power over others to make them feel better about themselves. School need to help those people too and you should talk to someone at home or at school if you think you are a bully.

Remember that you should only be watching films that have a U rating and playing computer and internet games that are suitable for your age.



Parents

Please ensure that your child does not have access to television, films, games and the internet via an older brother or sister that is unsuitable or not age appropriate. Children can become desensitized to violence, hear foul language and hear sexist and racist or radical comments which they may bring into school. Children do not always realise that views expressed by adults at home are not always appropriate in school. If school have concerns around extreme views of parents and carers we will seek advice from other agencies.

If your child shares a concern at home please ask them if they have spoken to a member of staff at school. If they have not try to encourage them to tell an adult themselves if they can as we are trying to make sure your child has the skills to deal with some situations themselves so they build a range of skills so they grow into decent, confident, independent young people with the knowledge and skills to disagree respectfully, listen with an open mind and be self-motivated to aspire and achieve by hard work and determination. Your child's attitude to themselves and others is fundamental to their success.

If you do not think this is possible then please contact school and share your concerns.

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