

## **EASTFIELD PRIMARY SCHOOL POLICY ON BULLYING**

It is our aim to ensure that all pupils have a positive experience of school life and in so doing to try and eradicate all "bullying" activities.

In doing this we aim to follow L.A. guidelines.

We recognise that bullying takes place in a variety of ways and is abhorrent behaviour which can, in the long term, cause extreme distress and life long psychological damage, and the for purpose of recognising signs of bullying we accept the operational definition of bullying as

**"A pattern of behaviour that arises from groups or individuals victimisation with the intention of causing physical or psychological distress to others to extort something from them".**

### **SIGNS OF BULLYING**

Bullying is often referred to as "the silent nightmare" because many children are too ashamed to admit that they are being bullied. On top of this bullying is a secretive activity - bullies do not take the risk of being spotted by anyone capable of stopping them.

There are signs of distress that almost shouts out "I'm being bullied"

#### **Warning signs which may be noted at school or at home**

- not wanting to go to school
- avoiding particular lessons or days
- taking long or different routes to and from school
- very late for school, hanging back or returning late from school
- avoiding friends and other children
- having "mystery illnesses" - non-specific pains, tummy upset, headaches
- having unexplained cuts and bruises
- torn and damaged clothing and belonging
- "mislaid" books, equipment and belongings
- asking for extra pocket money or sweets without giving clear reasons
- under achievement
- personality changes - irritable, withdrawn, tired, poor sleeping, weepiness, crying outburst, loss of appetite, forgetfulness, distractibility
- temper outbursts, abusive language, impulsive hitting out

- lack of confidence, making excuses for not going out to play or meeting other children
- nightmares
- bed wetting
- Uncharacteristic behaviour

## **STRATEGIES TO COMBAT BULLYING**

### **Raising awareness through the curriculum**

It will be important to address the issue of bullying in a planned way through the cross curricular themes of **PSHCE** through activities such as discussion, questionnaires, role play and drama. See PSHCE. scheme to address issue of bullying as this is a key aspect.

### **Supervision of key areas of the schools and vigilance at key times**

#### **We have identified these areas and personnel responsible**

<b>Area</b>	<b>P.R.</b>
Toilets	Class teachers, TAs and midday supervisors
Changing rooms	Class teachers and TAs
Secluded areas of the playground	Duty teacher, TAs & midday supervisors
Cloakrooms	Class teachers and TAs

#### **We have identified these key times and personnel responsible**

lining up	class teacher, TAs and midday supervisors
assemblies	teacher leading assembly, TAs and class teacher
at dining tables	mid day supervisors

### **Immediate responses to Bullying**

- Inform all sets of parents
- remain calm, you are in charge. Reacting emotionally may add to the bully's fun and give the bully control of the situation
- take the incident or report seriously
- take action as quickly as possible

- think hard about whether your action needs to be private or public; who are the pupils involved?
- reassure the victim(s), don't make them feel inadequate or foolish
- offer concrete help, advice and support to the victim(s)
- make it plain to the bully that you disapprove
- encourage the bully to see the victim's point of view
- punish the bully if you have to but be very careful how you do this. Reacting aggressively or punitively gives the message that it's all right to bully if you have the power
- explain clearly the punishment and why it is being given

### **Further Action**

- inform phase leaders and/or deputy / head
- inform colleagues so that everyone is aware of situation
- inform both sets of parents
- log incidents and note action/sanctions taken

Also see Behaviour Policy and P.S.HC.E. Policy and Scheme of Work

**Reviewed Sep 09**