

Our Mission Statement

At New Cumnock Primary we believe that bullying is wrong, we believe in Zero Tolerance! We work together to make our school a happy and safe place to work and play. Everyone here deserves to be treated with respect and care. We are helpful to each other and report what we see. We are a caring, 'telling' school.

Definition

Bullying is when someone is unkind or mean to you with words or actions. Bullying makes you sad, isolated and down.

Types of Bullying

Emotional	<u>Mental</u> – when you are put under pressure to do or say something that you don't want to do. <u>Material</u> – when things are stolen or hidden from you, or your things are broken deliberately. <u>Social</u> – when people don't speak to you or deliberately leave you out.
Physical	Pushing, pulling you down, nipping/pinching, biting, grabbing, head butting, grabbing/twisting fingers, shaking you, jaggging their nails into you, choking you, poking, pulling hair, hitting you, kicking, or punching.
Verbal	Name calling, swearing at you, sarcasm, spreading rumours, teasing, making things up about you, making comments about you that aren't nice.
Cyber	When the internet, BBM or mobile phone is used.
Prejudiced Based	When comments are made because a part of your life is different to theirs, such as religion, looks, race, where you come from or being disabled.

If you know about bullying you MUST do one of these things.

- Tell an adult straight away.
- Put a message Mrs Smith's Bully Box
- Put a message in the quick note Box in your classroom
- Put a message on your bubble.
- Tell an adult at home.

WE ARE A 'TELLING' SCHOOL!

If you feel you have been bullied you MUST do one of these things.

- Tell an adult straight away.
- Put a message Mrs Smith's Bully Box
- Put a message in the quick note Box in your classroom.
- Put a message on your bubble.
- Tell an adult at home.
- Tell a friend

WE ARE A 'TELLING' SCHOOL!

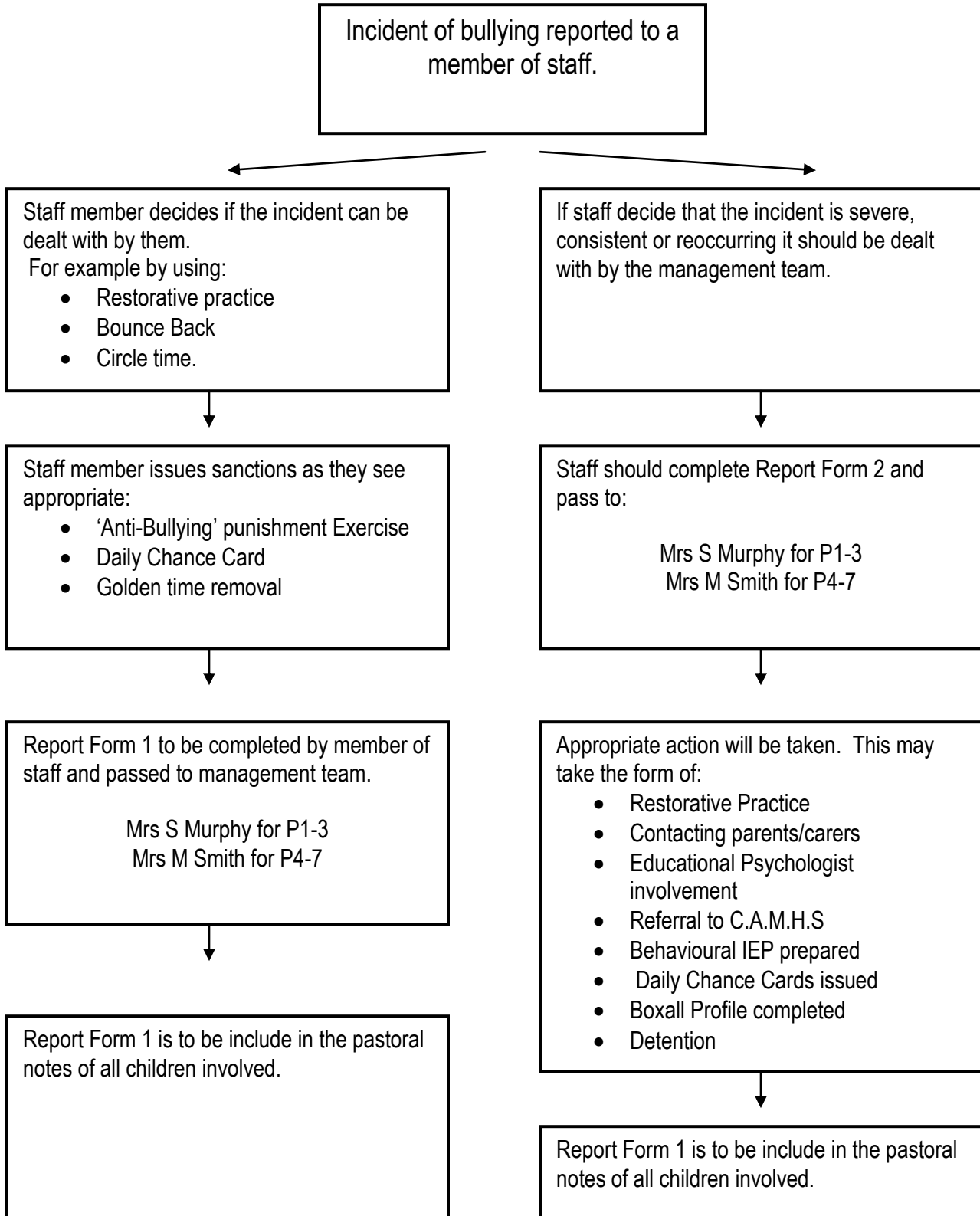
Role of Parents

- Be aware of changes in your child's behaviour.
- If you feel your child is a victim of bullying behaviour report it immediately to a member of the management team.
- Reassure your child that it is not their fault.
- Reinforce the school policy concerning bullying and make sure your child is not afraid to ask for help and support from the school community.
- Advise your child not to retaliate either physically or verbally.
- Co-operate with the school as they investigate the case.

How we will support someone who has been bullied

- Listen supportively to them.
- Give them time.
- Rebuild Self Esteem.

What staff will do



Sanctions Include

- Punishment Exercises
- Loss of Golden Time
- Detention
- Interview with parents – with the possibility of home sanctions

How we will support someone who has shown bullying behaviour

- Discuss what happened and the reasons behind it.
- Establish with the pupil why the action is wrong.
- Work on their self esteem

Ways Our School Educates Us About Bullying/Helps us deal with Bullying

- Zero Tolerance
- Listening, approachable and supportive Members of Staff.
- Bounce Back lessons and strategies displayed
- Circle Time activities
- PSHE Programmes linked to the Curriculum for Excellence
- Mrs Smith's Bully Box
- Quick Note Boxes and Bubble Time boards in classrooms
- Anti-bullying Posters
- Regular talks at Get2Gethers
- Peer Support