

How Our Lady of the Missions Can Help!

In our school we have an 'open door' policy where you are able to discuss any concerns with class teachers or any of the management team.

We are a 'Rights Respecting School' where there is a 'Zero Tolerance' approach to bullying behaviour.
Further details can be found in the full
'Anti Bullying Policy'

Useful Websites

www.respectme.org.uk/bullying

<http://www.beatbullying.org/>

www.ceop.police.uk

<http://cyberbullying.org>

www.getsafeonline.org

Our Lady of the Missions Primary School



Preventing Bullying Behaviour



Information for Parents

Why We Say 'NO!' To Bullying Behaviour

Bullying behaviour is not tolerated in Our Lady of the Missions

"Every child and young person in Scotland will grow up free from bullying and will develop respectful, responsible and confident relationships with other children, young people and adults. Children and young people and their parents or carers, will have the skills and resilience to prevent or respond to bullying. All children will respect, help and know who can help them; while those adults working with them will follow a consistent and effective approach in dealing with and preventing bullying from early years onwards."

(Scottish Government 2010)

By identifying different types of bullying behaviour, staff are able to create a safe and secure learning environment for all pupils. Staff adopt a preventative approach by implementing our positive behaviour strategies. Further details can be found in the full 'Promoting Positive Behaviour Policy'

Physical – the use or threatened use of violence towards a member of the school community

**Psychological/
Mental** – isolating a member of the school community by turning others against that person

What is Bullying Behaviour?



Verbal – name calling or taunting of a member of the school community

Online – sending texts or emails or abusive comments on social networking sites. This is taken very seriously and there are laws to deal with it.

What to look out for....

These are possible signs that a child may be experiencing bullying behaviour:

- Change in usual routine
- Change in attitude
- An unexplained illness
- Not wanting to go to school/go on school bus
- Not sleeping well (possible bed wetting)
- Beginning to fall behind academically
- Being afraid to use internet/mobile phone

There may be a simple explanation or they might need our support.

How bullying behaviour is dealt with:

- All incidents are fully investigated
- Support is given to the person receiving bullying behaviour
- Strategies are implemented to try to change the behaviour of the person displaying the bullying behaviour

Ways of tackling bullying behaviour in school are:

- **Peer mediation** – this is delivered by senior pupils who are trained to mediate any less serious playground disagreements
- **Bounce Back** Resilience Programme
- **Circle time** in individual classes throughout the year – an opportunity to raise a concern without naming names, to discuss how to deal with the problem and to promote positive behaviour
- **Health & Wellbeing lessons** across the stages
- Focus on the **Classroom Charter, Playground and Lunch Charters** at Stage & whole school **assemblies**
- **PSA & SMT supervision** in the playground