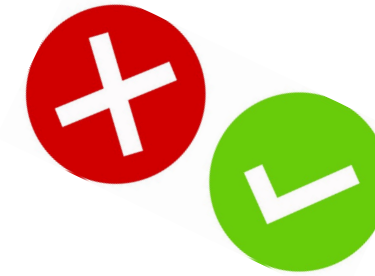


This term's focus:

Bullying



What Is Bullying?

Bullying is unacceptable behaviour used by an individual or group, **repeated over a sustained period of time**, that **deliberately hurts** another individual or group either physically or emotionally and where there is an **imbalance of power** of one person or persons over another.

Bullying involves dominance of one person by another, or a group of others.

In other words, **bullying at Sheringham Community Primary School is considered to be, "unacceptable behaviour which occurs 'lots of times, on purpose'."**

Bullying can be short term or continuous over long periods of time.

What bullying is not:

It is important to understand that **bullying is not the odd occasion of falling out with friends, name calling, arguments or when the occasional trick or joke is played on someone.**

It is bullying if it is done several times on purpose.

Children sometimes fall out or say things because they are upset.

When occasional problems of this kind arise it is not classed as bullying.

It is an important part of children's development to learn how to deal with friendship breakdowns, the odd name calling or childish prank.

We all have to learn how to deal with these situations and develop social skills to repair relationships.





As a school community, we take the safety and well being of all children and adults in our care very seriously and endeavour to make both staff and children aware of how to keep themselves safe, what to do if they are concerned about their own or another person's safety and the importance of sharing concerns quickly and with whom, following agreed school procedures.

As a school we take bullying and its impact seriously.

Children and their parents should be assured that known incidents of bullying will be responded to.

Bullying in any form will not be tolerated. The school will seek ways to counter the effects of bullying that may occur within school or in the local community. The ethos of our school fosters high expectations of outstanding behaviour and we will consistently challenge any behaviour that falls below this.

As a school we aim to make our understanding of what bullying is and the ways in which we tackle bullying explicitly clear so as to ensure a uniform approach and strong partnership between school and home in order to protect and support our children, ensuring their time with us is happy, safe and supported.

Scenarios: Rude, Mean or Bullying?

Whenever Noah plays with a ball on the playground, the same older boys takes away from him and pushed him over. It has happened several times over the last few months.

Bullying

Last week, Amera called Thabiso stupid because he didn't do well on a spelling test.

Mean

Someone knocked into Lindi on the playground and didn't say sorry.

Rude

Emily spent a long time on her artwork, but then John scribbled all over and ruined it.

Mean

There have been several times over the last three weeks where Amelia's friend, Joe, has upset her. It started after her birthday party, when he kept sticking his tongue out to her in class. Last week, Joe deliberately pushed her over and yesterday he hid her drinks bottle and was laughing at her while she was looking for it.

Bullying

One of the boys walked past Zinhle and burped right in her face.

Rude

How do we prevent bullying?

At Sheringham Community Primary School we use a variety of methods to support children in preventing and understanding the consequences of bullying through: assemblies, RSHE / PSHE lessons, the CARES Curriculum, Police and NSPCC talks, and e-Safety lessons.

Children are also consulted through in-school pupil questionnaires, Child's Voice feedback sessions, the results of any thoughts shared are promptly responded to children via the School Council.

All staff and volunteers receive e-Safety and Prevent training as part of their annual Safeguarding training and are clear in what steps they should take if they have any concerns regarding a child or adult.

The ethos and working philosophy of Sheringham Community Primary School means that all staff actively encourage children to have respect for each other and for other people's property.

Kind/polite behaviour is regularly acknowledged and rewarded.

Emotional well-being is one of the key strands in our CARES curriculum alongside resilience.

Staff will regularly discuss bullying, this will inform children that we are serious about dealing with bullying and lead to open conversations and increased confidence in children to report any incidents and concerns about other children's behaviour.

Staff will reinforce expectations of behaviour as a regular theme in line with the CARES curriculum, and promotion of positive learning behaviours.

Staff will follow the equality policy, supporting every child in our school.

We celebrate difference and diversity and our children are extremely mature in their understanding and empathy towards those who they perceive as different from themselves.

Staff must be vigilant regarding groups of friends together.

Friendship groups may bring about an imbalance of power and must be led towards welcoming others to join them and not excluding others from their group.

Staff must reinforce a general message that children do not have to be friends with everyone else, but they must be respectful of everyone else's feelings and be kind to each other.

Staff training in safeguarding, prevent, e-safety and PSHE will be used to raise the issue of bullying and its effects and ensure that it is always on the school agenda and given importance and that strategies and procedures are clear and consistent.

Children are involved in the prevention of bullying as and when appropriate, e.g. writing a set of class rules, discussing themes which involve inappropriate behaviour or unkind words through the CARE elements of the curriculum.



Our Curriculum & Bullying:

Via, our PSHE curriculum, children will learn about bullying when they cover the 'My Beliefs' unit. This is an example of the objectives covered in Year 5:

My Beliefs

Know the terms associated with gender identity and sexual orientation

Know that using these terms to bully someone is unacceptable

Know ways to respond to identity bullying

*Know that there are a range of factors that contribute to a person's identity (e.g. ethnicity, family, faith, culture, gender, hobbies, likes/dislikes)

*Know how individuality and personal qualities make up someone's identity (including that gender identity is part of personal identity and for some people does not correspond with their biological sex)

Bullying is also a central theme in our learning about 'Emotional Wellbeing'. This is a Year 4 example:

Knowledge:

- **Know** some factors that affect emotional health and well-being e.g. exercise and dealing with emotions
- **Know** what bullying is and what it is not
- **Knows** which adults in school can help them with their worries

Children are also taught about cyberbullying and how to keep safe online in their e-Safety lessons.

Tricky Friends

Sometimes we fall out with friends. Sometimes this happens quite a lot and could be misinterpreted as bullying.

The Norfolk Safeguarding Partnership have produced a video about tricky friends. It is available to watch here:

<https://www.norfolkscb.org/children-young-people/tricky-friends/>



For any of your safeguarding concerns:

If you ever have a concern about a child or adult please speak to any member of staff who will support you, alternatively you can speak with our Designated Safeguarding Lead, Mr Amies.

We have updated the safeguarding page on our website. There are some helpful links to organisations that might be able to provide support for you, should you require, with such things as bereavement, benefits, debt, legal issues and more.

For more information, visit the safeguarding section of our website:

<https://www.sheringhamprimary.norfolk.sch.uk/our-school/safeguarding/>

We are able to offer support with many family issues, so please do contact Mr Amies, at the school, if you would like to discuss anything that we might be able to help with.

We also have trained Domestic Violence Champions for Change in school.

If anyone would like advice or information on this very sensitive area please contact Mrs Carter or Mr Amies.

Useful Links:

[Our Safeguarding Policy](#)

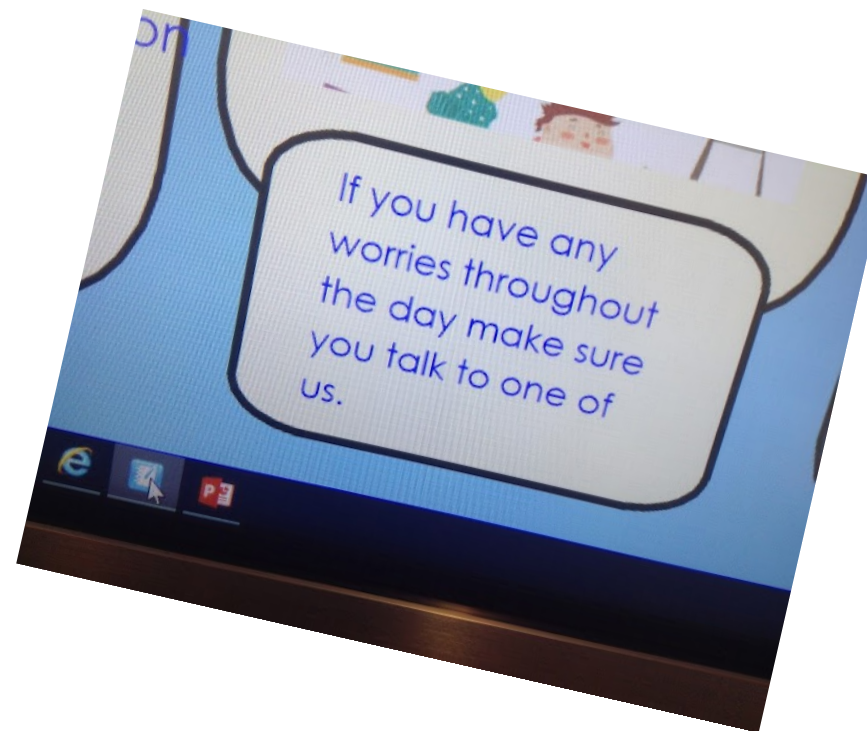
[Our Anti-Bullying Policy](#)

[Our Behaviour Policy](#)

[Our Attendance Policy](#)

[Our Curriculum Policy](#)

[Our e-Safety Policy](#)



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