

We can better control what happens by following our student support action plan.

If you are being bullied or harassed in the playground:

- take a deep breath;
- look directly into the eyes of the person attempting to bully you;
- speak in a firm, clear voice and say loudly, "Stop that, I don't like it!";
- Go directly to your teacher or the teacher on duty if you are in the playground.

If bullying does not stop further incidents of bullying or threatening behaviour by the same person may result in that bully:

- sitting in a time-out area to be individually counselled;
- being placed on detention to consider more appropriate behaviour;
- being referred to the Support Learning / Welfare Team;
- having parents contacted by the school and informed of the bullying behaviour.

If you witness bullying behaviour always report it.

Remember it's up to all of us to help take control of the situation.

When students, parents and staff work together we create a safe and caring environment.

Students... You can control what happens by:

- following the action plan;
- not retaliating with physical or verbal bullying;
- telling an older person.

Parents... You can control what happens by:

- watching for signs of distress in your child;
- listening to your child;
- giving assurance and support;
- discussing the action plan with your child;
- advising your child to tell a staff member;
- informing your child's class teacher of suspected bullying;
- attending interviews at school.

Staff... You can:

- be role models in words and actions;
- ensure students feel safe and valued in the classroom and are listened to;
- be observant of signs of distress or suspected incidents of bullying;
- encourage students to ask for help when needed;
- report bullying to the Learning Support Team;
- teach about bullying through classroom programs;
- teach a planned Social Skills program to targeted students.

Our Anti Bullying Plan



Chipping Norton Public School

Our students aim to be:

Respectful:

Show respect for others and their property

Caring:

Show care for our environment

Responsible:

Work and play fairly and safely

Cooperative:

Be an interested and thoughtful learner

BULLYING AND HARASSMENT – WHAT WE ALL NEED TO KNOW

Bullying is intentional, repeated behaviour by an individual or group that causes distress, hurt or undue pressure on another. Bullying is also recognised as including Cyber Bullying (Facebook, email, texting).

At our school bullying is not acceptable.

- We record issues recognised as bullying as part of our Student Wellbeing practices.
- Statistics are regularly collected and reviewed.
- We are regularly in-serviced to improve our ability to identify bullying issues and support students at risk of being bullied.

Bullying occurs when a person is repeatedly:

- called names;
- threatened;
- put-down;
- teased in an unkind way;
- ridiculed;
- having property hidden, damaged, stolen or destroyed;
- physically hurt;
- experiencing graffiti written about them
- left out;
- sent hurtful notes;
- singled out for unfair treatment;
- picked on;
- having rumours spread about them.

If someone is bullied:

- they may be confused and not know what to do about it;
- they may feel sad, frightened, unsafe, sick, embarrassed, angry, unfairly treated;
- it can affect school work; and
- it can affect family and friends.

Possible signs and symptoms of being bullied

There is no particular pattern. A victim may:

- have unexplained cuts and bruises;
- have equipment or personal items hidden, damaged, stolen or destroyed;
- complain of vague headaches, stomach aches or feeling sick;
- wet the bed, bite nails, have poor sleep patterns and bad dreams;
- exhibit unusual emotional outbursts or mood swings;
- withdraw from friends or family;
- appear anxious, insecure, sad, teary, depressed, secretive;
- have low self esteem;
- display an unwillingness to go to school;
- sit alone in class or be alone in the playground;
- change friendship groups frequently;
- come home hungry (because lunch money or food has been taken);

- want extra money without giving a reason; and/or
- show deterioration in school work
- avoid participating.

At Chipping Norton Public School we support students by:

- encouraging students to employ strategies learned in programs such as Conflict Resolution and Social Skills;
- creating positive classroom environments;
- consistently rewarding positive behaviour and effort;
- employing classroom-based Personal Development Programs;
- implementing the Child Protection Program, as well as;
- the Drug Education Program;
- the K-6 Buddy Program;
- class meetings and discussions;
- developing positive Student Leadership roles.

We also have:

- an active Learning Support Team;
- programs for gifted and talented students;
- Student Representative Council; and
- an active P & C.