



Summer Term 2018 (4)

Dear Parents

This half term the staff are reviewing our anti-bullying policy and procedure. The half term was kicked off with a Summer anti-bullying week led by Mrs Ayton, our Anti-bullying champion. Part of this process is to ensure that parents and children fully understand what bullying is, how to spot it and what to do if you are concerned. As a staff we take a zero tolerance view of bullying and part of our review is to consider how we respond to any concerns when and if they arise. Our starting point is always our 7Cs as this provides us with the values that we have all agreed to live and work by at Christ the King School, for example being considerate, caring and courteous towards others. Behaviour of the pupils in school is very good and for most of the children it is exemplary; however we are aware that on occasions some children struggle with some aspects of school life. If you are worried about any welfare issues relating to your child you should in the first instance talk to the class teacher or TA. If you feel things are not resolved then Mrs Barrington, our PSW, and Mrs Ayton, our anti-bullying champion, will be happy to meet with you to discuss concerns. If matters are not resolved then SLT will certainly be involved. Our commitment at Christ the King School is to ensure that all children become the best that they can be and this will only happen if they are happy learners.

So what is bullying? (Set out by Department of Education- Preventing and tackling Bullying March 2014)

Bullying is behaviour by an individual or group, repeated over time, that intentionally hurts another individual or group either physically or emotionally. Bullying can take many forms, and is often motivated by prejudice; it might be motivated by actual differences between children, or perceived differences. Bullying involves an imbalance of power between the perpetrator and the victim. This could involve perpetrators of bullying having control over the relationship which makes it difficult for those they bully to defend themselves. Bullying can be direct or indirect and includes:

Verbal bullying – name-calling, taunting, mocking, making offensive comments and teasing.

Physical bullying – kicking, hitting, punching, pushing and pinching.

Exclusion – A child can be bullied simply by being repeatedly excluded from discussions/activities, by those they believe to be their friends.

Damage to property or theft – Children may repeatedly have their property damaged or stolen. Physical threats may be used by the bully in order that the child gives them their property.

Emotional bullying – producing offensive graffiti, excluding children from groups, spreading hurtful and untrue rumours, being forced to do things against own will and taking belongings.

Cyber bullying – intimidating or offensive text messaging, e-mailing and sending degrading images by phone or the internet.




Megan Kelley Hall (author) writes: "Head teachers can't say it's up to the parents. Parents can't say it's up to the teachers. Teachers can't say it's not their job and children can't say, "I was too afraid to tell." Every single one of us has to play our role if we're serious about putting an end to *bullying*. We are all responsible. We must be."

We must also remember that it is all too easy to use the wrong words when we are concerned about our children. Friendship issues are part of growing up, children fall out and then make up, and this is part of relationships and not bullying. If we are not being listened to, it could just be ignorance, not bullying. If unkind words are said this is hurtful

but not bullying. Bullying is a very strong accusation to make against another, is this really the right description of the event?

You can read our current Anti-bullying Policy which is saved on the 'About Us' section of our school website under 'Policies'. Below we have included the recent results from our pupil survey which indicate, in green, aspects that relate to keeping children safe.

Child Survey Results

Use the scale:				
1	'I disagree'			
		1	2	3
1	I like coming to school	2%	32%	66%
2	Lessons are interesting and fun	4%	11%	85%
3	I enjoy the trips and activities	0%	9%	91%
4	I know what to do if I am stuck in a lesson.	2%	13%	85%
5	My teachers and adults in class help me understand if I am finding a task difficult	0.5%	10%	89.5%
6	I always try my best at school	10%	14%	76%
7	I learn how to be healthy in school	2%	13%	85%
8	We get the chance to do lots of different sorts of activities	2%	18%	80%
9	I get the chance to learn outdoors	6%	34%	60%
10	I think homework can help you learn	4%	18%	78%
11	I am proud of being a part of Christ the King	7%	12%	81%
12	I feel safe at school	2%	18%	80%
13	I follow the 7Cs	1%	11%	88%
14	There are adults I can speak to if I am worried in school	2%	10%	88%
15	Christ the King is an exciting place to be!	4%	16%	80%

E-safety

Cyber bullying is on the rise with 9 – 13 year olds; this is directly related to children's access to mobile devices and unsupervised internet.

Tips for parents and carers to deal with cyber bullying.

It can be really distressing to discover that your child is being bullied. However hard it is, try to stay calm and don't jump to conclusions. Your child may be really worried about talking to you about the bullying, and scared that it'll make the situation worse.

These tips will help you keep them safe whether you've found out that they're being bullied or you want to make sure they know what to do if it happens to them or someone they know.

1. Talk about bullying and cyberbullying

Explain to your child what bullying is, and ask if they're being bullied. Keep calm, and listen carefully. They may feel really scared, embarrassed or ashamed that they're being bullied and they may be worried about what will happen if they tell anyone. Once you know your child is being bullied, remember to check in with them often. Remind them they can talk to you about how they are feeling whenever they want.

2. Make sure they know who to ask for help

If your child is being bullied they might be scared to ask for help, because they think it'll make the bullying worse. Let them know they can always talk to you, or another trusted adult such as a teacher or other family member. If they don't want to talk to you, you could suggest they contact [Childline](#) where a counsellor will provide a listening ear. They don't have to give their name and they can talk about anything that is worrying them.

3. Help them relax and take time out

If your child is being bullied they may feel down, worried or lack confidence.

Help them find things to do that make them feel good like listening to music or playing sport. Give them opportunities to help build their confidence.

Remember to reassure them that it's not their fault and that they are loved and valued.

Childline has [friendly advice and tips](#) for children on building their self-esteem, being more assertive and coping with embarrassment.

4. Teach them how to stay safe online

Cyberbullying can be really hard for a child to deal with because they can feel like there's no escape.

Don't stop them from using the internet or their mobile phone. It probably won't help keep them safe and could stop them from telling you what's happening.

[Thinkuknow](#) has advice on online safety for young people that is suitable for different age groups. Their website shows children how to contact social media sites if they believe someone has posted something upsetting about them.

[Block'em](#) is a free app for Android users that blocks unwanted calls and text messages from specified numbers. Their website also provides [advice for iOS7 users](#).

5. Talk to your child's school or club

If your child is being bullied, you can talk to their school. It doesn't matter whether the bullying is happening in school, outside or on the internet. All schools have a responsibility to protect their pupils from bullying. If your child is being bullied at a club, talk to the person in charge.

You should:

- arrange a meeting with the teacher or club organiser - you can bring another person along with you for support if you wish
- take a notebook so you can jot down what's said at the meeting
- bring any evidence of the bullying that you have with you such as text messages, a record of incidents or screenshots of webpages (if the bullying is happening online)
- tell them what effect the bullying is having on your child, and make it clear you won't tolerate the bullying
- ask for a copy of the school or club's anti-bullying policy, behaviour policy and complaints procedure. These may be available to you before the meeting on the school or club's website.
- ask the teacher or organiser what action they will take making sure that all parties are in agreement.

After your meeting, arrange to speak to them again in the near future so you can see what progress has been made.

The school may inform the Police if the bullying involves on going harassment and intimidation or a hate crime (such as racism or homophobia) but it's best to speak to the school first.

If things don't improve, please see our advice below.

6. Take further action if the bullying continues

If the bullying continues or you are not happy with the school or club's response:

- write a letter of complaint to the head teacher or club organiser and arrange to meet with them to discuss the concerns
- continue to keep a record of incidents with as much information as you can including:
 - photographs of any physical injuries or damaged items
 - the date, location and approximate time of each incident
 - any contact (letters, emails etc) you have with the school or club.

7. Report online videos of bullying

Get in contact with the site the video's been shared on as soon as possible. Social networks are more likely to take the video down if the child involved in the video or their parents make the report. Depending on their terms and conditions, they may be able to remove it. If you need help, call the Online Safety Helpline on 080 880 05002.

I hope the above information is helpful.

Kind regards

Mrs Clare Tickel

Head teacher