

Make a **NOISE** about bullying

#ANTIBULLYINGWEEK

NATIONAL ANTI-BULLYING WEEK 16th - 20th NOVEMBER 2015

At Heath Park we are committed to doing whatever we can to stop bullying. Parents and families have an important part to play in helping us deal with bullying.

Bullying can include the following:

- Bullying by text messages, email or social networking sites such as Facebook or Twitter
- Name calling and teasing
- Threats and extortion
- Physical violence
- Damage to someone's belongings
- Leaving pupils out of social activities deliberately and frequently
- Spreading malicious rumours

1

First, discourage your child from using bullying behaviour at home or elsewhere. Show them how to resolve difficult situations without using violence or aggression.

2

Second, ask to see the school's anti-bullying policy. All schools should have one. It is a document that sets out how the school deals with incidents of bullying. You have a right to know about this policy, which is for parents as much as staff and pupils.

3

Third, watch out for signs that your child is being bullied, or is bullying others. Parents and families are often the first to detect that a problem exists. Don't dismiss it. Contact the school immediately if you are worried.

'Make a Noise about bullying' with the #antibullyingweek

Every year the Anti-Bullying Alliance coordinate national Anti-Bullying Week; a week where children and young people, schools, parents and carers come together with one aim: Make a Noise about bullying

Anti-Bullying Week highlights the impact of bullying on children and young people in our schools, communities and in cyberspace. The campaign keeps bullying prevention high on the national agenda and brings children and young people, teachers, parents and carers together with one aim: to stop bullying for all!

This year we are calling on the school community to take action to stop the bullying of ALL children and young people – by helping us to 'Make a Noise about bullying' and signing up to this year's Anti Bullying Week Thunder Clap #makeanoise.

www.anti-bullyingalliance.org.uk/advice/parents-carers/

IF YOUR CHILD HAS BEEN BULLIED

- Calmly talk with your child about their experience
- Make a note of what your child says, particularly who was said to be involved; how often the bullying has occurred; where it happened and what has happened.
- Reassure your child that they have done the right thing to tell you about the bullying.
- Explain to your child that should any further incidents occur they should report them to a teacher immediately.
- Make an appointment to see your child's tutor or a member of student services, Mr Mills, Miss Fletcher, Mr Clarke or Mrs Parker-Onions.
- Explain the problems your child is experiencing.
- Ask if there is anything you can do to help.
- Stay in touch with the school; let us know if things improve as well as if problems continue.

If you are concerned please contact staff in school.

Mr Mills, Head of Student Services
Mr Barber, Deputy Head
Miss Welfair, Assistant Headteacher
Miss Fletcher, Senior Pastoral Manager
Mr Clarke, Pastoral Manager
Miss Parker Onions, Student Services
Mr Eubank, Student Services
Miss Poulton, Student Support Assistant
Your child's form tutor

Alternatively, ask to see **Mr Mills**, Head of Student Services or **Mrs Welfair**, Assistant Headteacher.

IF YOUR CHILD IS BULLYING

Many children may be involved in bullying other pupils at some time or other. Often parents are not aware that their child is involved in bullying.

Children sometimes bully others because

- They don't know it's wrong
- They are copying older brothers or sisters or other people in the family whom they admire.
- They haven't learnt other, better ways of mixing their school friends.
- Their friends encourage them to bully.
- They are going through a difficult time and are acting out aggressive feelings.

To stop your child from bullying others

- Talk with your child; explain that what he or she is doing is unacceptable and makes other children unhappy.
- Discourage other members of your family from bullying behaviour or from using aggression or force to get what they want.
- Show your child how he/she can join in with other children without bullying.
- Make an appointment to see your child's form tutor or the student services team. Explain to the teacher the problems your child is experiencing; discuss with the teacher how you and the school can stop him or her bullying others.
- Regularly check with your child on how things are going at school.

USEFUL LINKS

Anti-bullying Alliance www.antibullyingalliance.org.uk

Bullying UK www.bullying.co.uk

0808 800 2222

Kidscape www.kidscape.org.uk

08451 205 204

Family Lives www.familylives.org.uk

Think You Know www.thinkuknow.co.uk/parents

Parent Helpline www.parentlineplus.org.uk

Don't Suffer In Silence

ANTI-BULLYING QUESTIONNAIRE FOR PARENTS

In our continuing efforts to improve the wellbeing and development of our students, we would like to collect the views and opinions of parents /guardians regarding bullying. We would be grateful if you could take a few minutes to complete the following questionnaire and return to Mr Mills.

| What do you think? Please tick only one box for each question | Yes | No | Not Sure |
|--|-----|----|----------|
| 1. Do you feel that the school is fully committed to creating a safe and caring environment for all pupils? | | | |
| 2. Do you feel that teachers and supervisors help your child to feel safe in the school? | | | |
| 3. Does bullying concern you? | | | |
| 4. Are you aware of the procedures for reporting and the recording of bullying incidents in school? | | | |
| 5. Do you feel confident to report concerns of bullying to any member of staff? | | | |
| 6. Are you aware of the schools Anti-Bullying Policy? | | | |
| 7. Do you feel that your child is secure and free from emotional and physical bullying within school? | | | |
| 8. Do you feel that your child is safe from bullying on the way to and from school? | | | |
| 9. Has your child ever been bullied in school? | | | |
| If you have answered yes to Q9 please complete Q10 -13 | | | |
| 10. Did you report the bullying to anyone in school? | | | |
| 11. Was it dealt with sympathetically and was appropriate action taken? | | | |
| 12. Were you happy in the way that the school dealt with the bullying incident? | | | |
| 13. Do you feel that the school effectively liaises with parents and that incidents of bullying are tackled in partnership with parents? | | | |

Any additional comments:

Would you like to receive a copy of **101 Tips for Parents Preventing and Dealing with Bullying**

Yes
 No

Name _____

Address _____
