

Pond Park
Primary School



Ut Omnes Curemus - We Care For All

**ANTI-BULLYING POLICY -
A GUIDE FOR PUPILS AND PARENTS**

OCTOBER 2017

WHAT IS BULLYING?

Bullying is behaviour that intentionally causes distress to others. It may be physical (eg hitting, kicking), verbal (eg name-calling), social (eg excluding someone from a group), or psychological (eg when it causes an individual to lose self-esteem).

Bullies will often claim that they were having a joke or a game.

ASK YOURSELF:

If it is a joke, is everyone laughing?

If it is a game, is everyone enjoying it?

If it is an accident, is anyone trying to help?

HAVING FUN AT SOMEONE ELSE'S EXPENSE IS BULLYING.

Remember that most bullies are cowardly and only bully others to feel important.

IF YOU ARE BEING BULLIED IT IS NOT YOUR FAULT.

WHAT TO DO:-

- Don't suffer in silence – tell your teacher, parent or any adult you can trust. They can help.
- Don't react. Try not to show that you are upset – walk away.
- Find a friend. There is security in numbers.
- Avoid being alone in a place where the bully is likely to be.

WHAT SIGNS SHOULD PARENTS LOOK FOR?

- Does not want to come to school.
- Has damaged or lost clothing or possessions.
- Asks for extra money.
- Is quieter than usual, withdrawn or distressed.
- Sleeps badly or cries at night.
- Stops eating.
- Unexplained bruises.

IF YOU THINK YOUR CHILD IS BEING BULLIED INFORM THE SCHOOL TO DISCUSS THE MATTER.

WHAT SCHOOL WILL DO:-

- School will take the issue seriously and deal with any parents' or pupils' concerns.
- All events will be recorded in writing.
- A teacher will record discussions with both parties.

GIVE THE SCHOOL TIME:

Mr Cherry is responsible for Pastoral Care (which includes bullying issues). If you wish to speak to him you may ring the school to make an appointment.

You may also contact:-

Mr Ball	Vice-Principal
Mrs Mulligan	Head of Foundation Stage
Mrs Williams	Head of Key Stage 1
Mrs Scoffield	Head of Key Stage 2

POND PARK PRIMARY SCHOOL

STANDS AGAINST

BULLYING

- **YOU ARE NOT ALONE.**

- **YOU HAVE THE RIGHT TO BE TREATED WELL
AND YOU HAVE THE RESPONSIBILITY TO TREAT OTHERS WELL.**

- **YOU HAVE THE RIGHT TO BE FREE FROM FEAR AT SCHOOL
AND YOU HAVE THE RESPONSIBILITY NOT TO CAUSE FEAR IN OTHERS.**

- **YOU HAVE THE RIGHT TO RECEIVE HELP AND SUPPORT FROM SCHOOL
AND YOU HAVE THE RESPONSIBILITY TO HELP OTHERS.**

School Telephone Number: 028 9267 6992

School e-mail: info@pondparkps.lisburn.ni.sch.uk