

How is bullying dealt with at Mickleover Primary?



⇒ Children are taught how to manage bullying in PSHE lessons and during Anti – Bullying Week in November. We also have regular discussions within class about problem solving. We have assemblies during the year that focus on how to handle bullying too. Each child is given guidance in class about what to do if they are a victim of or witness bullying.

National Anti-Bullying week usually takes place at the end of November. At Mickleover Primary School we link a whole school anti-bullying campaign with SEAL curriculum activities: 'Say No to Bullying' and our new PSHE Scheme of work 'PSHE Matters.' We teach the children about what bullying means and how bullying makes people feel. This year we have also linked this year's theme week with our Mental Health and Wellbeing Carnegie Award for Schools work and are using materials from the PSHE Association to help us prepare pupils to deal with issues such as anxiety.

Children in class and our School Council regularly discuss our Anti-Bullying work and Policy.

⇒ If an allegation of bullying is made, the class teacher or a senior member of staff speaks to both the suspected bully, the victim and any witnesses to establish what is happening. A bullying concerns form is completed by the member of staff.

⇒ The class teacher or member of the Senior Leadership Team (SLT) meets separately with the parents of the bully and victim to share information and discuss how best to support their child.

⇒ The class teacher, our Inclusion Manager or a member of the SLT may work with the children either individually or together to resolve the problems. Where necessary, sanctions are imposed to impress upon the bully the seriousness of their actions.

⇒ The situation will continue to be monitored by key members of staff.

⇒ Share actions that have been taken to ensure the victim knows it is being addressed.

Bullying can also occur through your child's mobile phone and via the Internet. It is crucial to monitor your child's use of chatrooms or instant messaging systems. If your child does receive nasty or threatening messages from another child at MPS, please inform the school straight away. We will take this as seriously as we would an incident that occurs within school.

We have a whistleblowing function on our school Learning Platform that all children are taught to use if they feel worried. We also work with our children on cyber-bullying as part of our computing curriculum and take part in an annual Safer-Internet Day every February to help pupils to learn how to keep safe when online/ using electronic devices such as tablets and mobile phones.



The Government has a website called <https://parentinfo.org/> It's a site designed to help provide parents and teaching staff expert information to help children and young people stay safe online.

Here are just a few of the articles you can search for on the site:

[What are parental controls and how can they help children stay safe online?](#) (Mickleover Primary School uses a powerful filtering system to help prevent any inappropriate material from reaching the computers)

[Screen time and young children: finding a balance](#)

[Digital parenting tips](#)

Mickleover Primary School Anti-Bullying and MENTAL HEALTH AND WELLBEING Guide for Parents and Carers 2019



At Mickleover Primary School we are proud to provide a safe, stimulating environment where every member of our community is valued and respected. We listen to each other and every voice is heard.

Our broad, balanced, creative curriculum and enrichment activities provide opportunities for all to achieve and succeed.

We celebrate our achievements, differences and cultural diversity.

Together we take pride in contributing to our school and the wider community.

What is bullying?

Bullying is not a one-off incident of name-calling, arguing or fighting.

Bullying is a conscious, deliberate and calculated activity that is usually repeated over a period of time.

It involves an imbalance of power and can lead to feelings of fear, worthlessness and depression and can have lasting effects.

Bullying can be defeated by parents and schools working in close partnership.

Different types of bullying

Bullying may take a variety of forms, for example:

Physical bullying hitting, kicking, pushing, stealing

Verbal bullying name calling, swearing, racist or homophobic remarks, threats, making fun

Who can I talk to in school?

Remember, **your child's class teacher** is your first port of call. Come and see us the end of the day or send a note in your child's diary and we will contact you as soon as possible. These members of staff are also always here to help:

Mrs Gerver, Headteacher

Mrs Halliday, Assistant Headteacher KS2

Mrs Jones, Assistant Headteacher KS1

Mrs Whittingham, Early Years Manager

Mrs Coyle, Inclusion Manager

Just contact via the school office on 01332 514 052 or admin@mickleover.derby.sch.uk to discuss any worries or concerns.

Why do children bully?

Children bully for many reasons, including.....

⇒ They may be unhappy or going through a difficult time

⇒ To make themselves more popular

⇒ To gain a sense of power or control

⇒ Pressure from friends

Bullies must not be allowed to continue behaving in this way. They need help to change.



How might I know if my child is being bullied?

If you think your child may be being bullied, these are some possible signs to watch out for.

Your child may.....

⇒ Be frightened to walk to or from school

⇒ Not want to go to school

⇒ Become withdrawn

⇒ Change their usual behaviour

⇒ Cry themselves to sleep

⇒ Begin to do poorly in schoolwork

⇒ Come home regularly physically hurt or with damaged clothes

How can I support my child if he/she is being bullied?

⇒ Reassure your child that they have done the right thing in telling.

⇒ Talk calmly with your child and listen to what they say.

⇒ Explain to your child that they must report any further incidents.

⇒ Make an appointment straight away to see your child's teacher—do not approach the bully or their parents.

How can I support my child if he/she is bullying others?

⇒ Listen to your child's explanation.

⇒ Explain why their behaviour is unacceptable.

⇒ Praise and encourage positive behaviour.

⇒ Talk regularly to your child's teacher about their behaviour.

Further help and advice

Below is a list of some helplines and websites which can offer valuable support to parents and children. Our Anti-Bullying guidance is on our website and accessible for all to read.

Childline 0800 1111 <https://www.childline.org.uk>

Kidscape parent advice line 020 7823 5430 (Mon-Weds, 9.30am-2.30pm) <https://www.kidscape.org.uk>

Family Lives 0808 800 2222
<https://www.familylives.org.uk/advice/primary/>

MENTAL HEALTH AND WELLBEING

<https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers>

Day to day

Our everyday habits are important to our mental health, just as they are to our physical health. Here are a few suggestions to help your child develop good habits.

Think about the five ways to wellbeing

Are there things you can encourage them to do, or do together, each day?

Talk openly about mental health

Just as you might encourage them to eat fruit and veg to keep their bodies healthy (and model this behaviour yourself), talk openly about, for example, staying connected with others or being physically active in order to take care of our minds.

Model good habits

Children often learn from copying what they see around them. If you are taking care of your own mental health, it's easier for them to see what good habits look like.

Think about phone usage – both theirs and yours

We don't fully understand the impact of social media on our mental health but using phones and laptops can impact on our sleep, which is important to our mental health. We're also more likely to listen to one another if we're not distracted by technology.

Notice any changes in your child's behaviour

Young people tell us how they're feeling in many ways, not always verbally. Learning what is normal for your child makes it easier to notice when things change, and if this might be a sign that they're struggling.

When times get tough

Sometimes you might worry about your child's mental health. While you might need to speak to a member of school staff or your GP for advice, here are a few things you can do if you're worried.

Let your child know that you're concerned

Explain why you feel that way, for example if you've noticed they haven't been interested in activities they usually enjoy.

Use activities that you do together to have conversations about how they are doing

Talking whilst doing something together, side-by-side, such as cooking, can help them share their feelings more easily than a face-to-face conversation.

Let them know that struggling sometimes is normal and nothing to be ashamed of

Tell them about the mental health spectrum and that we all, including you, go up and down the scale throughout our lives. Reassure them that talking about difficult feelings with the people we trust is a brave thing to do.

Listen and empathise

Often the first step to feeling better is feeling connected and knowing that someone is alongside you. Empathy helps young people (and adults) connect. Empathy involves acknowledging what your child is feeling, trying to understand things from their point of view and avoiding judgement. Empathy is usually more helpful than giving advice or trying to 'fix' their problem.

If you're still worried

Talk to a trusted member of school staff or your GP who can point you towards sources of help.

For mental health support for parents you may find these websites useful too:

<https://youngminds.org.uk/find-help-for-parents/parents-survival-guide/> 0808 802 5544 for parent helpline

<https://www.relate.org.uk/relationship-help/help-family-life-and-parenting> for support for parents and family relationships





Our MPS Anti-bullying pledge

I believe that everyone has a right to be who he or she is, *without* being bullied or made fun of.

I will be respectful of others and their feelings.

I will not bully or tease others.

I will reach out to others who are being bullied.

If I see someone bullying I will go and tell an adult.

