

# Batheaston Church School

Bath and Wells MAT, School Lane, Northend, Batheaston, Bath, BA1 7EP

*"That they may have life, life in all its fullness" John 10:10*

Dream...Aspire...Achieve



## Anti-Bullying Charter



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# Batheaston Church School Anti-Bullying Charter

Ofsted 2018 said, 'Pupils are well known to staff, who ensure their safety and wellbeing and very quickly pick up on any concerns they may have. The very considerate care and support that pupils show for each other are highly significant features of school life.'

Together we promote an ethos in which every child matters and where relationships are based on respect, honesty and trust. Every strength is recognised and celebrated. Difficulties are shared and discussed, never hidden. At play and in their work, children learn to include and value everyone.

## **What is bullying**

'The repetitive, intentional hurting of one person by another, where the relationship involves an imbalance of power. Bullying can be carried out physically, verbally emotionally or through cyberspace.'

## **Anti-Bullying Alliance**

### **What we believe:**

Bullying of any kind is unacceptable at our school

Everyone has the right to feel welcome, safe and happy

We should treat everyone with respect and use our RECIPE values to help us make the right choice.

If bullying happens it will be dealt with quickly and effectively

Everyone should know where to get support if something happens

### **What types of bullying are there?**

- Verbal bullying which includes name calling or insulting someone about physical characteristics such as their weight or height, or other attributes including race, sexuality, culture, or religion
- Physical bullying which includes hitting or otherwise hurting someone, shoving or intimidating another person, or damaging or stealing their belongings
- Social bullying which includes consistently excluding another person or sharing information or images that will have a harmful effect on the other person.
- Cyber bullying - The Cyber Bullying Research Centre defines cyber bullying as: Intentional and repeated harm inflicted through the use of computers, phones, and other electronic devices. Cyber bullying can be overt or covert bullying behaviours using digital technologies including hardware such as computers and smartphones, and software such as social media, instant messaging, texts, websites and other online platforms. Cyber bullying can happen at any time. It can be in public or in private and sometimes only known to the target and the person bullying.

### **Cyber bullying can include:**

- abusive or hurtful texts, emails or posts, images or videos
- deliberately excluding others online
- nasty gossip or rumours
- imitating others online or using their log-in.

## **What are the signs and symptoms of bullying?**

It could be that the child :-

- Is frightened of walking to or from school or changes route
- Doesn't want to go on the school / public bus
- Begs to be driven to school
- Changes their usual routine
- Is unwilling to go to school (school phobic)
- Begins to truant
- Becomes withdrawn, anxious or lacking in confidence
- Becomes aggressive, abusive, disruptive or unreasonable
- Starts stammering
- Threatens or attempts self-harm
- Threatens or attempts to run away
- Cries themselves to sleep at night or has nightmares
- Feels ill in the morning
- Performance in school work begins to drop
- Comes home with clothes torn, property damaged or 'missing'
- Asks for money or starts stealing money
- Has dinner or other monies continually 'lost'
- Has unexplained cuts or bruises
- Comes home 'starving'
- Bullying others
- Changes in eating habits
- Is frightened to say what is wrong
- Afraid to use the internet or mobile phone ☒ Nervous or jumpy when a cyber message is received ☒  
Gives improbable excuses for their behaviour.

## **What causes Bullying?**

The reasons children bully others could be:

- to feel powerful
- jealousy

- to feel good about themselves
- to be in control
- because they want something (attention, possession or friends)
- to look good in front of other people
- to feel popular
- because of peer pressure
- to be big/clever
- for fun
- because they are being bullied themselves
- because they see and pick on an easy target (small, won't tell anyone, lonely or different in some way)

### **How can we prevent Bullying?**

Thank you to the KS2 children from our their contributions to the Charter. Ideas include:

- Tell an adult if you feel bullied or you think another child is being bullied. We all agree that telling means bullying stops faster and stays stopped
- If you see something happening between children that doesn't look right or kind, and you feel able to:
  - C.A.T.**
  - Check** that the child is OK
  - Ask** if the child needs help
  - Tell** an adult.

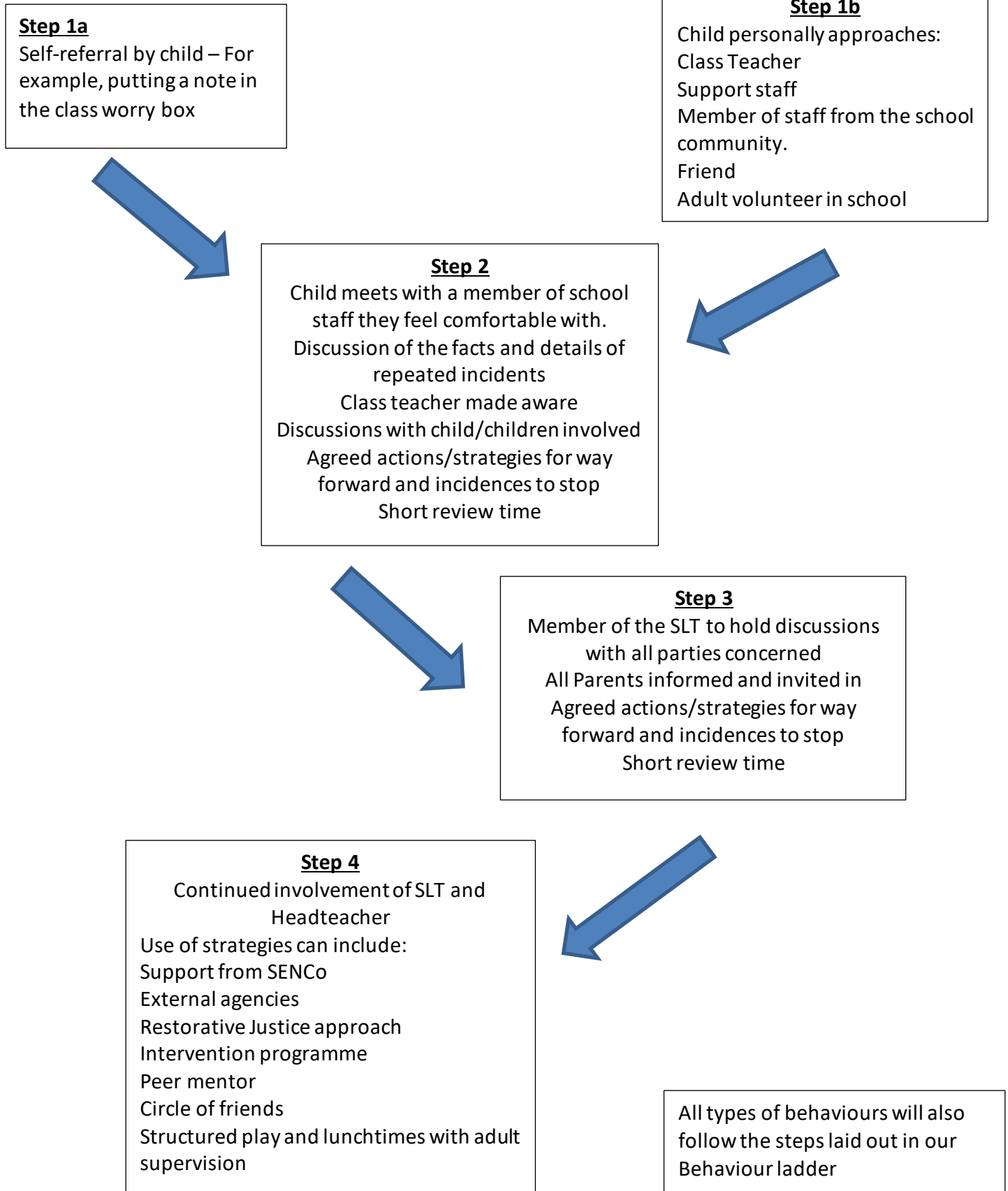
We all agree that if you are worried (or younger than the children being unkind) you should go straight to **Tell**)
- Consider having a Worry Box in your classroom
- Time with teachers to discuss any problems so that bullying is stopped and the children move on happily
- Collective Worship and PSHE lessons which inform everyone about kind relationships, how to make it difficult for people to bully you and what to do if you feel someone is bullying you
- Posters and signs to remind everyone how to behave kindly and what to do if you need help
- Learn strategies so you feel strong about standing up for yourself and others
- Use symbols to remind people and jog their memories, e.g. anti-bullying wrist bands or hold a cake/biscuit sale
- Keep working on the ethos of our school so that children learn and enjoy caring for each other – Special Friends, peer mentors, awards for following our RECIPE values, using house points and class dojo's to reward kind and sensitive actions, key skills learning and many more!

# RECOMMENDED PROCEDURES IN SCHOOL FOR REPORTING BULLYING

## PATHWAYS OF HELP

(All schools will have their own referral procedures)

### Child is being bullied



## Who can help in school?

- Any adult in school will be happy to help, so ask the one you know best/ feel very comfortable with
- Friends – they can help you tell too
- An older child

## Who can help outside school (as above, but to include the organisations below)

**The Bath and North East Somerset Information Service** offers impartial information about **local** services and organisations that deal with issues around bullying and harassment and other family issues. For more information contact:

### **Family Information Service**

**Helpline: 0800 073 1214 (during office hours)**

**Text: 07980 998906**

**Website: [www.bathnes.gov.uk/fis](http://www.bathnes.gov.uk/fis)**

**Email: [fis@bathnes.gov.uk](mailto:fis@bathnes.gov.uk)**

Here are a few national helplines that are also available:-

**Anti-bullying Alliance** - the Alliance brings together over 60 organisations into one network with the aim of reducing bullying. Their website has a parent section with links to recommended organisations who can help with bullying issues - [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

**Kidscape** [www.kidscape.org.uk](http://www.kidscape.org.uk)

02077303300

**Childline** – advice and stories from children who have survived bullying

08000 1111

### **Bullying on line**

[www.bullying.co.uk](http://www.bullying.co.uk)

**Family Lives** – advice and links for parents <http://familylives.org.uk/>

0808 800 2222

### **Parents Against Bullying**

01928 576152

**Stonewall** - the gay equality organisation founded in 1989.

Founding members include Sir Ian McKellen. [www.stonewall.org.uk](http://www.stonewall.org.uk).

**Cyberbullying.org** - one of the first websites set up in this area, for young people, providing advice around preventing and taking action against cyberbullying. A Canadian based site [www.cyberbullying.org](http://www.cyberbullying.org)

**Chatdanger** - a website that informs about the potential dangers online (including bullying), and advice on how to stay

safe while chatting [www.chatdanger.com](http://www.chatdanger.com)

**Think U Know** - the Child Exploitation and Online Protection Centre (CEOP), has produced a set of resources around internet safety for secondary schools [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) **Know IT All for Parents** – a range of resources for primary and secondary schools by Childnet International. Has a sample family agreement [www.childnet-int.org/kia/parents](http://www.childnet-int.org/kia/parents)

**Parentline Plus** – advice and links for parents [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)  
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