

# Stillness Junior School Special Edition Newsletter Anti Bullying Week

6 February 2019

**Welcome to our first special edition newsletter.** This edition focusses on anti-bullying week at Stillness Junior School and we share some of the fantastic work carried out this week.

Keeping children of all ages safe and healthy is one of the most important tasks of a child care provider; children need to feel safe in order to learn

## What is bullying?

Bullying is intentional (but not always), repetitive, unwanted and aggressive behaviour; both physically and mentally by a person, or group of people, against another. The relationship involves an imbalance of power and can happen face to face, or online.

**Bullying comes in many forms but is acceptable in none!**

This week Stillness Junior School had a visit from Laura of Open View Education. Laura came to talk to us about being an **'Upstander'** and how to stand up to bullying behaviour.

There was a whole school show involving Philip and Milly, which showed us how Philip learnt to stand up to a bully, and how Milly helped him by being an Upstander and not a bystander.

Each class took part in a workshop where they were able to practice their new skills, how to use their body and use the affirmation, "I am an up-stander. I stand up tall and proud".

The message given to each class and student was how their actions affect others and about choosing respect, along with empathy and understanding.

The children shared their views on what is good about difference and how we can learn from each other's differences, but also understand how someone else might feel.

They also learnt that a conflict or argument with another child is not necessarily bullying and to know the difference between conflict and bullying.

An important message that came across to the children was to always stand up for yourself, to tell an adult and how to be an Upstander and not let bullying happen to someone else.

Open View Education also have short videos on YouTube which the children can watch. Look up Anti-bullying KS2 and this will bring up some enjoyable clips and give you an idea of what the children have been doing at school.

### Safeguarding Leads:

Mrs M Nichol (Headteacher)  
Ms A Polglaze (Deputy Headteacher)  
Mrs P Brown (Inclusion)

If children have any concerns during the school day they can talk to any member of staff.

Children are also encouraged to write down any worries and put their letter into the "Worry Box" situated at the back of the main hall. This is a locked box that can only be opened by Ms Suleyman, our Learning Mentor who will then spend some time talking to them.

We also offer a "Learning Mentor Lunchtime Drop-In" session every Monday from 12.30pm to 1pm where children can talk to the Learning Mentor in complete confidence.

# Bullying Stops with You!

“It can be difficult to understand what is happening in life, for the bully and the victim. For example, for the bully it could be learnt behaviour, witnessing constant aggression around them. The only way to gain control in their chaotic environment is to lash out. For the victim, they feel a complete sense of helplessness, which is made much worse by their experience of being bullied. Therefore it could be argued that the bully and the victim are equally vulnerable and help is needed for both”.

**Registered Child Care Social Worker**

## SEEK HELP NOW... SEEK HELP NOW.....

If you answer YES to any of the following questions then please reach out to a teacher, a parent, an adult you trust, or even your local police officer. The campaign to stamp out bullying starts with YOU.

- Do you ever feel threatened by another person?
- Do you suffer from verbal abuse by another person?
- Do you feel anxious about school, work or other situations where you feel isolated?
- Are you scared, embarrassed or ashamed that you are being bullied?
- Do you struggle to talk to adults, or feel you will not be taken seriously if you ask for help?
- Have you witnessed another person being bullied and feel unable to help?

Bullying is NEVER acceptable. You may feel tempted to retaliate, for example say something hurtful back, send a horrible text message, or try to humiliate them by spread rumours. Please don't. You may be seen then as the trouble maker, and make matters worse for yourself.

Bullying hides itself in social groups, and can be misunderstood. For instance, the constant jokes against one person may seem amusing and that person may laugh with you. However, have you stopped to think how you would feel if the joke was continually at your expense?

Have you walked past a scene and it's clear to see that a group of people are bullying someone? It would be difficult for an adult to step in and break it up so it's not expected that you would as a child. What you can do is report the incident immediately. Make a written note of what you say and had this to an adult. What about speaking to the person being bullied? Offer your help and support. Just by offering some small gesture it can make a big difference.

**Do you ever witness bullying taking place and walk away? Or even worse, actively become a spectator by encouraging the bully?**

This in itself is a form of bullying. While you may be thankful that it's not you – it could be you. Just stop and ask yourself how you would feel if no one came to help you. How would it feel to have a group stand by and watch while you are bullied and do nothing! Quite frankly it would be devastating.

By looking at this from the victim's point of view you are showing “empathy”. Showing your ability to understand and share the feelings of another person. Speak up for them, help them explain what is happening to them. Bullying stops with YOU - make a difference.

## ARE YOU THE BULLY? Do you stop to ask yourself WHY?

- Have you ever been cruel to another person? This could be in the form of name calling, by attacking them physically, or just by excluding a person from your group? Do you stop to think about the consequences your actions will have on that person?
- Is there a personal issue that causes you to lash out at another person? Do you feel frustrated by your own life and circumstances? Are you lashing out at people who seem to have everything you don't?
- Do you have siblings or adults in your life that handle situations by shouting, beating or abusing you?
- Do you feel isolated and alone, with no one to turn to?

Whilst childhood is supposed to be idyllic it very rarely is. We want you to know that you do have a voice. There are people you can talk to, people who will listen and not judge your actions. As we aim to stamp out bullying, we need to find the cause. Whilst some children seemingly enjoy being a bully this is rarely, if ever, the whole reason. There are underlying causes and HELP is available to find a way to unravel your frustrations.

## WHO DO YOU REPORT BULLING TO?

If bullying happens at school children should report this immediately to a teacher. Stillness Junior School has a behaviour policy in place, to help prevent all forms of bullying. If the bullying is seen as severe then the school can report it to the police, or social services.

Talk to a family member. Try to explain as fully as possible what is happening. Maybe you can keep a diary of the bullying incidents.

Childline – 0800 1111. [www.childline.org.uk](http://www.childline.org.uk)

Some forms of bullying are illegal and should be reported to the police. These include violence or assault, theft, repeated and abusive name calling and threats – either verbally, or by text message / email. Dial 101 and ask to speak to your local police officer.