

# Bullying NO WAY!

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BULLYING EDITION

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## No place for bullying at Kruger

Welcome to our special edition newsletter on bullying. Please keep this newsletter handy and use it to talk with your child about bullying. Kruger State School recognises the rights of students and staff to feel safe at all times, be respected and accepted for who they are and what they believe. There is no place for bullying at our school.

Many people believe the bullying can be best addressed by using punitive and negative consequences in all cases -but this is not the case. The best way for a school to combat bullying is through a positive school environment that provides safety, security and support for students and promotes positive relationships and student wellbeing.

## How do you know it's bullying?

Bullying happens when...	Bullying is not...
<ul style="list-style-type: none"> <li>• There is harm intended</li> <li>• There is an imbalance of power</li> <li>• It is often organised and systematic</li> <li>• It is ongoing and repeated</li> </ul>	<ul style="list-style-type: none"> <li>• Arguments or disagreements</li> <li>• Not liking someone</li> <li>• One-off or a few acts that are mean and spiteful</li> <li>• Isolated incidents of aggression intimidation or violence</li> </ul>
<p>Bullying might look like: name calling, insulting someone about physical characteristics or race, sexuality, culture or religion, hitting or otherwise hurting someone, shoving, intimidating, damaging, stealing, consistently excluding another person or sharing information or images that will have a harmful effect on the person.</p>	<p>If any of these behaviours occur once/ twice or are part of an ongoing conflict between equals (no matter how inappropriate) they are <u>not bullying</u>.</p>

*Bullying is a conscious, repetitive act of aggression and/or manipulation by one or more people against another person or people. It is also an abuse of power by those carrying out the bullying which is designed to hurt.*

# Signs of being bullied

*Each individual will respond and act differently. Talk to your child about school to find out more information if you are concerned*

Below is a list of behaviours that are sometimes a sign of your child being bullied:

- Increased quietness
- Withdrawn from family
- Visible sadness
- Withdrawn from friends
- Increased complaints of headaches or stomach-aches
- Poor school performance
- Loss of appetite
- Sleep disturbance
- Bed wetting
- Torn clothes
- Won't use school toilets
- Repeated cuts and bruising
- Requests for extra money
- Calls from school reporting behavioural problems such as fights with other students

## Signs of bullying others

There are also behaviours that are sometimes a sign of your child bullying others:

- Frequent changes of friendship groups, particularly loss of friends
- Always blaming others for problems and conflict
- Expressing dislike of teachers and school
- A desire to show off
- Has items or goods that you have not seen before
- Unexplained bursts of anger
- Becoming frustrated easily
- An unwillingness to do homework
- Hitting or trying to dominate younger brothers and sisters
- Calls from school reporting behavioural problems such as fights with other students

## Parents: What should you do?

Whether your child reports bullying or you think they may be part of bullying, they need to know that they are being heard and their feelings matter. Below are steps you can follow to help your child manage the problem.

### **Listen calmly and get the full story**

Your first response when a child tells you makes a difference. You may feel some strong emotions, keep calm to avoid adding more stress to your child. Find out if and who they have reported to.

### **Reassure your child**

Children often blame themselves and feel worse. Tell your child you will support them in resolving the problem.

### **Ask what they want to do**

Avoid jumping in to solve the problem, help them find their own solutions to the problem. Firstly, determine if it really is bullying behaviour that is occurring or if it mean and spiteful. Neither behaviour is acceptable but your child needs to be able to tell the difference. Remind students to use *Stop, Walk,*

*Talk* and report *Right there, Right then* when an incident occurs at school.

### **Contact the school**

Make an appointment to see your child's classroom teacher. Discuss your concerns and allow time for investigation.

### **Check in with your child regularly**

Your ongoing support is important to their success.

## What to expect from Kruger when bullying occurs

If bullying is confirmed (regardless of whether your child is bullying or has been bullied) the school will put in place a Safe Students Action Plan for your child.



All students involved in the plan are expected and supported to

change their current behaviour. Plans may include strategies such as:

- students adjusting social interactions/groups
- students changing reporting patterns
- attending playtime clubs
- changes to classroom environment e.g seating/groupings
- supervised play
- school trackers
- restorative justice
- small group interventions
- daily check-ins
- behaviour support plans

Disciplinary consequences may occur if the bullying persists.

## How does Kruger prevent bullying?

We have a number of strategies to prevent bullying at Kruger. Some are:

- ⇒ Teaching students how to identify and react to bullying
- ⇒ How to safely intervene and report conflict using STOP WALK TALK



- ⇒ Kruger expectations and behaviours are taught in Smart Start during Term 1 and 3.
- ⇒ Weekly Positive Behaviour for Learning lessons revisit expectations and routines as well as teach pro-social skills
- ⇒ Monitoring of student behaviour data to track possible bullying
- ⇒ Suspected bullying reports on playground behaviour referrals
- ⇒ Participation in National Day of Action against bullying
- ⇒ Participation of Harmony Day to celebrate the diversity in our school

## Coming soon...

To continue our commitment to preventing and responding appropriately to bullying, we have a number of strategies in the pipeline! These include:

- Planning of quality signage around our school
- Bullying check-point where students can identify, report and discuss suspected bullying with a designated staff member
- A Safe Students Action Plan for students who have been identified as needing support with bullying
- Student playground monitors to engage students in productive play and support students requiring extra friends
- Changes to how some playground areas are managed
- Increased presence of Student Council in the playground to support supervised play or tracker students
- Professional Development for staff including Active Supervision and how to manage and respond to bullying reports
- More PBL lessons with a bullying prevention focus

# Tips for Kids!

When someone says or does something *unintentionally* hurtful and they do it once or twice, that's **RUDE!** Examples might be burping, interrupting you, pushing in line, making a hurtful joke, bragging.

When someone says or does something *intentionally* hurtful and they do it once or even a few times, that's **MEAN!** Examples might be making fun of someone, insults, spreading rumours or hitting.

When someone (or some people) more powerful than you *intentionally* says or does something hurtful and they keep doing it over time even when you tell them to stop, that's **BULLYING!** Bullying has three P's - Power, Purpose and a Pattern!

**REPORT IT!**

## Keep Yourself And Your Friends Safe!

- \* Look for the duty teacher when you go out to play (yellow vest) so you know who to get help from if you need to
- \* Check your friendship group. Are your friends likely to help you stay safe or encourage you do the wrong thing? Good friends don't expect you to be okay with hurting someone else
- \* Ignore the bully and they may lose interest and go away. Ask a teacher to help you talk to the bully (if you think this will work)
- \* Don't seek revenge or get your older brothers, sisters or family to deal with the bully. This is the teachers job not anyone else's
- \* Report right there, right then. Do not wait until you get home to report to your parents. Tell us first
- \* If you don't feel safe, ask a teacher for help to find a safe place until the problem can be investigated. Start with "Can you please help me..."
- \* Kruger kids are not bystanders! Keep Kruger safe by reporting bullying to a teacher.
- \* Stay positive and be confident
- \* If someone is bullying you online or by phone - don't reply. Keep the messages, block them from your phone or account to stop the behaviour and report immediately. School can't control your home accounts but your parents can so tell them what is happening