What does the school do to reduce bullying?

We prevent bullying by:
- Teaching students to be confident and get along with others
- Encouraging students to bounce back and be resilient when bad things happen
- Teaching that it is OK to be different
- We value and learn about different cultures and the need for acceptance
- Teaching skills in assertion, empathy, listening, relaxation, anger management, conflict resolution and problem solving
- Teaching students to recognise bullying and how to be better bystanders
- Providing some structured playtime activities

We support students who have been bullied by:
- Counselling
- Talking with parents or caregivers about the situation
- Giving negotiated consequences such as making things right, restoring justice, restricted play, time out, planning room, suspension for up to 5 days

We follow up incidents of bullying by:
- Monitoring students who bully and students who have been bullied
- Reviewing our yard duty procedures and policy to make sure they are effective
- Contacting parents and keeping them informed if required

Parents or caregivers must not discipline other students. Reporting school discipline problems to staff will avoid community confusion and conflict.

Grievance Procedures
We believe that it is important that grievances are kept confidential.
Parents/caregivers/families can address their grievances by:
- Arranging a time to speak to the Principal, Deputy Principals, School counsellor, or Aboriginal Education Teacher or worker
- Contacting the District Director
- Ensuring that all staff know how to address bullying effectively using the common language of Restorative Justice and using consistent practice
- Conducting confidential safety surveys with students to identify bullying
- We value and learn about different cultures and the need for acceptance
- We support students who have been bullied by:
What is bullying?

Bullying is deliberate, hurtful gestures, words or actions repeated over time. It can make people feel unsafe, worthless and alone. It is the opposite of friendly and caring behaviour. It is the unfair use of power.

Examples of bullying
A student or a group picking on one or two students by:
- Repeatedly physically hurting or touching
- Calling someone insulting names or teasing
- Repeatedly giving mean looks
- Following someone around
- Continual invasion of personal space
- Threatening or scaring someone to do something they don’t want to do
- Deliberately leaving a person or a group out of games and conversations
- Telling others to exclude someone
- Spreading embarrassing secrets or rumours, or telling lies about someone
- Hiding or damaging someone’s property

How can I tell if my child is being bullied?
Children who are being bullied may not tell the school staff about it. They may be afraid that it will only make things worse or they think it is wrong to tell.

This is why, as a parent or caregiver, you have an important part to play in helping the school and your child to deal with bullying.

Signs that a child is being bullied may be:
- Vague headaches or stomach aches
- Refusal to go to school
- Tearfulness or depression
- Asking for extra money or food
- Unexplained cuts, bruises or scratches
- Damaged clothing or property

What should I do if I suspect my child is being bullied?
You may feel anxious or upset, however it is important that you remain calm.

- Listen to your child
- Find out what happened, when and where, and who was involved including witnesses
- Let your child know that telling you about the bullying is the right thing to do

Bullying can be stopped

Telling the school
Your child may not want to tell the school about the bullying because they are worried it will make it worse. Your child may have retaliated or be afraid of revenge. However it is important that you let the school know.

We are a caring school
Talking about the problem with your child's teacher, or a member of the leadership team is an important step in solving it.

Your child has the right to be safe.

We can keep your information confidential from the bully. You need to report bullying to stop it getting worse. Tell the school as soon as possible so we can work together to solve the problem early, while it is fresh in people’s memory.

Make a time to talk to your child’s teacher or a member of the leadership team.
Solving the problem may take time so listen regularly to your child and keep in touch with the school.