



### **Parent Information**

We are committed to providing a caring, friendly and safe environment for all our pupils so they can learn in a relaxed and secure atmosphere. Bullying of any kind is unacceptable at our school. If bullying does occur, all pupils and adults within our school family should be able to report it with the confidence that incidents will be dealt with promptly and effectively.

We are a SHARING school. This means that anyone who knows that bullying is happening to one of our pupils is expected to report it. We encourage our children to be UPSTANDERS and report bullying as oppose to being BYSTANDERS who ignore bullying. We have trained Anti-Bullying Ambassadors (pupils and teachers) who run regular support groups as well as implementing a range of Anti-Bullying initiatives. Our school has high expectations for behaviour and we will challenge any behaviour that falls below these. We aim to ensure that all pupils feel secure, are able to trust without fear, and can expect protection from adults in positions of care and responsibility.

# What is bullying?

## What Is Bullying?

The pupils of RGS The Grange have agreed the following definition through work completed in our Anti-Bullying Ambassador's meetings, assemblies, form time and PSHE lessons:

Bullying is doing something to hurt, frighten or threaten other people and is usually repeated over time. Bullying behaviours are actions that intentionally hurt people physically, emotionally or psychologically and they include:

- verbal aggression, intimidation
- physical aggression intimidation
- repeated and targeted unkindness
- disrespect
- exclusion from groups
- psychological abuse (mental and emotional)
- racism
- cyber-bullying



**Bullying is Several Times On Purpose (STOP)**

It is an act of aggression causing embarrassment, pain, or discomfort to someone. It can be carried out physically, verbally, emotionally or through Cyberspace. It can be an abuse of power. It can be planned and organised, or it may be unintentional. It may be perpetrated by individuals or by groups of pupils.

Some pupils are in some way more vulnerable to bullying, such as pupils who have **specific learning needs** (including behaviour), **pupils new to the school as well as any children who are deemed to be different in any way**. School is highly aware of these pupils and takes additional care to meet their needs.

### Forms of Bullying

**Physical** (e.g. pushing, kicking, hitting, punching or any use of violence towards a person or their property).

**Verbal** – direct or indirect (e.g. name calling, sarcasm, spreading rumours, teasing with reference to somebody being different. Involves speaking to a person or about a person.

**Emotional** (e.g. staring, glaring, exclusion from activities or friends, tormenting, threatening, made up stories, spreading rumours).

**Cyber** (e.g. using technology to hurt someone through a variety of media such as text messages, the internet, social networks, video hosting sites etc. Misuse of associated technology such as camera and video facilities including those on mobile phones).



Several Times On Purpose

### How school actively works to prevent bullying:

Staff and Anti-Bullying Ambassadors use the following methods to ensure that we have a happy school free from prevent bullying

- A positive school ethos
- A high-quality learning environment
- Trained Anti-Bullying Ambassadors (pupils and teachers)
- Anti-Bullying initiatives
- Anti-Bullying Governor
- Anti-Bullying steering group (made up of parents, pupils and our Anti-Bullying Governor)

- The signing of an Anti-Bullying Charter (children & staff) in each class (devised by our Anti-Bullying Ambassadors)
- In the process of obtaining the Anti-Bullying Quality Mark (bronze award)
- RGS Anti-bullying policy, RGS The Grange Anti-Bullying Policy, Child friendly
- Teaching high quality PSHE lessons
- Anti-Bullying assemblies and workshops
- An open door policy
- Class discussions about bullying
- Encourage the children to share feelings

### **The role of parents**

Parents who are concerned that their child might be being bullied, or who suspect that their child may be the perpetrator of bullying, should contact their child's class teacher, Head of Year or Mrs Wreghitt immediately who will follow the school's policy and procedures. If a parent is not satisfied with the response, they should contact Mr Hughes, the Headmaster. If they remain dissatisfied, they should follow the school's complaints procedure, which is available on the school website

RGS The Grange Anti-Bullying Policy & RGS Anti-Bullying Policy can be found on the school website. RGS The Grange Anti-Bullying Lead is Mrs Wreghitt and the Anti-Bully Governor is Mrs S Mills.

Parents are discouraged from trying to deal with any incidents of bullying themselves, by approaching either the child involved or their parents or by referring to the incident on social media or via What's App groups.



is a NO  
BULLYING  
ZONE!

