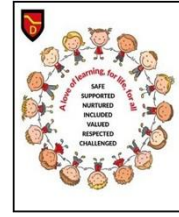




Deans Primary School and Nursery

Anti Bullying Policy



At Deans, we work hard to make our school a safe, happy and kind place for everyone.

We believe:

- Everyone should be treated with respect
- Everyone should be treated fairly
- Everyone should take responsibility for their actions
- Everyone should try their best to achieve

We are a Rights Respecting School, which means all children have the right to feel safe and happy at school. Everyone's voice matters, and we celebrate what makes us all different and special.

What Is Bullying?

In consultation with pupils, parents and staff, our definition of bullying at Deans Primary School and ELC is:

“intentional behaviour that hurts an individual/group physically, verbally or emotionally. It can happen face-to-face and online.”

Bullying is when someone:

- Hurts another person again and again
- Is doing it on purpose
- Makes someone feel sad, scared, upset or unsafe

Bullying can happen:

- Face-to-face
- Online (on games, apps or messages)

Different Types of Bullying

Bullying can look different in different situations. This might include:

- Physical bullying
Hitting, kicking, pushing or hurting someone's body repeatedly
- Verbal bullying
Calling names, spreading nasty gossip or making threats

- Non-verbal bullying
Rude hand signs or unkind messages
- Emotional bullying
Scaring, threatening or embarrassing someone
- Exclusion
Leaving someone out on purpose or ignoring them
- Other bullying behaviours
 - Spreading rumours
 - Being controlling or bossy
 - Making upsetting or trick calls

Some bullying is also very serious and never okay, such as bullying someone because of:

- Their skin colour or culture
- Their disability
- Who they are or who they love

When It Is NOT Bullying

These situations are not bullying:

- A one-off problem
- An accident
- Friends arguing or falling out
- A disagreement where no one is trying to be hurtful

Even though these things are not bullying, we still help children sort them out safely.

How We Help Stop Bullying at Deans

We try to stop bullying before it starts by:

- Learning about children's rights
- Following our school values
- Celebrating what makes everyone different
- Having daily wellbeing check-ins
- Making sure every child has a Trusted Adult
- Talking about bullying in lessons, assemblies and special weeks
- Using class, playground and lunchtime rules
- Helping children understand their feelings with the Zones of Regulation
- Helping children calm down and feel safe
- Giving extra support when needed
- Helping children build friendships through school activities

What To Do If Bullying Happens

Pupils can:

- Use the QR code to ask to meet their Trusted Adult
- Talk to any adult in school
- Ask a friend to help you tell an adult

Parents and carers can:

- Phone or email the school
- Speak to the class teacher
- Speak to the Head Teacher or senior staff
- Ask for a meeting to talk about worries

What Happens Next?

When bullying is reported:

- Adults will listen carefully
- The situation will be looked into properly
- Adults will decide if it is bullying using the school rules
- Parents will be told
- Actions will be agreed to help everyone feel safe
- Incidents will be recorded so we can keep helping

We do this calmly and fairly.

How We Support Children

If bullying happens, we will:

- Listen and take children's feelings seriously
- Help children calm down if needed
- Provide quiet or safe spaces
- Give time with a Trusted Adult
- Check in daily
- Talk with parents and carers
- Make sure staff know how to help
- Get extra help if needed (like counselling or nurture support)

Remember

- You are never in trouble for telling someone about bullying
- You are not alone
- Adults at Deans care and want to help