



POULTON-LE-SANDS C.E. PRIMARY SCHOOL

Our Vision is central to everything we do:

School Vision

As a sanctuary of Christian love, we forge futures in our community. We inspire a joy of learning and a delight in one another. In faith, we are refined through challenge, growing with God, together.

The light shines in the darkness and the darkness shall not overcome it.

John 1 v.5

Our anti-bullying policy is based on our Christian vision; that we inspire a joy of learning and a delight in one another. Everyone must be able to access this joy and delight. We foster an ethos of forgiveness and reconciliation. We encourage skills of empathy and take a restorative approach to incidents, citing 'So in everything, do to others what you would have them do to you' (Matthew 7:12) and the commandment 'Love your neighbour as you love yourself' (Matthew 22:39) as examples.

We believe that all children have a right to learn, that all teachers have a right to teach and everyone has a right to feel and be safe, we are a 'sanctuary'. Everyone has a right to personal dignity and respect. Everyone has the responsibility to make sure that we can all enjoy our rights.

ANTI-BULLYING POLICY

At Poulton-le-Sands C.E. Primary School we believe that all pupils have a right to learn in a supportive, caring and safe environment without the fear of being bullied. We promote good behaviour. It is made clear that bullying is a form of anti-social behaviour. It is wrong and will not be tolerated.

"Both of our children have thrived in your care." Parent Questionnaire

"No problem is too small for you to help with." Parent Questionnaire

"Pupils said that they feel safe in school. They trust that their teachers would put a stop to any bullying should it ever happen". Ofsted 2021

What is Bullying?

Bullying can be described as being 'REPEATED deliberate acts done to cause distress'. Bullying behaviour is carried out to give a feeling of power, status or other gratification to the bully/bullies. Bullying can occur through several types of anti-social behaviour. It can be:

- **Emotional:** being unfriendly, excluding, tormenting
- **Physical:** pushing, kicking, hitting, or any use of violence.
- **Racist:** racial name calling, graffiti, unacceptable gestures.

- **Verbal:** name calling, spreading rumours, teasing.
- **Sexual / Discriminatory :** unwanted sexual contact, sexually abusive comments.
- **Prejudice:** judging people by any of the above.
- **Cyber:** threats by text message, email misuse, Facebook/Instagram
- **Damage to Property or Theft:** children may have their property damaged, taken off them or stolen.

Bullying is not:

It is important to understand that bullying is not the *odd occasion* of falling out with friends, name calling, arguments or when the occasional trick or joke is played on someone. This is something which we continually discuss with children and parents.

Bullying is:

If it is done several times on purpose. Children sometimes fall out or say things because they are upset. When occasional problems of this kind arise, it is not classed as bullying. It is an important part of children's development to learn how to deal with friendship breakdowns and the odd name calling. We all have to learn how to deal with these situations and develop problem solving and social skills to repair relationships.

Signs and Symptoms:

There may be signs or behaviour that a child is being bullied. These may be evident at home or at school or in both locations. Any adult who notices such signs or symptoms should investigate further and act if necessary. They may include:

At home –

- Fear of going to or from school
- Unwillingness to go to school
- Asking to move school
- Feigned illness or an increase in complaints about feeling unwell
- Arrives home feeling very hungry (because lunch has been taken)
- Crying at bedtime or disturbed sleep (including nightmares)
- Arrives home with damaged clothes or property (e.g. torn books)
- Possessions 'go missing'
- Asks for money or steals money
- Is afraid or reluctant to use the internet or mobile phone
- Is nervous or secretive when a text or e-mail is received.

At school –

- Deterioration of work
- Looks for excuses to stay in school instead of going out with other children
- Frequent or persistent absence.

In both locations –

- Becomes withdrawn, anxious or lacking in confidence
- Becomes aggressive, disruptive or unreasonable
- Begins to stammer
- Unexplained cuts or bruises
- Bullies other children or siblings
- Changes his or her eating pattern
- Gives improbable excuses for his or her behaviour or to account for any of the above
- Is reluctant to talk about any of the above.

What can children do if they are being bullied?

- Tell someone that they can trust – it can be a teacher, a teaching assistant, a member of the lunchtime team, a parent, a friend, or a relative. They will have identified their trusted adults through PSHE/ Kidsafe curriculum. Generally, it is best to tell an adult they trust straight away. They will get immediate support.
- Tell themselves that they do not deserve to be bullied and that it is wrong.
- Try not to show the bully that they are upset. It is hard, but a bully thrives on someone's fear.
- Stay with a group of friends/people. Bullies usually pick on individuals.

- Write down the problem and put it in the worry box.
- Tell the bully to stop.
- Say, very firmly, 'No', and walk away.
- Avoid fighting back – this often makes things worse.
- Children can telephone Childline (freephone 0800 1111) for support. Alongside this we strongly advise them to tell someone who can inform school so that the bullying can be stopped.

What can children do if they know someone is being bullied?

- Take action! Watching and doing nothing looks as if they are on the side of the bully.
- It can be unwise to get involved personally but they should tell an adult immediately. Teachers will deal with the bully without getting them into trouble.
- Do not be, or pretend to be, friends with a bully.

Strategies for dealing with bullying

The following is a list of actions available to staff depending on the perceived seriousness of the situation. If bullying is suspected/reported:

- The headteacher will be informed.
- A member of the Senior Leadership Team will carry out an investigation.
- The members of the Senior Leadership Team will talk to and listen to the suspected victim, and any witnesses, making sure that the children feel safe to talk.
- The member of staff will talk to the bully about what has happened, to discover why they became involved. They will make it clear that bullying is not tolerated at Poulton-le-Sands C.E. Primary School.
- The problem will be identified and possible solutions agreed.
- Sanctions from the behaviour policy will be applied.
- Parents will be informed on all matters identified as bullying.
- If the situation is not resolved, then the Headteacher, working with the Special Educational Needs Coordinator (SENCo) where relevant and pastoral staff, will intervene and a behaviour plan may be written.
- All incidents of bullying will be recorded as such on CPOMS. A termly report of such incidents is analysed by our Senior Leadership Team.

Action to be taken to support the victim:

- Environmental changes will be made if necessary – classroom, playground to ensure that child feels more secure.
- Staff must communicate with other staff and record, where relevant, any incidents or concerns in a pastoral book.
- The situation will continue to be monitored by all staff to ensure no repetition. Children will be observed at break times, lunchtimes and in the classroom. Any follow-up findings will be recorded in the monitoring section of the school Behaviour Log.
- Key friends identified by the child will be asked for extra support.
- The child will nominate an adult in school whom they trust and feel they can talk to.
- The child will be made aware of the importance of immediate reporting of any further incidents.
- Parents will be invited into school so that action taken can be shared.
- The SENCo and the class teacher will work together to assess whether the child needs support in the development of social skills – assertiveness, language skills.

Action to be taken to support the bully:

- Type and method of support will depend on individual needs, age and maturity of the child.
- It may be suggested that the children involved meet with the support of their class teachers.
- It will be made clear to the child that their behaviour is unacceptable because of the effect that it is having on the other child.
- The child may be asked what they hoped to gain by their behaviour – if their answer indicates that a need is not being met, then this will be addressed through discussion with parents.
- The child will be reminded that they are responsible for their behaviour and there are consequences for poor behaviour.

In line with the school's behaviour policy, all incidents of bullying are classified as 'Red Line Behaviours'. This means that where bullying does occur, the children in question will meet with the Senior Leadership Team. Following

investigation, the appropriate sanction will be applied and the member of the Senior Leadership Team will contact the parents of both the instigator and victim. Should a behaviour plan be required, this will be designed and implemented by the class teacher and a member of the Senior Leadership Team. Following the implementation of a behaviour plan, if the behaviour persists, then outside agency support may be requested to address the needs of the child. Parental permission will always be sought in these cases.

Role of Parents

Parents have an important part to play in our anti-bullying policy. We ask parents to:

- Look out for unusual behaviour in your children – please see the list above for signs and symptoms of a child who may be being bullied.
- Always take an active role in your child's education. Enquire how their day has gone, who they have spent their time with, etc.
- If you feel your child may be a victim of bullying behaviour, please inform school. Your complaint will be taken seriously and appropriate action will follow.
- If you feel your child has been bullied by another child, please do not approach that child or the child's parent. Please always inform school immediately.
- It is important that you advise your child not to fight back. It can make matters worse!
- Tell your child that it is not their fault that they are being bullied.
- Reinforce the school's policy concerning bullying and make sure your child is not afraid to ask for help.

If your child is a bully –

- Keep calm
- Do not bully or hit the child – this will make things worse
- Try to find out the cause of your child's bullying
- Discuss your concerns with the Class Teacher, or a member of the Senior Leadership Team.
- Try to monitor where your child goes and who he or she plays with
- Set clear guidelines for the behaviour you expect
- Help your child to develop self-esteem
- Ensure that your child apologises to the victim of his or her bullying
- Monitor whether things improve or deteriorate.

Date reviewed: September 2026

Signed:

Mrs Laura T. Gardner
Headteacher

Next review date: September 2027