



COUNTERING BULLYING POLICY

Parent / Caregivers Information

At North Haven School we want all students to feel safe. Our school does not tolerate bullying, and expects all members of our school community to treat each other with care and respect.

We work within the guidelines of the DECD School Discipline Policy Statement 2007.

Principal: Peter Allison
Assistant Principal: Stam Matheos

WHAT IS BULLYING?

Bullying is a deliberate and repetitive act to intimidate and/or hurt with the intention of making others feel unsafe.

Bullying includes the following:

Exclusion:

Being ignored, left out on purpose, or not allowed to join in.

Physical Behaviours:

Being hit, kicked or pushed around.

Lies or Rumours:

Lies, rumours or gossip are told about someone to persuade other children to dislike them or to get them into trouble.

Verbal Abuse and Teasing:

Being made fun of and teased in a mean and hurtful way.

Threats:

Being made to feel afraid of getting hurt through either physical and verbal means or gestures

Online Bullying:

Online bullying is bullying carried out through the internet or mobile devices. Online bullying is also sometimes called cyberbullying..

WHAT DOES THE SCHOOL DO TO REDUCE BULLYING?

If an incident of bullying happens at North Haven School we use a range of preventative, intervention and follow-up strategies to best deal with the situation.

We prevent bullying by:

- Having specific focus lessons on where students are explicitly taught how to handle bullying and what to do about it.
- Teaching students how to be confident and to cooperate and get along with others.
- Building resilience and self esteem.
- Teaching students about conflict resolution, anger management, problem solving and assertiveness training through social skills programs.
- Teaching students about diversity. We learn about differences in others and the need for acceptance.
- Promoting student voice with all students at the school.
- Visible Duty teachers
- Providing professional development for all staff on bullying and how to deal with it.

We intervene in bullying by:

- Counselling students who have been bullied.
- Counselling students who have bullied others.
- Communicating with parents or caregivers about the situation.
- Putting consequences in place for students who bully others.
- Conducting Restorative Practices conferences with all students involved.
- Giving negotiated consequences such as time out, restricted play, take home or suspension.

We follow-up incidents of bullying by:

- Monitoring the situation between the students to ensure their safety and well being.
- Communicating with parents or caregivers in an ongoing manner.
- Reviewing our yard duty procedures and bullying policy to ensure their effectiveness.
- Conducting confidential 'Bullying Surveys' with students from Reception -Year 7.



How can I tell if my child is being bullied?

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

Signs that a child is being bullied may include:

- Refusal to go to school, and finding excuses not to go (eg. pretending to be sick).
- Unexplained cuts, bruises or scratches.
- Illnesses without any possible cause.
- Unexplained change of mood, tension or emotional distress (crying, acting out, periods of sadness).
- Damaged or missing clothing / possessions.

What should I do if I suspect my child is being bullied?

You may feel anxious or upset if your child tells you they have been bullied. However, it is important that you remain calm and positive.

- Listen to your child.
- Find out what happened, who was involved (including bystanders / witnesses), and when and where did the bullying take place.
- It is important to let your child know that telling you about the bullying was the right thing to do.
- Encourage your child to report bullying to their teacher as soon as it occurs.
- Make an appointment to speak to school staff about your child's concerns.

We need to work together to stop bullying!

Parents or caregivers must not discipline other students.

You should not approach parents of children who you think have bullied.

Talk to the school staff and let them work through the issue with you and your child.

Informing the School

Grievance Procedures

We believe that it is important that grievances are kept confidential.

Talking with the school staff about your concern is an important step in solving it.

Tell the school staff as soon as possible so we can work together to solve the problem.

Parents and caregivers can address their grievances at the school in the following way:

1. Making an appointment to see the classroom teacher to discuss the concern.
2. If you feel as though your concern has not been resolved, make an appointment to talk with leadership.
3. If the issue has not been successfully resolved, contact the Regional Director: 8416 7333
4. If you are still dissatisfied you may wish to direct concerns to the DECD Parent Complaint Unit :

DECD.EducationComplaint@sa.gov.au

1800 677 435

These websites offer help, information and advice about bullying and cyber bullying:

[Child and Youth Health](#) has useful information for parents and carers on children who bully, children who are bullied, children who witness bullying, and ideas to help parents work through bullying situations with their child.

<https://bullyingnoway.gov.au/> **The Bullying. No Way!** website for Australian schools is managed by the Safe and Supportive School Communities Working Group which has representatives from all states and territories, including the Catholic and independent schooling sectors.

[Equal opportunity 4 schools](#) lists information for students and teachers about discrimination, bullying and sexual harassment.

[National Centre Against Bullying](#) gives examples of different types of bullying. You will find advice about cyber-safety and what to do if you know someone is being bullied.

[Stay Smart Online](#) is the Australian government's cyber security website, providing information on steps users can take to protect themselves online.

[Online Safety](#) an online publication by the Australian Institute of Family Studies, details resources available for parents on online safety.

Helplines:

Parent Helpline: 1300 364 100 (cost of a local call)

www.parenting.sa.gov.au

Kids Helpline: 1800 551 800 FREE www.kidshelp.com.au

Cybersafety Contact Centre: 1800 880 176 FREE