

Penllergaer Primary School

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Bullying

An information guide for
children & parents.





What is bullying?

Bullying is the persistent, wilful and conscious desire to hurt, threaten and frighten another person.

What does the school do to prevent it?

At Penllergaer we have many different strategies to prevent bullying and some we are still developing.

Curriculum

The children study personal and social education and as part of this they get to talk openly about bullying and the things they can do to prevent it. Our police liaison officer reinforces this message through organised talks/lessons.

Assemblies

Many of our Assemblies deal with issues around bullying. We try to involve the children in leading these Assemblies.

Drama/P4C

This is a chance to discuss concerns in an atmosphere of trust and security. Children are encouraged to act out and write about bullying scenarios and their solutions, in their lessons.

Suggestion Box

Each class in KS2 has a box and bullying slips that can be completed in confidence for the teacher to read. Any concerns are discussed as necessary.

Designated Playground Areas

We have areas of the playground designated for different types of activity. This helps children to find others with similar interests and not feel threatened. We also know it is OK if a child wishes to have time to themselves.

Emotion Coaching

We learn to recognise our feelings, name them, understanding them and manage them.

Well-being Warriors

We have elected and trained well-being warriors who help our children play positively together and encourage a healthy lifestyle in school and at home.





Code of Conduct & Restorative Practices

Our School Council has designed a Code of Conduct outlining behaviours that are unacceptable in our school. Bullying is one of them and there are clear consequences for this choice of behaviour. Staff use a series of questions to investigate and solve issues sensitively.

The most important thing is that adults in school listen and find out exactly what has been going on.

Any child who has been found to be a bully will be monitored as carefully as possible, parents will be informed and appropriate action taken.

We have some intervention groups such as positive play to support managing our feelings like anger, fear and sadness and to develop pupils' social skills to help them resolve any issues.

Pastoral time is given to the victims of bullying as necessary.

Advice to Children

There are 4 types of bullying:

- Physical—hitting, kicking, taking belongings
- Verbal—name calling, insulting, racist remarks
- Indirect—spreading nasty stories about someone, excluding someone from social groups
- Cyber—use of social media, gaming, e-mail or text to harass an individual

Children are encouraged to speak out and to:

- Challenge the person doing the bullying 'I don't like that'
- Walk away from the incident
- Tell a friend
- Tell a member of staff
- Tell a parent
- Talk about it in circle time/P4C
- Leave a message in the Suggestion Box in your classroom
- Not be a bystander to any form of bullying.





If you see somebody else being bullied you should:

- Challenge the bully if you feel able. 'I don't like what you are doing'.
- Be friends to the victim. Let them play with you.
- Tell a member of staff.
- Tell a parent.
- Talk about it in lessons without naming individuals.
- Leave a message in the Suggestion Box.

Advice to Parents

- If you think your child is being bullied, find out exactly what has been happening, by whom and when it has been happening.
- Encourage your child to take action themselves using the list mentioned in 'Advice to Children'.
- If they feel unable to do this, talk to the class teacher as soon as possible or if really serious talk to the Head Teacher.
- Don't encourage your child to fight back as this may end up with them getting into trouble as well.
- Save and present any evidence of bullying.

