



'Believe. Achieve. Be Proud.'

Lyngford Park Primary School & Nursery

Anti-Bullying Policy

Signature *N. Arnold* *Headteacher* *Date September 2025*

Signature *F Forsyth* *Chair of Governors* *Date September 2025*

Rationale

We recognise bullying can occur. It can be both physically and emotionally harmful for the victim, their families and will impact the community. It can also be a sign the child carrying out the bullying has underlying issues which would need addressing. This policy is to enable adults to recognise bullying when it takes place and to deal with it effectively.

Objectives of this Policy

- Governors, staff, pupils and parents should understand what bullying is.
- Governors and staff know the policy and follow it when bullying is reported.
- Pupils and parents should know what they should do if bullying arises.
- We take bullying seriously.
- Pupils and parents will be assured they will be supported when bullying is reported.
- Bullying of any kind will not be tolerated.

What is bullying?

Bullying is deliberately hurtful behaviour. It is usually repeated, often over a period of time and when it is difficult for those being bullied to defend themselves. We believe there are a number of types of bullying:

- **Emotional:** excluding from a group, tormenting, ridiculing, humiliating
- **Physical:** hitting, punching, pinching kicking or taking someone's belongings.
- **Verbal:** name-calling, insulting, Indirect bullying, through spreading stories about someone, threats, making fun of someone
- **Racist:** racial taunts, gestures, making fun of someone's culture or religion
- **Sexual:** unwanted physical contact, sexually abusive or sexist comments
- **Homophobia:** Unwanted comments or sexist comments
- **Cyber:** sending hurtful / offensive text, voice notes, messages e-mails.

Bullying is not:

- Odd occasional falling out with friends
- Infrequent name calling
- Arguments or when a 'joke' is played on someone.

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 part of a child's development to learn how to deal with friendship breakdowns, the odd name calling or childish prank.

We all have to learn how to deal with these situations and develop social skills to repair.

It is bullying:

If it is done repeatedly and on purpose. We will **not** tolerate bullying.

We are committed to providing a caring, friendly and safe environment for all our pupils so they can learn in a safe environment.

Signs and Symptoms

A child may indicate by signs or behaviour that he or she is being bullied.

Adults should investigate if a child:

- is frightened of walking to or from school
- changes their usual routine
- is unwilling to go to school, or go home at the end of the day
- begins to truant
- becomes withdrawn, anxious, or lacking in confidence
- starts stammering
- attempts or threatens suicide or runs away
- cries themselves to sleep at night or has nightmares
- feels ill in the morning
- begins to do poorly in schoolwork, very unlike their normal standards.
- comes home with clothes torn or books damaged
- has possessions which are damaged or "go missing"
- asks for money or starts stealing money (possibly to pay bully)
- has money continually "lost"
- has unexplained cuts or bruises
- comes home starving (lunch has been stolen)
- becomes aggressive, disruptive or unreasonable
- is bullying other children or siblings
- stops eating
- is frightened to say what's wrong
- gives improbable excuses for any of the above
- is afraid to use the internet or mobile phone

These signs and behaviours could indicate other problems, but bullying should be considered a possibility and should be investigated.

Why do we tackle bullying?

We tackle bullying because we care, and we believe:

- bullying makes people unhappy and leads to low self-esteem.
- pupils who are being bullied are unlikely to do well on their schoolwork.
- some pupils avoid being bullied by not attending school.
- pupils who see bullying behaviour may copy this anti-social behaviour.
- we wish to build the self-esteem of all pupils, especially bullies and victims.

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 their child (not wanting to attend school, feeling ill regularly, or not completing work to their usual standard).
- Take an active role in your child's education and ask how they are doing.
- If you feel your child may be a victim of bullying, **please inform school.**
- If you feel a child has bullied your child, please do not approach that child in the playground or on their way home. **Please inform school.**
- It is important parents do not advise your child to fight back or to repeat the bullies' behaviour. This will only make the situation worse.
- Tell your child it is not their fault they are being bullied.
- Reinforce our policy on bullying and ensure they are not afraid to ask for help.

If you know your child is involved in bullying, please discuss the issues with them and inform us. The matter will be dealt with appropriately.

Procedures for reporting and responding to bullying incidents

All of those involved with incidents have the opportunity to be heard.

Staff will support all children involved whilst the allegations and incidents are investigated and resolved.

The following procedures are to be followed:

- Incidents of reported bullying need to be reported to the Class Teacher.
- Class teacher will speak to those involved about the incident separately or if appropriate as a group, then reported to SLT.
- The problem will be identified and possible solutions suggested.
- Staff will attempt to adopt a problem solving approach through circle times or drama activities which will help children to understand the situation.
- Action will be taken to end the bullying behaviour or threats of bullying.
- The bully may be asked to genuinely apologise. Other consequences may take place and appropriate sanctions applied:
 - loss of privileges
 - spending break times with an adult
 - withdrawn from class – work in an alternative classroom
 - withdrawn from a visit, club or event not essential to the curriculum.
- If possible, the pupils will be reconciled.
- Support will be given to help the bully understand and change their behaviour.
- If the bullying continues or in more serious cases of bullying, parents will be informed and invited into the school for a meeting to discuss the problem
- Mediation - with parents and pupils present - may be used to resolve the issues
- Serious incidents will be recorded and kept on file.
- In repeated or serious cases the school may follow the following sanctions: lunchtime exclusion, fixed-term exclusion, permanent exclusion.

Strategies for the prevention and reduction of bullying

Whole school initiatives and proactive teaching strategies will be used throughout the school to develop a positive learning environment with the aim of reducing the opportunities for bullying to occur.

These include:

- Work by Class teacher
- Regular PSHE teaching following the agreed scheme of work
- Taking part in national anti-bullying week
- Using our relational / Trauma informed approach
- Awareness through anti-bullying assemblies
- Circle time
- Drama/role play activities
- Implementation of playground leaders
- Use of feelings boards / Spots of Emotion
- Following of the Behaviour for Learning & Well-being policy
- Encouraging the community to model appropriate behaviour.