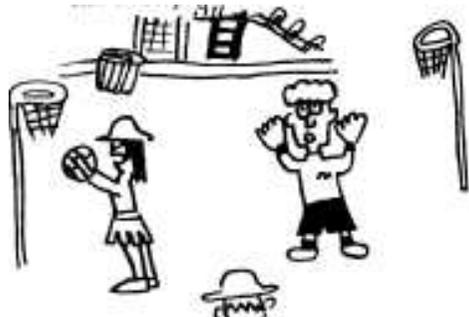


## WHAT DOES THE SCHOOL DO TO REDUCE BULLYING?

If an incident of bullying happens at Lake Windemere 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 weeks on 'Bustin' Bullies' 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.
- Encouraging students to bounce back and be resilient when bad things happen.
- Teaching students about conflict resolution, anger management, problem solving and assertiveness training.
- Teaching students about diversity. We learn about differences in others and the need for acceptance.
- Promoting student voice with all students at the school.
- Identifying 'hotspots' and 'safe spots' in the yard.
- Providing professional development for all staff on bullying and how to deal with it.



### We intervene in bullying by:

- Convening a Restorative Justice conference
- Counselling students who have bullied or are bullied by others
- Communicating with parents or caregivers about the situation.
- Putting consequences in place for students who bully others.
- Having teacher and leadership team talk with the bully about their choices and behaviour.
- Giving negotiated consequences such as time out, restricted play, take home, suspension or exclusion.
- Conducting confidential 'Bullying Surveys' with students from CPC-Year 7.

### 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.

**BULLYING CAN BE STOPPED!**

17 Uraidla Avenue  
Salisbury North SA 5108  
Phone: 8258 0666  
Fax: 8281 5850

Email: [info@lakewindemere.sa.edu.au](mailto:info@lakewindemere.sa.edu.au)

Lake Windemere

C.P.C. - 7 School



# BUSTIN' BULLIES POLICY PARENT / CAREGIVERS INFORMATION

Updated March 2011



**At Lake Windemere CPC-7 School  
we want all students to develop  
resilience and the ability to  
bounce back from life's challenges.**

Principal:

Angela Falkenberg

Leadership Team:

Gael Little, Helen Wise,  
Thomas Harvey, Linda Keen

## WHAT IS BULLYING?

Bullying is a deliberate and repetitive act where one or more people intimidate and/or hurt others with the intention of making them feel unsafe. Bullying can also be a one off high level incident.

### ***Bullying can include the following:***

#### ***Exclusion:***

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

#### ***Physical Behaviours:***

Being hit, kicked, pinched or pushed around.

#### ***Lies or Rumours:***

Lies or nasty stories 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.

#### ***Cyber Bullying:***

Being bullied by SMS on mobile phones or through the internet using email, MSN messenger, facebook or social networking sites.

## HOW CAN I TELL IF MY CHILD IS BEING BULLIED?

Children who are being bullied at school may not always tell teachers about it. They may be afraid to tell, thinking that it may make the situation worse.

This is why, 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.

- 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.
- Inform the teacher or report to Leadership

## 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 by:

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 see the Principal or a member of the Leadership team.
3. If the issue has not been successfully resolved, contact the Assistant Regional Director, Jude Leak on 8256 8111.

Parents or caregivers must not discipline other students.

You should not approach parents of children who have bullied ~ Talk to the school staff and let them work through the issue with you and your child.