

Appendix 1

Pupils:

- Are encouraged to report incidents of bullying to their teachers and parents.
- Are expected to be tolerant and to have mutual respect for each other.
- “Teasing” or any identity-based name calling (including that of a homophobic nature) will not be tolerated.
- Are encouraged to follow the Five Golden Rules of our school:
 - We are kind and helpful
 - We are polite and considerate
 - We are good listeners
 - We are honest
 - We look after property

Parents should:

- become familiar with the school’s anti-bullying policy and discuss it with their children
- become familiar with the 5 Golden Rules of our school.
- encourage positive behaviour and discourage negative behaviour both at home and at school.
- encourage children to solve difficulties without resorting to aggression or involving other children unnecessarily.
- encourage children to share, to be kind, to be caring and to be understanding towards others.
- support the school in its effort to prevent and treat bullying by adhering to the school’s procedures for reporting and investigating bullying incidents as outlined in the policy.
- watch out for signs and symptoms that your child is being bullied or is bullying others.

What to tell your child to do if they are being bullied:

- Tell the teacher immediately.
- Tell your parents when you get home.
- Help the teacher to investigate it.
- Tell a friend about what is happening.
- Tell the aggressor to stop.

School Staff will:

- foster an atmosphere of friendship, respect and tolerance through embracing our Five Golden Rules.
- endeavour to develop children's self-esteem through celebrating individual differences, achievements, acknowledging and rewarding good behaviour and manners and providing opportunities for success throughout the curriculum and school.
- help pupils to develop empathy by discussing feelings and trying to place themselves in the place of others.
- be vigilant, respond sensitively and with care to pupils who disclose incidents of any type of bullying.
- investigate all disclosed incidents of bullying. Good behaviour will be seen to be rewarded.
- discuss the school's anti-bullying policy with the pupils and use behavioural management strategies which focus on problem solving and enable pupils to take an active role in finding a solution to problems.
- Provide pupils with opportunities to develop a positive sense of self-worth.
- Relationships with pupils will be based on mutual respect and trust so that pupils will have confidence in the school staff.
- The formal curriculum of the school will also be used to educate all pupils against bullying behaviour. There are a number of curriculum components and programmes which are particularly relevant to the prevention of bullying and the promotion of respect for diversity and inclusiveness.

Anti-bullying issues may be raised in the following areas

- The R.E, Programme
- The SPHE and the RSE programmes
- The Stay Safe programme
- Drama workshops and Music and Role play
- Circle Time
- Talks and workshops on bullying
- Bullying awareness weeks(including awareness of cyber-bullying and identity-based bullying)
- Monthly Assembly themes
- Parent information evenings
- Websites
- Working in conjunction with the Parents' Council