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When does the school day start and end?

This can often confuse people, the Department for Education give clear guidance on this

Teachers have the power to discipline pupils for misbehaving outside the school premises "to such an extent as is reasonable". This can relate to any bullying incidents occurring anywhere off the school premises, such as on school or public transport, outside the local shops, or in a town or village centre.

This is any action during the school day, on any form of transport to and from school, on any educational visit or when under the direction of school staff, or still in school uniform in going home within a reasonable time.

We work with the Police and the Darlington Borough Council Anti-Social Behaviour Officer

Personal Safety and Hurworth School

Issue 1

For Pupils

What does the law tell us?

The word bullying is used a lot in the modern world—and quite often it used to describe a certain element of bullying. Cyber-bullying, verbal bullying, physical bullying etc are phrases we often hear.

The word bullying is often used incorrectly.

It is often used to describe something not very nice that has happened as a single incident or a minor incident.

So what is bullying? —in October 2014 the Department for Education in London told us this:

Bullying is behaviour by an individual or group, repeated over time, that intentionally hurts another individual or group either physically or

emotionally.

The time factor is very important here—as part of growing up we can all say and do things which are not pleasant—it is when this happens over time and after warnings that it becomes a bullying issue.

The government also tell us that we need to act to stop smaller incidents if possible from becoming major incidents—and actually becoming bullying.

The best schools develop a more sophisticated approach in which school staff proactively gather intelligence about issues between pupils which might provoke conflict and develop strategies to prevent bullying occurring in the first place.

We spend a lot of our days in the Pastoral Office doing this.

You can find out more about this by visiting this link:

Preventing and tackling bullying October 2014 –

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/368340/preventing_and_tackling_bullying_october14.pdf

NSPCC
HELPLINE
0808 800 5000
help@nspcc.org.uk

Go to the back page to find some useful contacts that may

Where can I find out more?

These people are:

Mr Lindsay, Miss Slinger, Mrs Pitchford, Mr Sutherland, Mrs Hall, Mrs Reed, Mr Judson and Mrs Douglass

If you are feeling like you want to find out more you

can also visit the school website: and go to the Polices section. Have a look at;

Discipline Policy

Anti-Bullying Policy

Safeguarding Policy

Single Equality Scheme

Values Charter



E-safety and Cyber Bullying



This is a huge issue in a world which is changing fast

This is the latest guidance from the NSPCC and the Home Office

<https://www.gov.uk/government/publications/online-abuse-and-bullying-prevention-guide>

Online Abuse and bullying Prevention Guide (March 2015)

With the growth of social networking and the accessibility of communication technology bullying can occur at all times of the day society.

Stress And Welfare

It is really important to know that there are lots of support available to us in school if we are feeling down and stressed.

The best first port of call is always your head of year or any member of the Pastoral Team.

If you are a regular visitor to the Green or Blue Rooms Mrs Whitten and Mrs Pitchford offer you lots of support and sometimes you will have sessions outside of regular lessons

If you are in Key Stage 4 and your

Cyber bullying such as written threats via a social networking site, text or email do occur.

This is why we ban social networks and mobile phones in schools

If cyber bullying has happened outside of school we will tell you and your parents who can help you:

Child Line or the Internet Watch Foundation

We will do everything we can to keep you safe in. If it is brought into the school day we will treat it the same as any other incident and



worries are related to progress in a subject they may ask your mentor to help you

Mrs Reed also completes regular welfare checks and has lots of good information skills and programs which can help you.

Our School Counsellor Carmel is available on Mondays and Fridays and our School Nurse Karen also by appointment.

We also have a number of groups which meet to support pupils with different types of self esteem issues

sanction

Our CEOPS Ambassador are Mr Gawthorpe. And Miss Slinger

He works with the Pastoral and Safeguarding Teams to ensure E-safety and cyber bullying concerns are given priority for positive outcome.

If you feel unsafe online it is really important to speak to someone. If an adult approaches you on line please do not delay in speaking to the Pastoral team or Mr Gawthorpe—see also Child Protection section.

The Mulberry Centre is where CAHMS is based. This stands for the Children and Adolescent Mental Health Service and is part of the National Health Service just like doctors surgery's and hospitals and some dentists.

It can be really difficult to get appointments there—usually the quickest way is if you can go to your own doctors surgery and ask them to refer you to this service.

We can also try to refer you but this tends to be a slightly slower process. Above all—don't ever be afraid to explain you are struggling—at some point in our lives it happens to us all.



Where Young Minds Matter

What if I am worried about parents and carers? Or any adult I know

Adults have a lot to think about and as much as being a child can be tough, sometimes being an adult means massive responsibility.

Some children need to look after adults who need more support due to their own needs. Mrs Reed can give you more information if you care for an adult in the family through the Young Carers Scheme

If you are worried about an adult at home, someone you know in the community or any adult which is part of your life, it is important to seek help.

We have lots of areas of people who can support us. We are an 'Area 3' school (Darlington is split up into 3 areas) because it is so big. If you tell

the Pastoral Team about the issue, they will be able to get into contact people who can help. There are also different organizations who can help if there is a fear about their;

- diet and eating,
- alcohol or drug use,
- housing and shelter,
- If they can pay the bills,
- if they feel like they can get on and progress in life, how to make the most of their qualifications,
- If they have other adults to care for and struggle to cope
- If they need a little bit of help with parenting (which is the hardest thing anyone does)
- Anything else which is causing

them problems

The fear is always there that you are doing the wrong thing by speaking up. Saying nothing doesn't help situations and in the long run things will only get worse unless some help can be found.

So please come to see us and speak up, you would be surprised how tough adult life can be, and there are times when we all need a little help and support.

Child Protection

The most important thing to remember is that everyone needs help and support

As children you are legally protected from harm and significant harm. At school you will see some people who wear green lanyards for their staff badges—these people are;

- Mr Lindsay
- Mrs Pitchford
- Miss Slinger
- Mrs Hall
- Mr Sutherland
- Mr Judson

These people are our schools child protection and safeguarding team.

Legally these people work within the school to try to keep everyone as safe as possible and to try their best to make sure that if something is happening, the best action gets taken to stop things from getting any worse. They work with:

- Police
- All different types of social workers and support workers
- The National Health Service
- Fire Service
- The local Council
- Charities

The world around us can be dangerous and there are different things happening in the world which can lead to problems and issues. If you ever worry that you are seeing changes in adults or children please see a Green Lanyard—things to look out for include

- Someone worrying about who they are and how they fit into life
- Someone who is having a tough time fitting in
- Someone who doesn't feel like they achieve

Specialist organisations - you can google any of these

The Anti-Bullying Alliance (ABA): Founded in 2002 by NSPCC and National Children's Bureau, the Anti-Bullying Alliance (ABA) brings together over 100 organisations into one network to develop and share good practice across the whole range of bullying issues.

The ABA has also put together a fact sheet outlining the range of support that is available to schools and young people from the anti-bullying sector which can be accessed here <http://www.anti-bullyingalliance.org.uk/advice/support-from-the-sector/>.

Kidscape: Charity established to prevent bullying and promote child protection providing advice for young people, professionals and parents about different types of bullying and how to tackle it. They also offer specialist training and support for school staff, and assertiveness training for young people.

The Diana Award: Anti-Bullying Ambassadors programme to empower young people to take responsibility for changing the attitudes and behaviour of their peers towards bullying. It will achieve this by identifying, training and supporting school anti-bullying ambassadors.

The BIG Award: The Bullying Intervention Group (BIG) offer a national scheme and award for schools to tackle bullying effectively.

Restorative Justice Council: Includes best practice guidance for practitioners 2011.

Cyber-bullying

ChildNet International: Specialist resources for young people to raise awareness of online safety and how to protect themselves

Think U Know: resources provided by Child Exploitation and Online Protection (CEOP) for children and young people, parents, carers and teachers.

Digizen: provides online safety information for educators, parents, carers and young people.

Advice on Child Internet Safety 1.0: The UK Council for Child Internet Safety (UKCCIS) has produced universal guidelines for providers on keeping children safe online.

Lesbian, Gay, Bisexual, Trans and Questioning'

EACH: (Educational Action Challenging Homophobia): provides a national freephone Actionline for targets of homophobic or transphobic bullying on sexual orientation, gender identity matters and cyberhomophobia.

Stonewall: An LGBT equality organisation with considerable expertise in LGBT bullying in schools, a dedicated youth site, resources for schools, and specialist training for teachers.

When we will update this?

If there are any new national or local guidelines or laws which change we will update this guidance and our policies.

Thank You

There is a lot more to know and a lot more help out there then we could fit in this leaflet — please ask Your Head of Year