

Anti-bullying NEWSLETTER

Excellence: everywhere, every day



14 - 18 November 2022

Welcome to our Anti-bullying Newsletter, in this newsletter we will update you about what is going on in school to promote kindness and how we tackle incidents of bullying and unkindness.

Week commencing 14 November was national Anti-bullying week and here at CHSG, students and staff were involved in a number of activities to raise awareness of bullying and how we, as a school community, provide support and guidance.

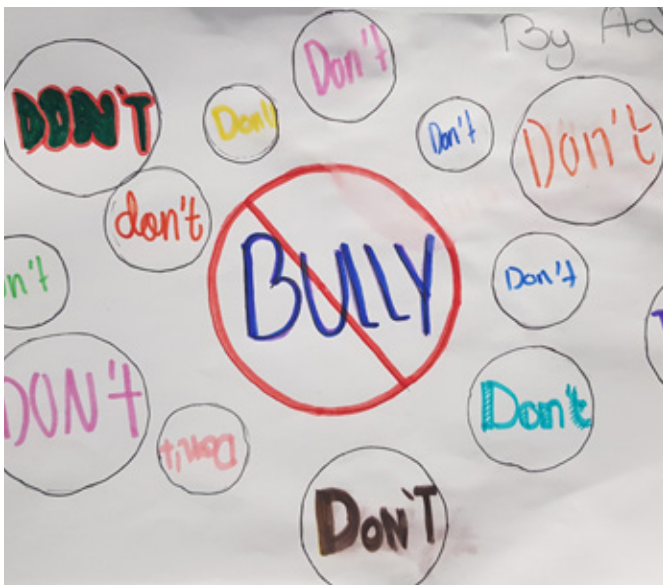
We want all our students and staff to feel safe and happy at school and this includes knowing what steps to take if someone is being bullied, ensuring our students know what to do if they are being bullied and having a process to deal with anyone who bullies. We believe that everyone should take bullying seriously because of the long-term impact it can have on friendships, self-esteem as well as emotional and mental health and wellbeing.



Students wearing mismatched socks for Odd Socks day

As a school we have signed up to the Anti-bullying Alliance which is a unique coalition of organisations and individuals, working together to achieve a vision to: stop bullying and create safer environments in which children and young people can live, grow, play and learn.

Working with the Anti-bullying Alliance we are part of the 'United Against Bullying Programme' which is whole-school anti-bullying programme. It supports CHSG to reduce bullying and improve the wellbeing of all our students, focusing on those most at risk, including children and young people with SEND, children and young people who experience racist and faith-targeted bullying, sexual bullying, homophobic, biphobic and transphobic bullying, looked-after children, young carers and those on free school meals. There are set aims we must achieve to be considered a United Against Bullying school and we look forward to sharing with you our progress on this important journey.





Definition of bullying

Bullying is defined as:

'Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online'.

There are four key elements to this definition:

- hurtful
- repetition
- power imbalance
- intentional

In this short video you will hear about what we mean by a 'power imbalance':
<https://youtu.be/cnA51tmxtag>

Bullying behaviour can be:

- Physical – pushing, poking, kicking, hitting, biting, pinching etc.
- Verbal - name calling, sarcasm, spreading rumours, threats, teasing, belittling.
- Emotional – isolating others, tormenting, hiding books, threatening gestures, ridicule, humiliation, intimidating, excluding, manipulation and coercion.
- Sexual – unwanted physical contact, inappropriate touching, abusive comments, homophobic abuse, exposure to inappropriate films etc.
- Online /cyber – posting on social media, sharing photos, sending nasty text messages, social exclusion
- Indirect - Can include the exploitation of individuals.

Dealing with Bullying

It is recognised that incidents of bullying occur in all schools. It is essential that all such incidents are taken seriously and dealt with in an appropriate manner. A student or parent may report an incident to any member of staff; CHSG recognises a collective responsibility among the whole staff to ensure that any incidents are dealt with in a consistent and effective manner. The staff, led by the Headteacher, will be responsible for embedding anti-bullying awareness in the policies and practices of the school.

It is really important that students feel confident to report bullying and unkindness, and that their concerns will be taken seriously and dealt with in a sensitive manner.

How we deal with incidents of bullying

Reported by student

Statements taken (Pastoral Team)

Statements reviewed (Pastoral Team)

Meeting with student

Parents contacted and meeting organised where appropriate

Actions taken

Incident and actions recorded on SIMS (Pastoral Team)



How to report bullying

Students knowing how to report bullying is a crucial part of this process. We have created a QR code that all students carry in their lanyard, that when scanned via their phone will take them to the anti-bullying section of our website. Here they will be able to complete a short MS Form to report an incident of bullying and unkindness.

The form will go directly to the relevant head of year. In addition, there is a range of information on how to access support in and out of school and what steps the school will take when incidents get reported.

Please ensure you and your child know how to scan the QR code and if they need a replacement QR code then ask them to speak to their head of year.



<https://www.chsg.org.uk/anti-bullying>





Anti-bullying week

Throughout anti-bullying week the students engaged in a range of activities to understand the impact of bullying, how to respond and how we as a school we deal with issues of unkindness and bullying.

To start the week, we asked all students to wear odd socks to celebrate the fact we are all unique and different. Here at CHSG we are proud of our diversity and it is this diversity which makes us a strong community where all students can be recognised and achieve their potential.

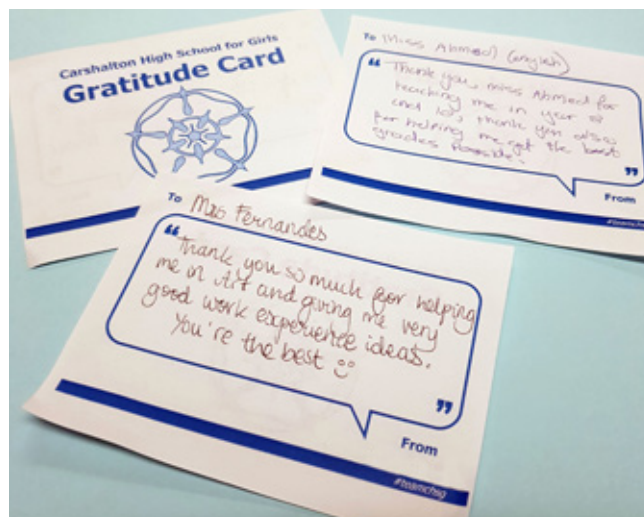


All our students were given a badge to wear as a visible message that we do not tolerate bullying here at CHSG



Kindness Notes

Throughout the week students were given the opportunity to write kindness notes to each other and to staff. This a simple gesture, however it underlines our commitment to maintain and develop our culture of kindness.

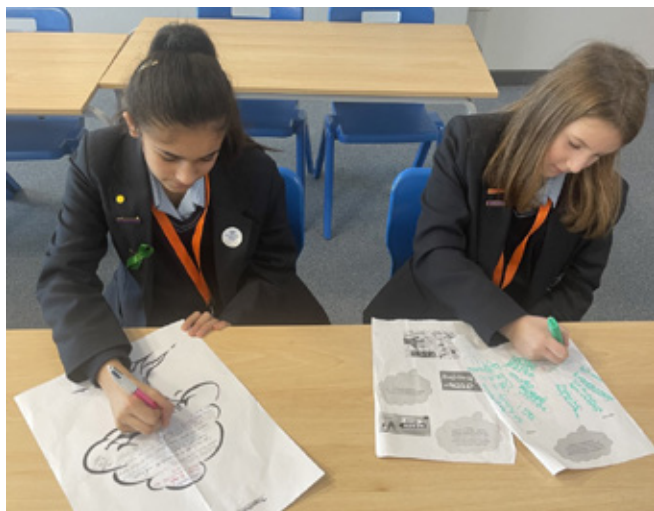
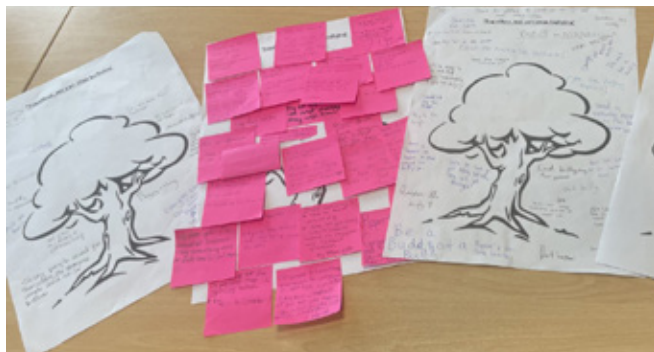




Other activities

There were range of other activities throughout the week including:

Together we can stop bullying activity



Students designed posters to promote anti-bullying



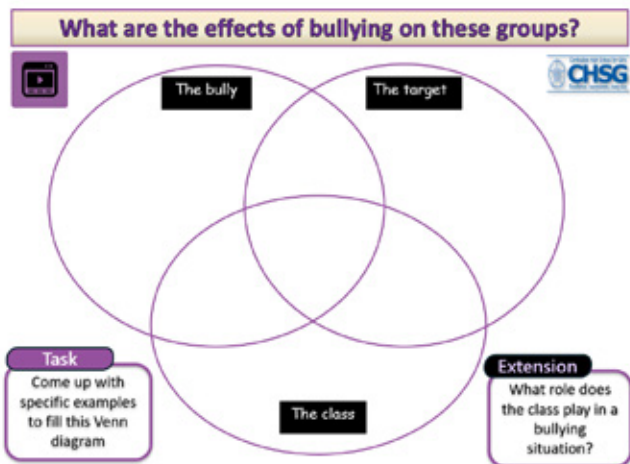
School Council - the headteacher led a session on anti-bullying with the school council. It was a highly productive session and we will be taking their ideas and thoughts forward in how we develop our policies and strategies on anti-bullying.



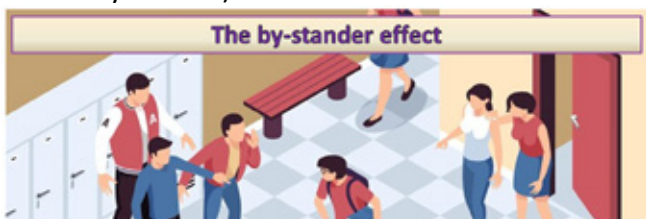
Change Starts With Us

Personal Development day

During our Personal Development Day on the Wednesday all students were engaged in activities learning about the different types of bullying, the effects of bullying and discussing different scenarios.



During the day students learnt about the different roles that people can take when bullying occurs. They are taught that a bystander is someone who sees or knows about bullying, or other forms of violence, that is happening to someone else; they can either be part of the problem (hurtful bystander) or part of the solution (helpful bystander)



The by-stander effect

Personal Development Day 16.11.22

Anti-Bullying Lesson

Task Look at the image from the previous page

Identify the bully, the target and the bystanders in this scenario above?
What do you think is about to happen / could happen?
What could be done to prevent it?

Extension

What role could the bystanders play to influence the scenario?

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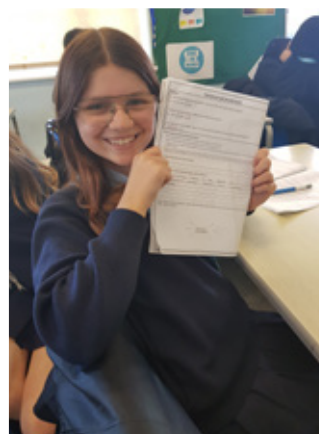
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Our Kindness Charter

OUR KINDNESS CHARTER

Carshalton High School for Girls is a caring and friendly school. We want everyone to feel safe and happy to be here.

SEE IT, SAY IT, STOP IT



We will treat everyone as we wish to be treated: fairly, with dignity and respect, and without discrimination.

We will not be tempted to fight back with words or actions we will only respond with kindness. We will not be a bystander and let unkindness happen.

We will use social media appropriately. Think, type and think again before we send. Spread positive messages.

We will support each other to create a culture where everyone has the right to learn in a safe environment.

We will not be afraid to report unkind behaviour and action to an adult or an Anti-bullying Ambassador.

All of our students sign up to our Kindness Charter which states our expectations, we revisit this every term to remind students that we are school community working together to ensure everyone feels safe and happy.

At CHSG, we believe that a simple act of kindness can help a person feel empowered to stand up to bullying. We are encouraging everyone to get involved in choosing kindness and be the reason to make someone smile. If you have any other questions about the information in this newsletter please contact your child's head of year.

Further Information:

Below are useful websites for parents and students on Anti-bullying:

[Anti-Bullying Week 2022 - Parent Pack.pdf \(anti-bullyingalliance.org.uk\)](https://www.anti-bullyingalliance.org.uk/anti-bullying-week-2022-parent-pack.pdf)

[Bullying, abuse, safety and the law | Childline](https://www.childline.gov.uk/information-for/parents/anti-bullying/)

[Dealing with bullying \(kidscape.org.uk\)](https://www.kidscape.org.uk/parents/anti-bullying/)