

BULLY-FREE



St Mary's is a Bully Free Zone

**St. Mary's
CE Academy**



'Excellence through faith & learning'

At St Mary's we've outlawed bullying as it has no place in our school!

We want all of our children to be happy, safe & to reach their full & amazing potential!



In order for St Mary's to be a 'Bully Free Zone' we work hard to ensure that this is really the case! Bullying is covered as part of the Establishment Phase at the beginning of the year as well as in assemblies in order that children are very clear about what *it*

is, what it *isn't* & *what to do if it happens*. This is then picked up on in classes by teachers as part of PSHE, Circle Time activities & P4C.

Because our underlying ethos is Christian, we often refer back to the teachings of Jesus to "*treat others as you yourself would like to be treated!*" (Luke 6:31) & try to ensure that children are taught how to respect & relate to each other in the most positive ways possible.



What is Bullying?

Bullying is when one child, or a group of children, keeps on trying to make somebody else feel sad, lonely or scared.

Bullying can take many different forms, such as:

- **Physical:** e.g. kicking, hitting and damaging belongings;
- **Verbal:** e.g. name calling, taunting, threats and making offensive remarks;
- **Indirect:** e.g. spreading nasty stories about someone, gossiping and leaving someone out;
- **Cyber:** sending nasty emails, messages using social media, texts or making upsetting phone calls.

Bullying is *intentional* (not an accident) where a bully hurts someone on purpose & is *repetitive*. This means that the bully hurts someone over & over again — it doesn't just happen once. Bullying is where one person acts like they have more power than another & does whatever they can to hurt

Bullying is NOT when you have a one off argument or say something unkind. **Bullying is done on purpose over and over again, i.e. they *MEAN IT* & *REPEAT IT!***



Our 'Say no to Bullying!' Poem

If someone is trying
to make you feel bad
so that most of the time
you are frightened or sad,

just remember to tell!

When someone is hurting you
day after day
and whatever you do
they just won't go away,

just remember to tell!

Telling is brave
and telling is cool!
Telling is one of
the rules of this school -

so remember to tell!

Please tell us...

...if you ever think that your child is being bullied or if there is ever a one off incident that needs to be dealt with!

Problems are always best dealt with straight away in order that your child isn't left feeling worried or intimidated. Please always let us know so that we can *nip problems in the bud* - that is what we're here for!

You can let us know by any of the following means: coming in for a chat, a telephone call, sending a note or by email. We genuinely do want to ensure that St Mary's is a 'Bully Free Zone' & that no child is ever unhappy or worried about school!

So, please tell us!

Telephone: 0114 2344461

Email: enquiries@st-



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