In conjunction with our Pastoral Care, Serious Offences, Self-Esteem and Codes of Conduct Policies monitoring bullying incidents is a whole school approach.

Bullying behaviour is defined as intentional, repeated behaviour by an individual or group of individuals that causes distress, hurt or undue pressure.

At Sacred Heart School we work as a whole school to ensure a safe environment that unambiguously sends a message to all members of the school community that bullying behaviour is totally unacceptable.

Sacred Heart School takes positive steps towards reducing bullying by

(a) Raising awareness – with parents, teachers, students.
(b) Developing a supportive climate.
(c) Training children in assertiveness and general self-esteem.
(d) Through supervision of teachers practising active “Duty Of Care”.
(e) Establishing clear rules both in the classroom and on the playground.
(f) Dealing with issues swiftly and communicating clearly with all parties involved.
(g) Modeling respectful and positive working relations with others.

Bullying involves the abuse of power in relationships. Bullying involves all forms of harassment (including sex, race, disability, sexual orientation), humiliation, domination and intimidation of others.

Bullying behaviour can be:

- **Verbal** eg. name calling, teasing, abuse, putdowns, sarcasm, insults, threats
- **Physical** eg. hitting, punching, kicking, scratching, tripping, spitting
- **Social** eg. ignoring, excluding, ostracising, alienating, making inappropriate gestures
Sacred Heart Catholic Primary School

- Psychological eg. spreading rumours, ‘dirty looks’, hiding or damaging possessions, malicious SMS and email messages, inappropriate use of camera phones.

Anti-Bullying Plan
When working with the students in the classrooms or as we move around the school or when on playground duty, staff will –
  - Watch for any early signs of distress in the students
  - Report all incidents or suspected incidents to the Principal
  - Offer the victim immediate support and help
  - Use all children as a positive resource in countering bullying by providing strategies for them to use and take time to discuss the problem in class and at assemblies

We need to ensure that all accessible areas of the school have a staff member present at breaks and before and after school.

The children will be encouraged to report all incidents of bullying to a teacher or the Principal –
   I. Student sent to Principal
   II. Principal investigates details of incident
   III. A restorative session is held
   IV. Parents of the harmer and the harmed are contacted
   V. After consultation with the CSO Schools Consultant, Diocesan anti-bullying procedures implemented, eg. suspension, exclusion and expulsion.

Sacred Heart follows the guidelines set by the CSO’s Anti-Bullying Policy