

## How can parents help?



Parents have a very important role to play in ensuring that bullying is identified as early as possible. They can do this by keeping a look-out for warning signs such as:

- reluctance to attend school
- change in daily routine e.g. different/longer route taken to school
- deterioration in work
- change in attitude
- loss of confidence
- regular mystery “illnesses”

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If you suspect that your child is being bullied there are several steps you can take:

- ✓ reassure your child that she/he is not the problem
- ✓ make sure that she/he doesn't believe anything that is being said to her/him
- ✓ reassure her/him that she/he is not the only one to have been bullied
- ✓ address any concerns about her/his safety
- ✓ contact the school – either the Guidance Teacher or the Year Head.

## Contacting the school



School telephone number

01294 606680

### YEAR HEADS 2020-21

Mr T Ross (S3)  
Mr A McGuigan (S4)  
Mrs K Schlesiger (S2/5)  
Mr K Herron (S1/6)

### GUIDANCE TEACHERS

Mrs S Benson      Mrs L Stevenson  
Mr A Coyle        Mr K Corish  
Ms J Brady        Ms T Donnelly

**REMEMBER**  
**We can't deal with a problem**  
**if we don't know about it!**

## ST MATTHEW'S ACADEMY



## ANTI-BULLYING POLICY

We believe that all pupils have the right to be educated in a caring environment where they feel safe and valued and there is mutual respect. Although bullying is not a significant problem for the majority of pupils in the school, this leaflet is designed to explain what we can do to deal with the problem where it does exist.

## What is bullying?

In St Matthew's Academy, we consider bullying to be:

*"the use of repeated aggression with the intention of hurting another person and which results in pain and distress to the victim"*

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Bullying can take several forms including the following:

- physical** – pushing; kicking; hitting; punching; any use of violence
- verbal** – name-calling; sarcasm; spreading rumours; teasing
- emotional** – ignoring; tormenting; making threatening gestures; being unfriendly
- racist** – racial taunts; graffiti; gestures
- sexual** – abusive remarks; unwanted physical contact; gestures
- cyber-bullying** – text messaging; social networking sites

## What is St Matthew's Academy doing about bullying?

In St Matthew's Academy, we are committed to ensuring that we offer a friendly and safe environment where bullying is seen to be unacceptable and where pupils feel able to tell and be reassured that any such incidents will be dealt with promptly and effectively.

This is achieved through the following:

- involving staff at all levels in keeping a lookout for signs of bullying.
- developing the role of senior students in supporting their younger colleagues.
- encouraging pupils and parents to contact the school if they have any concerns.
- raising awareness of the issue and how to tackle it through the Personal and Social Education course which pupils follow.
- keeping parents informed at all times.
- supporting those who are victims of bullying.
- working to modify the behaviour of anyone who bullies another pupil.

## Who does what?

Everyone within our community has an important role to play to ensure that bullying is kept to a minimum.

**All staff** are asked to be on the lookout for bullying behaviour both within and outwith the classroom. Staff will deal with any such incidents as they can but should report these to the appropriate **Guidance Teacher**. Guidance staff will



talk to the pupil(s) involved, offering counselling to the recipient of the bullying behaviour and working with all parties to try to ensure that there is no repetition.

Serious cases of bullying behaviour (or in situations when this behaviour has continued) will be dealt with by the **Year Head** who will inform **parents** and may ask them to come to the school to discuss the situation. In such cases, the school may use sanctions such as detention, withdrawal of privileges or, in the most extreme cases, exclusion from school.

Where bullying behaviour involves serious violence or if something related to the situation happens outwith the school, the **Campus Police Officer** may become involved. Bullying behaviour on the school bus will also involve parents and the **bus company**.