

HOB MOOR PRIMARY SAFEGUARDING AND WELLBEING NEWSLETTER

NOVEMBER 2022

If you would like to make an appointment with our Safeguarding, Wellbeing and Behaviour team, for guidance, advice, support or to discuss any concerns you may have, please email admin.hmp@ebor.acadmy or call 01904 806655

Dear Parents and Carers,

Welcome to our second newsletter of this academic year. We are really keen to send these updates to you as often as we can to inform you of our practice in school, which promotes the safety and wellbeing of all our pupils. We feel by sharing the information with you, this will help you to support your children at home.

This newsletter will focus on Anti-bullying week and how we have positively celebrated this theme in school last week.

For further information on where to find advice and support please see the link below.

<https://anti-bullyingalliance.org.uk/>

<https://learning.nspcc.org.uk/safeguarding-child-protection/anti-bullying-resources>

<https://www.kidscape.org.uk/>

Parents guide to keeping children safe online:

<https://parentsafe.lgfl.net/>

**This Anti-Bullying Week,
let's come together and reach out
to stop bullying.**

**REACH
OUT**

**Monday 14th to
Friday 18th November**
#AntiBullyingWeek
#ReachOut



HOW HAVE WE CELEBRATED ANTI-BULLYING WEEK?

All the children in school have completed a pupil voice survey on their views on what bullying and what behaviours can look like bullying.

What is bullying?

What would you do if you thought you were being bullied?

How often does bullying happen at Hob Moor?

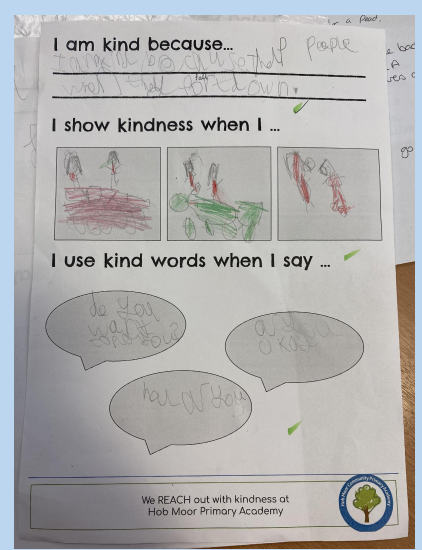
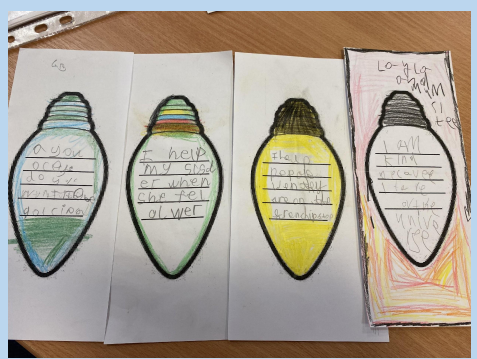
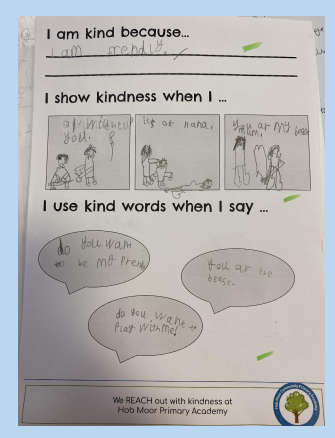
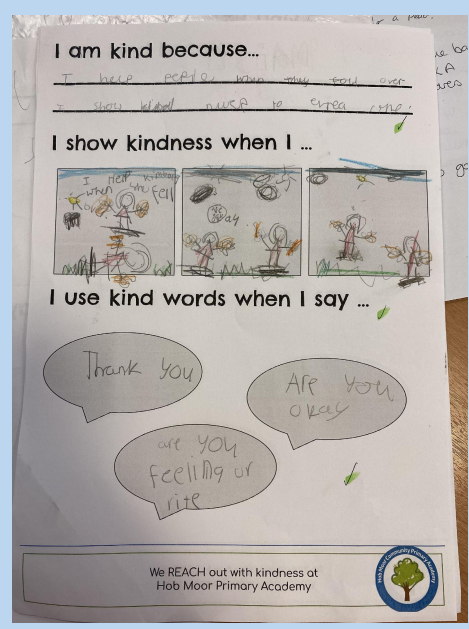
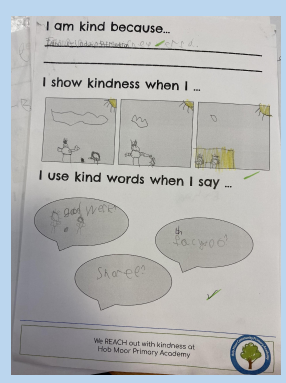
Which adult would you talk to in school if you had a worry?

What would you do if you were a bystander and saw someone being bullied?

How do grown ups help children who have been bullied at Hob Moor?

What would you do if you were a bystander and saw someone being bullied?

KS1 have created kindness posters using the phrase "We REACH out with kindness"



Year 3 and 4 have created posters to post around school using the phrase "We REACH out to STOP bullying" and "lightening up the world with kindness"



Year 5 and 6 have designed their own leaflets which will be displayed in each corridor and alongside our playground signs to help reduce unacceptable behaviour on the playground. REACH out to help

<p>What should I do? If you are being bullied:</p> <p>Do! Tell somebody Walk away from them Tell them to stop Stand up for yourself Tell teachers the truth If we see it we stop it don't Hit them Speak back rudely Run away Say something mean to them Tell teachers a lie Don't accept bullying</p>	<p>When does an action become bullying? When a person is mean to you over and over again If someone is hurtful to you When somebody hits you and says something mean to you At Hob Moor Primary we are kind / caring people We show our reach values We show respect, effort, attitude, care and honesty</p>	<p>We REACH out for help at Hob Moor Primary Academy</p>	<p>What should I do? If you are being bullied:</p> <p>Do! ★ Speak out - To a trusted adult. ★ Ask them to stop politely. ★ Be brave ★ Ask for help ★ Stand up for yourself!</p> <p>Don't! ★ Fight back! ★ Keep it secret ★ Become a bully ★ Say something mean back ★ Say nothing happened</p>	<p>When does an action become bullying?</p> <p>★ Repetitive: its going on everyday ★ Hurtful: its hurting your feelings ★ Physically hurting them: Punching, kicking, hitting, pushing ★ Share your true feel</p> <p>At Hob Moor Primary we:</p> <p>★ Respect everyone ★ Share kindness ★ Have faith in each other ★ Always keep our effort up ★ Always be happy ★ Have a good attitude</p>	<p>We REACH out for help at Hob Moor Primary Academy</p> <p>STOP BULLYING SEE IT - SAY IT - STOP IT</p>	
<p>Who can I REACH out to? A nearby adult A teacher assistant or class teacher Lunch staff Well Being Mrs cousins Parent or guardian</p> <p>The adults in school will:</p> <ul style="list-style-type: none"> ★ Keep our school safe and inclusive for everybody. ★ Help the victim and the bully understand what has happened and how to move forward. ★ Never accept bullying at Hob Moor. 	<p>What should I do if I see someone being bullied? Tell the bully to stop Speak to any adult that you know Ask them if they are okay Ask them what are you on the emotion wheel Tell the teacher that somebody is being bullied</p>	<p>What is bullying? It is where some one is mean to you They is many tps of bullying like cyberbullying / sexual / sexist / transthetic /</p>		<p>What should I do? If you are being bullied:</p> <p>Do! Tell someone Be Brave Ask them to stop Don't! Keep it a secret Become a bully Fight back in a physical way.</p>	<p>When does an action become bullying? Hard to defend themselves Repetitive Hurtful At Hob Moor Primary we: Kind Empathetic REACH Feel safe</p>	<p>We REACH out for help at Hob Moor Primary Academy</p> <p>STOP BULLYING PHYSICAL VERBAL SOCIAL CYBER</p>
<p>Who can I REACH out to?</p> <ul style="list-style-type: none"> ★ Teachers close by us - on our playground ★ Your teacher ★ Your TA ★ Wellbeing team ★ Headteacher ★ Deputy head <p>The adults in school will:</p> <ul style="list-style-type: none"> ★ Keep our school safe and inclusive for everybody. ★ Help the victim and the bully understand what has happened and how to move forward. ★ Never accept bullying at Hob Moor. 	<p>What should I do if I see someone being bullied?</p> <ul style="list-style-type: none"> ★ Check if they are ok ★ Tell a adult ★ Speak to the victim ★ Don't get involved ★ See what's happening ★ Don't start a argument. 	<p>What is bullying?</p> <p>★ Ebor academy understands bullying is where someone is hurting somebody Repitidly over time. This includes many Types:</p> <ul style="list-style-type: none"> ★ Physical ★ Verbal ★ Cyber ★ Indirect ★ Harassment 	<p>STOP BULLYING</p>			

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing harmful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms - such as harmful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health. So, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Having online games together with your child or connecting with them on social media (provided they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online - as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent reminder to help prevent cyber-and-bullying situations. Topics you might want to raise include why it's important to only connect online with people you know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include wanting quiet or withdrawn, angry or suddenly avoiding their phone. When you feel it's the right time, you may want to check in with them to see if everything is ok.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems - and that they won't be in trouble. You might also suggest a trusted family member or they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child and - if they're bringing you up to speed, and try not to show any judgement or criticism - even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: resources are available on 0845 850 8707 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-to-do-if-a-child-is-abused/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 8000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles' for them. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By enabling your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyberbullying often takes place through a particular app, social media platform or on the game. If this is happening to your child, encourage them to report the offender to the app or game in question - ideally with screenshots to support their complaint. Most games and apps have reporting tools available to stop or reduce abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people being victimised or cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidently report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and, possibly, even thoughts of self-harm or suicide. If you think that an incident of cyberbullying has affected your child's mental wellbeing, then seek professional support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger - or if there are any signs whatsoever of harmful images being shared as part of the bullying - then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Elaine Holliday is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various government papers and conducted research for the Australian government comparing internet use and texting behaviour of young people in the UK, USA and Australia.



**National
Online
Safety**

#WakeUpWednesday