

Cowell Area School will take a proactive stance by promoting cooperative learning and resilience through:

- Class/home group anti-bullying programs to provide skill and knowledge about bullying (e.g. *Bounce Back*) and fostering resilience and a sense of wellbeing.
- Explicitly teaching positive behaviours
- Adopting a Restorative approach to dealing with behaviour
- Class meetings and conferences to discuss bullying, its implications and how to deal with it.
- Counselling methods that deal specifically with issues related to bullying. (e.g. method of shared concern).
- Goal setting and behaviour agreements.
- Review meeting with parents.
- Referral to behaviour management services.
- Explicitly teaching how to recognise bullying behaviour and the role of the bystander.

Contact People
Phone: 8629 2150

Class home group teacher

Student Wellbeing Leader

R-6 Coordinator

7-12 Coordinator

Deputy Principal

Principal

NEED MORE INFORMATION

The following telephone numbers and internet websites can provide support and useful information about bullying and harassment

- Kids Helpline: 1800 551 800
- Child and Youth Parent Helpline: 1300 364 100
- DfE Website: www.education.sa.gov.au, then go to supporting students > Health, e-safety and wellbeing >Anti-bullying
- www.Bullyingnoway.com.au
- <https://www.esafety.gov.au/>
- <https://studentwellbeinghub.edu.au/>

Cowell Area School

“A positive and collaborative community of resilient learners, prepared for future challenges”

**Anti-bullying
Policy**

All members of the Cowell Area School community have the right to feel safe and be safe at all times. This policy has been developed to make our beliefs, responsibilities and practices clear and help make our school a bullying free environment.



What is bullying?

- Behaviour that makes others feel embarrassed, uncomfortable, afraid or upset.
- Usually persistent and repeated and can be physical, social, verbal or psychological.
- Involving the abuse of power to dominate or intimidate.
- Using e-mails, texting, phone calls or photos to tease or intimidate.
- Deliberately excluding others.

Bullying in any form is not acceptable in our school community

At our school we value and actively promote, through a process of education:

- Respect for self
- Respect for others
- Respect for property
- Respect for the environment

Our school community believes that:

- Individuals must be respected and that individuals need to be sensitive to the needs of others
- We must respect the rights of students to learn and the teacher to teach.
- Students should be supported in developing skills to manage their own behaviour and take responsibility for their own actions.
- Bullying is not an inevitable or acceptable part of life.

Student Responsibility

- Ask the bully to stop.
- Tell an adult if you are being bullied.
- Don't stand by and watch, tell an adult immediately if you see someone being bullied.
- Tell your parents what is happening.

Staff Responsibility

- Be a good listener and model good behaviour and strategies when working with students and parents.
- Teach students about the impact of bullying and discuss a range of strategies to use if bullying occurs.
- Document all incidents of harassment so that patterns of bullying can be identified.
- Encourage students to report bullying.
- Maintain regular caregiver contact where necessary.
- Actively reinforce the process at every opportunity.
- Provide opportunity for students to be responsible for their actions.

Parent Responsibility

Listen carefully and calmly to your child and gather as much information as possible about the bullying. Here are some steps to follow:

Step 1 – Contact your child's classroom teacher through the front office so that all facts can be established and appropriate action taken.

Step 2 – If further help is needed then contact a member of the leadership team through the front office.

REMEMBER: in the first instance, rarely does any person know all the facts.

School Action

- All incidents of bullying and harassment which are reported to the school will be addressed.
- In the event of serious repeated bullying occurring, parents of both the target and the bully will be contacted.
- Further consequences will be administered depending on the severity and frequency of the bullying.

Some of the consequences may include:

- Apology
- Documentation for file
- Restorative conferences
- Parent meetings.
- Mediation/ Counselling
- Time-out
- Internal/external suspension
- Referral to behavioural support services or other relevant agencies.
- SAPOL intervention.

