

Mowbray Safeguarding Bulletin for Families- November 2023



This week is **Anti bullying Week** - our pupils will be taking part in lots of learning and activities during the school day and this bulletin is being sent to families to help raise awareness of bullying and to share support which is available to all.

What is bullying?

Bullying is intentional behaviour that hurts someone else. It includes name calling, hitting, pushing, spreading rumours, threatening or undermining someone. It can happen anywhere and it's usually repeated over a long period of time and can hurt a child both physically and emotionally.

It can involve people of any age, and can happen anywhere – at home, school, in the local community or using online platforms and technologies (cyberbullying). This means it can happen at any time. Below are some examples of types of bullying.

Verbal
abuse

Physical
abuse

Emotional abuse

Cyberbullying
/online
bullying

Signs of bullying -There is no single sign which will indicate for certain that you child is being bullied, but watch out for:

belongings getting 'lost' or damaged

a change in eating or sleeping habits

bullying others.

a change in behaviour, including being nervous, losing confidence, or becoming distressed and withdrawn

a change in how they are doing at school, including a dip in grades or not handing homework in asking for, or stealing, money (to give to whoever's bullying them)

being afraid to go to school, being mysteriously 'ill' each morning, or skipping school

If you are worried that your child is being bullied or is bullying other children there is support available.

Contact school on 01677 422446 and ask to speak to Sharon O'Rourke or email on sharon.orourke@mowbrayschool.co.uk

NSPCC, Kidscape and Anti Bullying Alliance have lots of advice, support, recourses and guidance around bullying - please click on the link below

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

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

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

<https://thegoto.org.uk/>