



Dear pupils of St Ursula's E-ACT Academy,

We are writing to you to inform you about good and bad behaviour and our anti-bullying policy. School is full of fun, learning and friendships, however things can get hard when we are faced with bullying.

Do you really know the difference between friendship problems and bullying?

So what is bullying?

Bullying is being a victim everyday, repeatedly. However, arguments now and again between friends is not classed as bullying. Bullying can include name calling to physical abuse. As soon as something goes wrong don't let it get worse - tell and a teacher.

What to do if you are being bullied?

Being bullied can be hurtful so we are going to give a couple of tips of how you can stop this problem.

Firstly, tell a trusted friend or adult. You could even tell an Associate Governor or head boy or girl. It is important to tell a trusted adult because they know how to fix it. If the adult doesn't make a difference make sure you remind the adult of the situation. If you know anyone who has been bullied in the past you could ask them for advice on how they stopped it.

Stay strong and don't give in to the bully!

Who are bullies?

A bully is a person who is hurtful for 5-6 weeks. Not just once or twice but every day and every week. They hurt you mentally or physically like kicking, punching, texting insults, mocking, calling people names, saying rude things and breaking or stealing a pupil's property.

Why have they become bullies?

Something could have happened at home that makes them feel sad or lonely. It is important to understand why they do this and approach them gently, don't be mean back.

How to get help if you are a bully?

Tell a teacher why you are sad or feel like being mean. This may sound scary but they will understand your side of the story.

Our school anti-bullying policy

- No physical abuse including hitting, kicking, pushing kids around, spitting and damaging a pupil's private property
- No threatening or blackmailing to take any property
- No verbal abuse including name calling and teasing

With best wishes from,

The Year 6 Associate Governors