



‘Reach Out’

An Anti-bullying Information Leaflet for Parents September 2026

We are committed to providing a caring, friendly and safe environment for all our pupils so they can learn and play in a relaxed and secure atmosphere. We appreciate that children fall out with one other from time to time as part of growing up, but bullying is different. We want our school to be safe and happy for everyone.

Bullying of any kind is unacceptable in our school.

However, we recognise that:

- Bullying will happen from time to time
- The fact that it is not always reported does not mean it is not happening
- Bullying makes children’s lives unhappy and can hinder learning

The aim of this leaflet is to reassure parents that Carnarvon Primary School will respond positively and effectively to any bullying that may take place.

Bullying – a definition:

We believe that **bullying** occurs when one child (or a group of children) hurts another child:

- **on purpose**
- **over and over again**
- **knowing that it upsets them**

We recognise that bullying can be physical, verbal or emotional or can take the form of cyber-bullying.

How does the school try to prevent bullying?

- We are a **Telling School** with **No Bystanders**
We expect all children to challenge any bullying they see and report any bullying to an adult. Anyone who sees bullying happen and does not tell anyone is supporting the bullying.
- We are careful to check **excuses**:
If it was a **game**, was everyone enjoying it?
If it was a **joke**, was everyone laughing?
If it was an **accident**, was there an apology?
If it was **borrowed**, did the owner give permission?
- We provide a 'Worry Box' in all classrooms for children to use to report concerns (in writing or pictures) in a quiet, confidential way
- We undertake to investigate any alleged incidents of bullying whether reported by children or parents.
- We remind children on a regular basis about our approach to preventing bullying as part of our PSHE and Assembly programmes.

How would you know if your child is being bullied?

If your child is being bullied there may be changes that you can see in their behaviour. For example, if your child:

- becomes frightened of walking to or from school
- is unwilling to come to school
- feels ill in the morning

These signs and behaviours could indicate other problems as well, but do not hesitate to contact your child's teacher.

What will the school's response be?

- We will accept what your child has said and take their concerns seriously
- We will investigate the incident(s), talking separately with all the children involved
- If bullying has occurred, we will record the incident and the bully will receive a formal warning and will be asked to apologise. The victim will be assured that they should immediately report any future incidents and know that they will be listened to
- We will monitor the children's behaviour over the following few days to check all is well
- We will inform parents of the outcome of the investigation
- If there are repeated or serious incidents, parents will be informed and invited to meet with the class teacher or Headteacher

What can your child do if they are being bullied?

We teach the children:

- To try to ignore the bully
- To be firm saying clearly that what the bully is doing is not acceptable
- To get away from the situation as quickly as possible
- To stay with a group or seek out other friends
- To tell an adult what has happened straight away or use the Worry Box
- To realise that if they are bullied, it is not their fault

Parents should not instruct children to 'give as good as they get' or hit back. This simply leads to further problems. We help children at Carnarvon Primary School to be assertive rather than aggressive.

We hope you have found this leaflet useful. Please do not hesitate to contact us if you have any worries.

Andrew Board
Head Teacher