

Runnymede Public School Anti-Bullying Prevention Plan

Rationale

At Runnymede Public School, we believe that every student has the right to feel safe, respected, and accepted. Bullying is not tolerated, and we will work together as a school community to stop it before it starts. Our goal is to create a positive and caring environment where everyone can learn and grow.

Objective

We aim to support students in understanding bullying, preventing it, and knowing how to act if they see or experience it. We want all students to feel happy, safe, and valued at school, from Kindergarten to Grade 8.

What is Bullying?

Bullying is when someone is mean to another person on purpose and it happens again and again. It can be:

- **Physical bullying:** Hitting, pushing, or damaging someone's belongings.
- **Verbal bullying:** Calling names, teasing, or making hurtful comments.
- **Social bullying:** Leaving someone out, spreading rumors, or excluding others.
- **Cyber-bullying:** Using the internet or phones to hurt someone's feelings, like sending mean messages or posting unkind things online.

Expectations for All Students (Kindergarten to Grade 8)

- **Kindergarten to Grade 3:**
 - Be kind to others.
 - Always include others in play and activities.
 - Use friendly words and actions.
 - Tell an adult if you see someone being treated unkindly.
- **Grade 4 to Grade 6:**
 - Show respect and empathy for everyone.
 - Stand up for others if you see bullying.
 - Treat everyone fairly, no matter their differences.
 - If you're bullied or see bullying, report it to a teacher or trusted adult.
- **Grade 7 and Grade 8:**
 - Be a positive leader in your school.
 - Help create an environment where bullying is not allowed.
 - Support your peers who might be going through tough times.
 - Use the internet responsibly and treat others with respect online.
 - Speak out if you see someone being hurt, either online or at school.

Anti-Bullying Strategies

- **Preventing Bullying:**
 - We will teach students how to be kind, respectful, and inclusive.
 - Regular lessons will remind everyone that bullying is wrong.
 - We will celebrate differences and encourage respect for all cultures and backgrounds.
- **Intervening in Bullying:**
 - If bullying happens, we will help both the person being bullied and the person who is bullying.
 - Everyone involved will receive support, and there will be consequences for bullying.
 - We will create safe spaces where students can talk about their feelings.
- **Supporting Everyone:**
 - Students who are bullied will get help from teachers, counselors, and friends.
 - Students who bully others will learn about the impact of their actions and how to make better choices.
 - We will involve parents and caregivers in supporting students.

Reporting Bullying

- You can always talk to a teacher, counselor, or principal if you see bullying.
- You can also report bullying in a safe way, even anonymously, by filling out a “Bullying Report” form.
- Everyone will be listened to and supported when they speak out.

Kid-Friendly Slogan

“Be a Buddy, Not a Bully!”

This reminds us that everyone deserves kindness and respect. We’re all part of a team, and we should support each other.

In the Classroom

Teachers will talk to students about:

- What bullying looks like and why it’s hurtful.
- How to be an upstander (someone who helps when bullying happens).
- Ways to make our school a safe and welcoming place for everyone.

How We Will Know if It’s Working

- We will regularly check in with students to see how everyone is feeling.
- We will ask students about their experiences and listen to their ideas for making the school better.

- We will celebrate when our school is kind and inclusive, and work together to improve when needed.

Conclusion

At Runnymede Public School, we all have a responsibility to make sure bullying does not happen. We are a team, and together we can create a school where everyone is treated with kindness, respect, and care. Let's keep saying: “**Be a Buddy, Not a Bully!**”