HOW IS THE SCHOOL HELPING?

At Mundijong Primary School we are tackling the issue of bullying throughout the school. Whilst the general staff are ever vigilant toward the continued safety and comfort of students at the school, staff also seek help through counselling, mediation and education.

Various programs aimed at preventing bullying will also be integrated into classes throughout the year.

FEARS?

In these situations, students often do not tell anyone about being bullied because they are afraid it will make the situation worse. We would ask you to reassure your child that our staff is very experienced in dealing with incidences of bullying and that we WILL be able to help.

*Only by creating a culture that says it’s okay to seek help can the cycle of bullying be broken.*

MUNDIJONG PRIMARY SCHOOL

A PARENTS GUIDE TO DEALING WITH BULLYING

At Mundijong Primary School we aim to send out a clear message that bullying is not tolerated. To deal effectively with the problems of bullying, we have provided this pamphlet for your information. Together we can help make your child’s environment a positive and enjoyable one.

Livesey Street, Mundijong 6123

Phone: 9525 5118  Fax: 9525 5924

Principal: Mrs Cheryl Wellburn
**WHAT IS BULLYING**

Bullying is repeated actions involving a more powerful person or group oppressing a less powerful person or group.

These might be:

**Verbal:** the child is called a names, put down or threatened.

**Physical:** the child is hit, tripped, poked, kicked or belongings damaged or stolen.

**Social:** the child is left out, ignored or rumours are spread.

**Psychological:** the child is stalked or given dirty looks.

Bullying is different from ordinary teasing, rough and tumble or schoolyard fights. What makes it different is that the incidents are ongoing, and there are usually an imbalance of size, strength and power between the children involved.

**HOW CAN PARENTS HELP?**

You can firstly help by recognising symptoms that your child is being bullied. These may include:

- personality changes
- unusual mood swings; angry or tearful outbursts
- disturbed sleep
- signs of depression/low self esteem
- headaches, stomach-aches
- signs of torn clothing or bruising
- reluctance to attend school
- bullying of siblings at home
- requests for extra money and loss of valuable things
- marked decline in school levels.

If you observe any of these symptoms the first step is to raise the issue with your child.

Should this raise concerns we encourage you to contact your Class Teacher, who will work with you on achieving a positive solution.