

ANTI-BULLYING PLAN 2023

WIRREANDA PUBLIC SCHOOL

Bullying behaviour has three key features. It involves the intentional misuse of power in a relationship. It is ongoing and repeated, and it involves behaviours that can cause harm. The NSW Department of Education requires all NSW public schools to have an Anti-bullying Plan which details the strategies implemented to reduce student bullying behaviours.

Resources

The NSW anti-bullying website (see: <https://antibullying.nsw.gov.au/>) provides evidence-based resources and information for schools, parents and carers, and students. Schools are encouraged to visit the website to support whole-school prevention, early intervention and response approaches and strategies for student bullying behaviour.

Wirreanda Public School's commitment

Our school rejects all forms of bullying behaviours, including online (or cyber) bullying by maintaining a commitment to providing a safe, inclusive and respectful learning community that promotes student wellbeing. Executive staff are committed to establishing evidence-based approaches and strategies that promote a positive climate where bullying is less likely to occur.

1 School culture and inclusion

All members of the school community are active participants in building a welcoming school culture that values diversity and fosters positive relationships. A key component of a supportive school culture is building respectful relationships and an ethos that bullying is not accepted, in both online and offline environments. School staff will actively respond to student bullying behaviour.

Our school engages in the following practices to promote a positive school culture.

1.1 Student assemblies

Student bullying and expectations about student behaviour will be discussed and information presented to promote a positive school culture where bullying is not accepted.

Dates	Communication topics
Term 1	Behaviour code for students; School Values; School Routines and Expectations; National Day of Action against Bullying; Cybersafe
Term 2	Connected Kids; Friendship, Bullying, Banter, Bystander, Upstander. Classroom: High Five
Term 3	Connected Kids; Child Protection - safe v unsafe behaviours; Racism. No Way! Kindness; Belonging
Term 4	Connected Kids; Leadership training; peer support; Bossy behaviours

1.2 Staff communication and professional learning

Staff will be supported with professional learning that provides evidence-based ways to encourage and teach positive social and emotional wellbeing and discourage, prevent, identify, and respond effectively to student bullying behaviour.

Dates	Communication topics and Professional learning
Term 1	School Expectations; non-negotiables; routines; positive school culture; Aboriginal Cultural Workshops
Term 2	Choice Theory; Reality Therapy
Term 3	Child Protection
	Other PL as determined by the situation and teacher

1.3 New and casual staff

New and casual staff will be informed about our school's approaches and strategies to prevent and respond to student bullying behaviour in the following ways.

*Casual staff receive a copy of the school's casual induction and agreed practice handbook.

* Stage executive staff member speaks to new and casual staff when they enter on duty at the school as part of the induction process.

2 Partnerships with families and community

Effective schools have high levels of parental and community involvement. This involvement is strongly related to improved student learning, attendance and behaviour. Our school proactively builds collaborative relationships with families and communities to create a shared understanding of how to support student learning, safety and wellbeing.

2.1 Website

Our school website has information to support families help their children to regulate their emotions and behaviour and develop socially. Information is provided to assist if children have been involved in bullying behaviour (as the person engaging in bullying behaviour, as the person being bullied or as the person witnessing the bullying behaviour).

The following are published on our school's website. Check the boxes that apply.

School Anti-bullying Plan

NSW Anti-bullying website

Behaviour Code for Students

2.2 Communication with parents

Our school will provide information to parents to help promote a positive school culture where bullying is not acceptable and to increase parent's understanding of how our school addresses all forms of bullying behaviour.

Dates	Communication methods and topic
Term 1	School Handbook distributed with all updated information. Meet the teacher night - Defining positive wellbeing and student bullying
Term 2,3,4	School newsletter with strategies and updates - Friendship, Bullying, Banter, Bystander, Upstander. High Five

3 Support for wellbeing and positive behaviours

Our school's practices support student wellbeing and positive behaviour approaches that align with our school community's needs.

Social and emotional skills related to personal safety, resilience, help-seeking and protective behaviours are explicitly taught across the curriculum in Personal Development, Health and Physical Education (PDHPE).

Examples of other ways our school will embed student wellbeing and positive behaviour approaches and strategies in practices include the following.

*Choice Theory

*Restorative Approach

*Social and Emotional Learning programs - You Can Do It/Fun Friends

*Brave Program: The Brave Program is a program to assist in the prevention and treatment of childhood and adolescent anxiety. It provides a way for young people to better cope with their worries by teaching them the skills they need to reduce their anxiety and to cope with stressful situation.

*Second Step K-2: Second Step is a K-2 program that provides instruction in social and emotional learning with units on skills for learning, empathy, emotion management, friendship skills, and problem solving

*Zones of Regulation: The Zones of Regulation framework teaches students how to build awareness of their feelings/internal state and utilise a variety of tools and strategies for regulation, prosocial skills, self-care, and overall wellness.

*Drawing Therapy: Visual arts to improve physical, mental and emotional well-being, using the art as a means to open discussion of provide support for students.

*Social Skills: Choice theory – Bear cards; Stones have feelings too; Emotion coaching

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Position: Principal

Signature:

Date: 31/1/23

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Date: 31/1/23