

## Advice to parents:

If you have a concern about your child don't feel helpless.

This is what you can do:

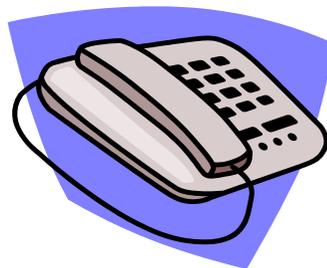
- Talk to your child to find out exactly what's going on
- If necessary arrange a meeting with your child's teacher
- If you are still concerned, you can arrange a meeting with the Principal
- Parents may request a copy of the Anti-Bullying Policy from the School Office.



## USEFUL PHONE NUMBERS

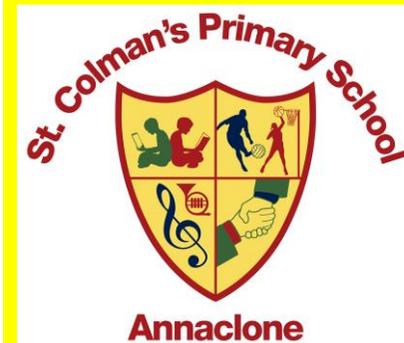
### Contacts and Helplines

- **Our School office**  
**028 40671363**
- **Childline**  
**FREEPHONE**  
**0800 1111**
- **Parents Advice Centre**  
**028 9023 8800**
- **Just Ask Counselling**  
**028 3083 4200**



St Colman's Primary School and All Saints' Nursery Unit,  
Monteith Road, Annaclone, BT32 5LS  
Telephone: 028 40671363  
Email : [info@stcolmans.annaclone.ni.sch.uk](mailto:info@stcolmans.annaclone.ni.sch.uk)  
Web : <http://www.stcolmansandallsaints.co.uk/>  
Twitter: [@stcolmansps](https://twitter.com/stcolmansps)

## St. Colman's Primary School and All Saints' Nursery Unit



An information guide for  
parents and pupils

**School procedures for dealing with  
incidents of Bullying.**

In St Colman's Primary School and All Saints' Nursery Unit children are valued as individuals and are fortunate to belong to a caring and friendly school.

St Colman's Primary School and All Saints' Nursery Unit **strongly disapproves of bullying** and will take the necessary steps to deal with it.

Bullying can happen to anyone. It's what is done about it that makes the difference.

Bullying can be:

- name calling or teasing;
- making things up to get you into trouble;
- hitting, punching, pushing;
- taking or damaging your belongings;
- taking your friends away from you;
- spreading rumours about you or making threats;
- exclusion from groups;

and occurs on a consistent and repetitive basis which is not a one off incident.



### Definition of Bullying

*"Bullying is a form of aggressive, hurtful behaviour which is **persistent and unprovoked**. It involves an abuse of power. It may take various forms, including physical, verbal and emotional."*

### BULLIED

Break time! Breath comes tight.

They'll start on me again,  
take my lunch, pull my hair,  
take my copy, break my pen.

See can they make me cry  
when they laugh and call me names.  
Or, the bit I hate the most,  
leave me out of all the games.

I want this nightmare over,  
I don't know what to do.  
Should I tell someone my troubles  
and look for help?

Would you?



### Advice to Pupils

If you are being bullied:

- try to look confident, even if you don't feel it;
- don't let a bully know you are upset;
- try to stay in safe areas of the school with other people you can trust;
- if you see someone on their own, make friends with them.

If someone hurts, you  
in any way....

### TELL

a teacher  
a supervisor  
your parent  
or your friend

It won't stop until you do tell

It is not telling tales and you won't get  
into trouble.

Bullies are usually unhappy people. By doing something about your bullying problem, you may be helping them too and you may stop them from bullying other people.