



# Anti-Bullying Policy

Anglo-Portuguese School of London

**Approved by:**

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[www.angloportugueseschool.org](http://www.angloportugueseschool.org)

[info@angloportugueseschool.org](mailto:info@angloportugueseschool.org)

Part of Talent Education Trust. Registered office address:  
11 Belgrave Square, Belgravia, London SW1X 8PH. Company number: 10036154.

## 1. Aims

This policy aims to respond to bullying. Bullying hurts. No one deserves to be a victim of bullying. Everyone has a right to be treated with respect. Pupils who are bullying need to learn different ways of behaving.

The Anglo-Portuguese School of London (APSoL) have a responsibility to respond promptly and effectively to issues of bullying.

## 2. Signs and Symptoms

A child may indicate by signs of behaviour that he or she is being bullied. Adults should be aware of these possible signs and that they should investigate if a child:

- Is frightened of walking to or from school
- Does not want to go on the school or public bus
- Begs to be driven to school
- Changes their usual routine
- Is unwilling to go to school (school-phobic)
- Begins to miss school
- Becomes anxious, withdrawn, or lacking in confidence
- Starts stammering
- Attempts or threatens suicide or runs away
- Cries themselves to sleep at night or has nightmares
- Feels ill in the morning, or claims to feel ill
- Begins to do poorly in school work
- Comes home with clothes torn or books damaged
- Has possessions which are damaged or 'go missing'
- Asks for money or starts stealing money (to pay a bully)
- Has money continually 'lost'
- Has unexplained cuts or bruises
- Comes home starving (money or lunch has been stolen)
- Becomes aggressive, disruptive or unreasonable
- Is bullying other children or siblings
- Stops eating
- Is frightened to say what's wrong
- Gives improbable excuses for any of the above
- Is afraid to use the internet or mobile phone
- Is nervous and jumpy when a message is received.

These signs and behaviours may indicate other problems, but bullying should be considered a possibility and explored.

## 3. What we do to tackle bullying

Our school will always do the following to effectively tackle bullying. Interventions include:

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- Social and Emotional Aspects of Learning (SEAL)
- Personal, Social, Health Education (PSHE) curriculum
- Circle time
- Sessions with a Learning Mentor
- Peer mentoring
- Playground buddies
- Restorative Justice
- Worry box
- Learning mentoring programme
- Computing Curriculum (online safety/ cyber bullying)

#### 4. Children and young people's involvement

Our pupils are our eyes and ears and can see bullying when staff cannot. As such, there are many ways pupils can become involved themselves in tackling bullying at school, such as:

- Becoming a member of the School Council
- Joining the peer mentoring programme
- Becoming a playground buddy
- Using the worry box.

For more information about how children and young people can get involved, please talk to TBD.

#### 5. Working with Parents and Carers

We will:

- Encourage parents/carers to share their concerns if they are worried about bullying
- Ensure parents/carers know about our complaints procedure and how to use it effectively
- Ensure parents/carers know where to access independent advice about bullying
- Work with parents and the local community to address issues beyond the school gates that give rise to bullying.

#### 6. Monitoring and review: policy in practice

We will review this policy at least once every two years as well as respond to trends that suggest the need for review. The school uses the guidance by the DCSF\*, the Anti-Bullying Alliance\*\*, and the Wandsworth Anti-bullying Strategy\*\*\* to inform its action planning to prevent and tackle bullying.

\* *DCSF Guidance "Safe to Learn: Embedding anti-bullying work in schools"*

<http://www.teachernet.gov.uk/wholeschool/behaviour/tacklingbullying/safetolearn/>

*DCSF Guidance*

<http://publications.dcsf.gov.uk/default.aspx?PageFunction=productdetails&PageMode=publications&ProductId=DCSF-00450-2009>

<http://publications.teachernet.gov.uk/eOrderingDownload/DCSF-01141-2009.pdf>

\*\**Anti Bullying Alliance guidance*

[http://www.anti-bullyingalliance.org.uk/Page.asp?originx\\_4237co\\_4721421398769u17h\\_2007627412x](http://www.anti-bullyingalliance.org.uk/Page.asp?originx_4237co_4721421398769u17h_2007627412x)

*\*\*\*Wandsworth Anti-bullying Strategy*

<http://www.wandsworth.gov.uk/NR/rdonlyres/esh6ew5nwtuy3nn3qtwpdqsp7hmyz5x6spsvge dc2hcybsefacywdfezzuhq7g25npltmojqsmmfkdvlsdq2673caef/AB+Strategy.pdf>

## **7. Links with other school policies and practices**

- Safeguarding policy
- Behaviour policy
- Curriculum policy (PSHE)
- Complaints policy
- Local Authority reporting procedures
- School improvement plan