

At Carlton Digby School we aim to provide an inclusive environment for all pupils which openly discusses differences between people and celebrate diversity.

As a consequence, we aim to provide a safe, caring and friendly learning environment which enables pupils to improve their life chances and help them maximise their potential.

We expect pupils to act appropriately and feel safe in school. To understand the issues relating to all forms of bullying and to feel confident to seek support from school staff should they feel they or others are unsafe.

We want parents/carers to feel confident that their children are safe and cared for in the school environment and that incidents, when they do arise, are dealt with promptly and appropriately.

The school is aware of its legal obligations including the Equalities Act 2010. We are aware of our role within the local community; supporting parents/carers and working with other agencies outside the school where appropriate.

---

## ANTI-BULLYING CONTACTS

For further information and guidance around our Anti-bullying policy, please download a copy of our policy from the website or contact the school office who will be able to provide you with a copy.

**JANET SPRATT-BURCH**  
Head Teacher

**NAOMI BOULTER**  
Deputy Head Teacher

**SELENE HINTON**  
Anti-Bullying Coordinator

**NIKKI WRIGHT**  
Anti-Bullying Governor

### **CARLTON DIGBY SCHOOL**

61 Digby Avenue, Mapperley, Nottingham, NG3 6DS

0115 956 8289

[www.carltondigby.notts.sch.uk](http://www.carltondigby.notts.sch.uk)

[office@carltondigby.notts.sch.uk](mailto:office@carltondigby.notts.sch.uk)

---

## ANTI-BULLYING INFORMATION FOR PARENTS AND CARERS

---



# BULLYING

## *Definition of Bullying*

*The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face-to-face or online.*

*Bullying can be physical, verbal or psychological.*

For further information and guidance, please see:

[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

## How should parents / carers report bullying to the school:

### Who should the concern be reported to?

- Concerns should be reported to a member of staff as soon as possible

### Will the response be consistent?

- Staff will follow the policy and ensure sanctions are in line with the Behaviour Policy
- Further guidance can be sought from the Anti-Bullying Coordinator, the Behaviour Lead or the Senior Leadership Team

### How will it be recorded?

- Incidents of bullying will be recorded on Behaviour Watch
- Parents of perpetrators and victims will be informed via letter

### Are there confidential ways of reporting?

- Parents / carers can speak to a member of SLT as required
- Incidents cannot be guaranteed to remain confidential and may need to be shared to aid resolution

### How are people encouraged to report?

- Reporting can be made through a variety of means of communication

## **Spotting the signs that my child is being bullied**

The type of behaviour that might be an indication of bullying includes (from the Anti-bullying alliance):

- a reluctance to go to school
- unexplained tummy upsets or headaches
- showing signs of distress on a Sunday night or at the end of school holidays
- becoming either quiet or withdrawn, or deliberately 'playing up'
- torn clothes and missing belongings
- seeming upset after using their phone, tablets, computers etc.
- wanting to leave for school much earlier than necessary or returning home late

Bullying can have an impact on a child's mental health so if your child is showing signs of serious distress - such as depression, anxiety and self-harm always see a GP.