Term 1 Week 2

31 January 2023 The

PULSE

CULCAIRN PUBLIC SCHOOL

What's In Our Newsletter

- Principal Scoop
- On the Ball & On the Go
- Out & About Class News
- Friend on the Fridge

What's Happening at CPS

Wednesday 1 February Kindergarten commence

Friday 3 February Swimming Carnival

Thursday 9 February PSSA Tennis Trials NRL Clinic

Wednesday 22 February RPSSA Tennis Trials

Friday 24 February SRPSSA Swimming Carnival

Thursday 2 March SRPSSA AFL Trials

Friday 3 March Green Reward

Monday 6 March RPSSA Swimming Carnival

> 43 Balfour Street CULCAIRN NSW 2660 Phone: 6029 8385

www.culcairn-p@det.nsw.edu.au E: culcairn-p.admin@det.nsw.edu.au

PRINCIPAL SCOOP

And we're back

I would like to welcome everyone to the 2023 School Year. I hope everyone enjoyed their break during the holidays and are looking forward to some wonderful learning experiences in 2023.

Swimmers take your stance

Our annual swimming carnival will be held this Friday 3 February at Culcairn Swimming Pool. Please see On The Ball and On the Go for further details.

Get ready for learning in 2023

Have you applied for your \$150.00 worth of Back to School NSW vouchers to help pay for school supplies including school uniforms, shoes, bags, textbooks, and stationery. For more information visit https://www.service.nsw.gov.au/services/concessions-rebates-and-assistance/vouchers

Sporting leaders

Our sport house captains were elected during the final week of 2022. Captains presented a short speach and students in years K-5 voted. Congratulations to Lacey Hocking and Harper Shoemark Hovell; Abel Pleydon and Matilda Buchhorn Hume.

It's a nutty question

A Reminder that we have some students with allergies to nut products. We ask that the students do not bring nuts or nut products to school. Thank you for your assistance in this matter.

P as in parents, C as in committed

Our first P&C meeting for the year will be held next Wednesday 8 February at 5:00pm in the school library. Our P&C offers parents and community members the opportunity to be involved in the school community and meet other parents. I encourage all of our parents and carers to come along and be involved in our P&C.

School canteen easing back

Due to rising costs, the school and P&C have decided to stop lunch orders from Mumma J's. Instead our school canteen will be offering a meal deal each week starting next week. Keep an eye out for the order form.

Fair Discipline & Effective Learning Procedures

A copy of our school's Fair Discipline and Effective Learning Procedures and Bullying Procedures have been included in this newsletter. These are important documents, which explain our awards and discipline processes. Please review the documents with your child/ren. Students will require 500 Hume Awards and must have received at least one Green Reward to attain Gold. They must also not have received more than ten Red Slips (Red 1 or Red 2) throughout the year.

Coming to school is a priority

Regular school attendance of students is vital for your child's learning. The NSW Department of Education is putting an emphasis on students attending at least 90% of the school days. Pleae ensure your child/ren attend school unless they are unwell. The school will send a text when your child/ren is away to assist with recording of absences. Parents are able to use the school app to submit an absence note. The Home School Liaison Officer also keeps an eye on attendance and will contact parents/carers where necessary. A reminder that children should not arrive until 8:45am unless this is unavoidable. Teachers are not on duty until this time and therefore there is no direct playground supervision. If you child must be at school early, please remind them that they should hang their bag up outside their classroom and walk to the silver seats at the assembly area. They are to remain seated here until the teacher arrives for playground duty.

Small price to pay

This year as in past years, the contribution sought from families will cover the bookpack (which includes all textbooks) and a number of other items. This means that apart from major excursions, school photos, NSW University Competitions, district and regional sport activities, all inschool programs will be covered with one payment. Costs this year are:

1st child at school \$80.00 3rd child at school \$70.00

2nd child at school \$75.00 4th child at school \$65.00

Don't forget payments can be made using your child's Back to School Vouchers, online via the school website or by EFTPOS at the school office. If you would prefer to make weekly/fortnightly/ monthly payments, please see Miss Fage in the office.

Scripture

Scripture lessons will begin next Thursday 2 February from 12:45pm - 1:20pm which is a new time. Non Scripture students will complete learning activities in the Library at this time.

Change as good as a holiday almost

Mrs Smith will be relieving Principal at Walbundrie Public School until Friday 24 February. During this time Mrs Geddes will relieve as Assistant Principal, Curriculum and Instruction. Mr Jesse Kent will be relieving Assistant Principal. Miss Kate Taylor will relieve as Learning and Support Teacher until Mrs Smith returns on Monday 27 February.

21st Century calling

This will be the last printed copy of our school newsletter 'The Pulse'. The Pulse is available on our school website, Sentral (for parents who have registered) and email. If you require a printed copy to be sent home with your child, please notify the school office or provide a current email address.

Yours in Education

Craig Allibon PRINCIPAL



On the Ball and On The Go

Swimming Carnival

Our annual Swimming Carnival is this Friday 3 February. All students who are turning 8 years and older this year, will walk down to the pool to start at 10:00am. Students who are 5, 6 and 7 years old will walk down to the pool at 10.30am to compete in their novalty events. We are excited to be able to have spectators back this year.

Activities for 5, 6 and 7 year olds in the middle size pool:

walk across pool
run across pool
noodle horse
noodle swim
jump like a kangaroo across pool
blow ping pong balls across pool
collect a toy race
ring a ring a rosy game
here there everywhere game
What's the time Mr Wolf game

Students will get a participation point for their

sport house for each event they enter. At the end of these games we will have a 5 minute free time splash around before getting out and getting dressed then move to sit with their sport group.









APPLY NOW:



Joss Facility Management provides cleaning services to local Schools and other sites in this area. We are looking for local people to assist us in maintaining these sites by joining our Company as a Cleaner.

A Joss cleaner's role includes: Cleaning, stocking and supplying designated facility areas (dusting, sweeping, vacuuming, mopping, restroom cleaning etc)

Joss Facility Management provide staff with a uniform, training and a supportive work environment.

We invite you to register your interest in working with Joss by sending an email to **careers@jossgroup.com**. au

or call **02 6051 1900**.

Joss welcome you to visit our website www.jossgroup.com.au for further information on our Company. We look forward to welcoming some new faces to our team.



www.jossgroup.com.au cleaning@jossgroup.com.au 02 6051 1900



Out & About Class News

Class K-1

Welcome to the 2023 school year. We are excited to welcome our new kindergarten students and returning Year 1 students. Swimming Carnival Friday, 3 February. Students will to bring swimmers, towel, hat, swim shirt or t-shirt and sunscreen. K-1 will arrive at the pool at approximately 10:30am for novelty events in the middle size pool.

Class 2

Welcome to Year 2 2023. It was wonderful to see everyone's smiling and happy faces returning to the classroom and playground today. We are looking forward to getting into our learning routines throughout this week and completing lots of fun activities. Don't forget to wear your school hat and bring your drink bottle each day. There will also be a few notes sent home throughout the next few weeks so make sure you keep an eye out for those. If you have any questions or concerns please send me a message via ClassDojo. Have a great week.

Class 3-4

Welcome back to the school year. It was so lovely to see the student's happy faces walking into school this morning and reconnecting with friends in the playground throughout the day. Our swimming carnival is this Friday and notes will be sent home today, please keep an eye out. Any questions please don't hesitate to message me on ClassDojo. 3-4 students are looking forward to an exciting year in 2023.

Class 4-5

I hope everyone had a safe and happy break and are looking forward to a great year. Please join us on ClassDojo, as you will be able to contact me, as well as stay up-to-date with what we are getting up to in 4-5. A term overview will be sent home in the next few weeks outlining what we will be doing this term. I am looking forward to meeting everyone, so please reach out on ClassDojo if you have any questions. Have a great week.

Class 5-6

Welcome back to all the students in 5-6. We had a great first day back and are looking forward to the year ahead. All students will be heading down to the swimming pool on Friday for the Swimming Carnival. Notes were handed out today and need to be sent back by Thursday. Have a great week.

Keep and eye out for the canteen Meal Deal order form



Enrolled Nurse Scholarships

Course fees and employment included



Kick-start a rewarding and diverse nursing career in 2023



Applications open 9 Jan 2023 and close 12 Feb 2023

To find out more and to apply, scan the QR code or visit health.nsw.gov.au/enrollednurse



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2023 Term 1

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
W1	Jan 23	Jan 24	Jan 25	Jan 26	Jan 27 Staff Development Day	Jan 28	Jan 29
W2	Jan 30 Staff Development Day	Jan 31 Year 1 to Year 6 return to school Kinder Best Start Assessments	Feb 1 Kindergarten commence school	Feb 2	Feb 3 Swimming Camival	Feb 4	Feb 5
w3	Feb 6	Feb 7	Feb 8	Feb 9 PSSA Tennis Trials	Feb 10	Feb 11	Feb 12
W4	Feb 13	Feb 14	Feb 15	Feb 16	Feb 17	Feb 18	Feb 19
WS	Feb 20	Feb 21	Feb 22 RPSSA Tennis	Feb 23	Feb 24 SRPSSA Swimming Camival	Feb 25	Feb 26
W6	Feb 27	Feb 28	Mar 1	Mar 2	Mar 3	Mar 4	Mar 5
W7	Mar 6 RPSSA Swimming Camival	Mar 7	Mar 8	Mar 9	Mar 10 AFL ERPSSA Trials	Mar 11	Mar 12
ws	Mar 13	Mar 14 2:18pm - 3:18pm Wadjiny Performance	Mar 15 NAPLAN	Mar 16 NAPLAN	Mar 17 NAPLAN Cross Country Camival	Mar 18 NAPLAN	Mar 19 NAPLAN
W9	Mar 20 NAPLAN	Mar 21 NAPLAN	Mar 22 NAPLAN	Mar 23 NAPLAN	Mar 24 NAPLAN	Mar 25 NAPLAN 66am - 6pm NSW General Election	Mar 26 NAPLAN
W10	Mar 27 NAPLAN	Mar 28	Mar 29	Mar 30 RPSSA AFL Trials	Mar 31 Athletice Camival	Apr 1	Apr 2
W11	Apr 3	Apr 4	Apr 5	Apr 6	Apr 7 Good Friday	Apr 8	Apr 9





Culcairn Public School

43 Balfour Street CULCAIRN NSW 2660

Phone: 6029 8385

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Fortnightly Calendar Updates Your Friend on the Fridge!

TERM 1 2023

Week 2

Wednesday 1 February Kindergarten commence school

Thursday 2 February

Friday 3 February Swimming Carnival

Week 3

Monday 6 February

Tuesday 7 February

Wednesday 8 February

Thursday 9 February PSSA Tennis Trials

Friday 10 February

Week 4

Monday 13 February

Tuesday 14 February

Wednesday 15 February





CULCAIRN PUBLIC SCHOOL Fair Discipline & Effective Learning Procedure

Culcairn Public School recognises the necessity of a **Fair Discipline and Effective Learning** procedure to ensure we continue to:

- 1) raise educational standards and levels of educational achievement;
- 2) provide quality education for all;
- 3) care for and provide a safe learning environment for all students.

This policy is written to achieve the aims of the NSW Department of Education's policy on **Good Discipline and Effective Learning** (Dec 1995) and **The Core Rules for students in NSW Government Schools** (2006) (attached as an appendix).

EXPECTATIONS

The school expectations are to have:

- a) a productive and harmonious learning environment where the rights of students and teachers are respected;
- b) a partnership of shared responsibility between the home and school;
- c) procedures that encourage students to develop responsibility for their own behaviour;
- d) procedures that encourage students to participate actively in the community life of school;
- e) acceptance of the school rules and rewarding of positive achievements;
- f) an inclusive environment free of bullying, discrimination, violence and harassment.

Whole School Reward System

This is an annual rewards system for each student, which recommences at the start of each year.

Awards

An awards book will be presented to each student to collect their awards in and will stay in the classroom, however it will be available to parents to view at any time.

Hume Awards - are awarded to students who meet our daily expectations in the classroom and playground. 1 Hume Award is available per session in the classroom (3 per day) and 1 per week for homework.

Bronze Awards - are presented by staff to students who have attained 100 Hume Awards. Bronze Awards will be presented at whole school assemblies each fortnight. Students' names will be printed in the school newsletter within the class news.

Silver Awards - are presented by the Principal to students who have attained 250 Hume Awards. Silver Awards will be presented at assembly. Students' names will be printed in the school newsletter and a congratulatory letter will be sent home to parents inviting them to the assembly. Students will be able to take home the certificate. Students will be given a silver lunch and reward

Gold Awards -

are presented by the Principal to students who have attained 500 Hume Awards, at least 1 Green Award and not more than 10 Red Slips during the year. Gold Awards and Gold Badges will be presented at a special assembly at the end of the year. Students' names will be printed in the school newsletter and a congratulatory letter will be sent home to parents inviting them to attend the special assembly. Students will be able to take home the certificate and are encouraged to wear their badge. Students who achieve this award will be invited to attend a special excursion at the end of the year.

100 Hume Awards = 1 Bronze Award 250 Hume Awards = 1 Silver Award 500 Hume Awards and 1 Green Award = 1 Gold Award

Strategies for Managing Unacceptable Behaviour

Culcairn Public School has a whole school approach to behaviour management that combines clear expectations, insistence upon appropriate behaviour and consistent follow-up. All staff use a 'Traffic Light' model as a visual prompt to manage unacceptable behaviour. The model allows staff to interact with students in a calm, assertive manner. Students commence each session on green level.

Students in the classroom have the following rights:

- a. to have teachers provide positive support for appropriate behaviour,
- b. to have teachers help them modify their inappropriate behaviour,
- c. to understand the consequences that will follow their choices,
- d. to work and interact in a safe, positive learning environment.

Teachers in their classroom have the following rights:

- a. to establish a safe and effective learning environment,
- b. to determine and expect appropriate behaviour from their students,
- c. to receive help from executive staff and parents when needed.

This management model identifies and supports acceptable behaviour, while outlining consequences for unacceptable behaviour. This allows students the opportunity to make good choices and use learning time effectively.

 Every five weeks those students who have been on green continually will receive an award eg. Extra playtime, computer time etc.

THE PROCESS

Being assertive about discipline requires, the establishment of school rules ensuring they remain clear and consistent with our expectations:

- Follow instructions examples: listen, wait your turn, ask if you don't understand.
- Respect all property examples: ask before borrowing, return borrowed items.
- Respect yourself and others examples: be understanding of others and accepting of their differences.
- Be sunsafe examples: wear a hat, wear sunscreen.
- Be responsible examples: think about what you say, don't bring to school or download inappropriate software or music, use school facilities responsibly.

School Rules are displayed in classrooms and the office areas, library, hall and the staffroom for referral by students, staff and visitors.

The class, and school as a whole, discusses these rules and the consequences.

The school day is broken into three sessions, including classroom and playground time.

Session 1 - morning play to recess (8:45am - 11:15am)

Session 2 - recess to lunch (11:15am - 1:20pm)

Session 3 - lunch to the end of the school day (1:20pm - 3:15pm)

CONSEQUENCES

1st warning: Verbal

2nd warning: Orange level (Stop and Think); students reminded of the consequences of

continuing their inappropriate behaviour. No Hume Award given for that session. Orange Playground Reporting Slips for inappropriate behaviour in the playground will be handed to a student's class teacher at the end of the

break period.

1st consequence: Red Level 1 – 1 point and loss of 1st half of lunch break where they

will complete a Reflection Sheet;

2nd consequence: Red Level 2 – 2 points. The teacher will complete a reporting slip, which will

be taken to the assistant principal and the student will be off the playground for the following lunch session. Parents will be sent a letter with a slip to be

returned to school acknowledging the notification.

Students who: are placed on orange three times in one week will be placed on Red 1

receive three Red 1s in 5 weeks will be placed on Red 2.

If a student receives 10 Red Slips (Red 1 or Red 2) within one term a Warning of Suspension letter will be sent home informing parent/s of the nature of the behaviour, that a continuation of this behaviour will lead to suspension and inviting them to make an appointment with the Principal and class teacher to discuss the issues. Some behaviours may be referred directly to the Principal or may require a suspension. Students who have received a Warning of Suspension or Suspension will not be invited to participate in the Silver reward or Gold Excursion .

Students with 10 Red Slips (Red 1 or Red 2), a warning of suspension and/or a suspension may not be permitted to represent the school or to participate in any external school events. The exclusion of a student from participating in any activity, internal or external, is at the discretion of the Principal.

Teachers will keep records of individual behaviours and the number of times Red level is reached per day. The Principal will keep records of individual students seen, phone calls made.

Parents will be informed annually of the Discipline model and process.

PLAYGROUND

Students displaying appropriate behaviour in the playground, during morning, recess and lunch times, may be presented with a class dojo.

Students who display inappropriate behaviour in the playground, during morning, recess and lunch times will be excluded from the playground and will receive a subsequent consequence as mentioned above.

EXCURSIONS

Workplace Health & Safety (WHS) risk assessments may determine a student to be a risk when attending an out of school grounds event where safety to the student, other students, volunteers and school staff is of concern. The student's behaviour may be controlled/supported in the everyday school setting however, may be a risk in a less controlled, or routine altered, or longer than a school day type of activity. Records of inappropriate behaviour are needed to support such an assessment.

If it is determined that a student is an unacceptable risk and will not be attending an excursion then the parents will be invited to attend a meeting at school with the Principal to discuss and attempt to resolve the issue. A follow up letter, outlining the decisions of the meeting, will be sent to parents. This action may not involve a suspension. At the principal's discretion a student may not attend an excursion after a suspension.

BULLYING

Bullying at Culcairn Public School is not tolerated and will be dealt with seriously. Bullying devalues, isolates and frightens. It affects an individual's ability to achieve and has long term effects on those engaging in bullying behaviour, those who are the subjects of bullying behaviour and the onlookers or bystanders.

Bullying can be defined as; intentional, repeated behaviour by an individual or group of individuals that causes distress, hurt or un-due pressure. It involves the abuse of power in relationships. Bullying can involve all forms of harassment (including sex, race, disability, homosexuality or transgender), humiliation, domination, intimidation and victimization of others.

Bullying behaviour can be:

- Verbal eg name calling, teasing, abuse, put-downs, sarcasm, insults, threats
- Physical eg hitting, punching, kicking, scratching, tripping, spitting
- Social eg ignoring, excluding, ostracising, alienating, making inappropriate gestures
- Psychological eg spreading rumours, dirty looks, hiding or damaging possessions, malicious SMS and email messages, inappropriate use of camera phones, social media and the school network

Students who are bullied may:

- Feel frightened, unsafe, embarrassed or angry
- Suffer from low self esteem
- Be worried about coming to school
- Be away from school a lot
- Suffer depression
- Have feelings of isolation or loneliness
- Start to achieve poorly academically
- Feel confused and not know what to do about the problem.

Bullying occurs everywhere in our society. Everyone in our school community and the wider community has the responsibility to work together to address bullying to ensure students are safe at school, free from the fear of bullying, harassment, intimidation and victimisation. Any person who bullies another is denying them that right. Our school rules reflect an environment where all persons have the right to be treated with respect and fairness.

How to Report Bullying

Students and parents need to report all incidents of bullying that occur at school. Students must feel confident that they will be supported.

Reports can occur in a number of ways:

- Parents should inform the school
- Students should speak to school staff or the Principal
- School staff will report all incidents to the Principal

Recording all Incidents

All incidences of bullying at Culcairn Public School will be recorded by the class teacher and/or the teacher on playground duty using an Incident form or Reporting slip. All forms are given to the Principal, filed and if necessary will be followed up. (The class teacher and/or teacher on duty will deal with the issue in the first instance.)

What happens?

Teachers at our school will always:

- Listen to reports of bullying
- · Protect the bullied child
- Act on these reports, record the incident and inform the Principal

The staff member and/or Principal will assure the bullied student that the incident will be dealt with, the bullies will be individually spoken to first and the bullied student spoken to last.

Consequences

- 1st consequence off the playground for the lunch session and the incident will be investigated.
- If a student is found to be bullying again, a Warning of Suspension letter will be sent home to the parents and an interview will be requested with the Principal.
- If the student continues to bully others, the student will be suspended from school in line with the Department of Education and Communities guidelines 'Suspension and Expulsion of School Students Procedures'. In cases involving physical contact/violence (eg punching), this is an automatic suspension.

Existing programs being delivered to students across K-6: Stop Think Do and Bounce Back. For further information on these programs, please see the Principal.

SUSPENSION AND EXPULSION

Suspension is a serious disciplinary measure and will only be used when all other measure have not produced a satisfactory response. <u>Suspension will only be undertaken in accordance with the quidelines "Suspension and Expulsion of School Students Procedures" PD/2002/014/V002</u>

Suspension is removal of a student from a school for a period of time determined by the Principal. Suspensions are imposed in cases of unacceptable behaviour in the **interest of the student** and/or the school community. Parent(s) or carer(s) are responsible for the supervision, care and well-being of students while they are suspended. A student may not enrol in, or transfer to another government school whilst suspended from a government school.

Grounds for Suspension

- 1. The principal may suspend a student from the school if whilst attending school or travelling directly to or from school or engaged in any school activity away from the school (including travel organised by the school), the student:
 - a. behaves in such a way as to threaten or constitute a danger to the health of any staff member, student or any person assisting in the conduct of school activities; or
 - b. commits an act of significant violence or causes damage or destruction to property, or is knowingly involved in the theft of property; or
 - c. possesses, uses, or deliberately assists others to use prohibited weapons, firearms or knives, suspected illegal drugs sand/or substances prohibited by the Department of Education & Communities; or
 - d. fails to comply with any reasonable and clearly communicated instruction of a principal or teacher; or
 - e. consistently behaves in a manner that interferes with the educational opportunities of any other student: or
 - f. behaves in a way which threatens the good order of the school's program or facility; or
 - g. engages in unacceptable discriminatory behaviour (including harassment) towards another person based on sex, race (including colour, nationality and ethnic or national origin), marital status, the status or condition of being a parent, the status or condition of being childless, religious beliefs, political beliefs or physical or mental disability or impairment.

- 2. In determining whether to suspend a student the principal must also take into account:
 - a. any special needs of a student who has an impairment and
 - b. the age of the student.

After suspension, a suspension resolution meeting will be convened between the principal and the parent(s) or carer(s) to discuss the basis on which the suspension will be resolved. In some cases after a suspension resolution meeting, parents of a student may agree with a recommendation that the student might make more of his or her educational opportunity in another school. Where such agreement exists, the principal should offer assistance to the parents to find another school. Parents and students must be given comprehensive advice about the benefits that this option would provide. At the principal's discretion a student may not attend an excursion after a suspension.

When a student is transferred, the principal of the student's former school shall ensure that sufficient background information concerning the student is given to the new school. This will enable staff at that school to develop appropriate curriculum and behaviour management strategies and to ensure that appropriate support is made available. Normal transfer arrangements, including documents signed by parents, should be completed.

Where transfer is unable to be arranged, the student is to remain enrolled at his or her current school.

EXPULSION

The school principal has the authority to permanently exclude a student from his or her school according to the procedures set out in the aforementioned document "Suspension and Expulsion of School Students Procedures" PD/2002/0014/V002.

Grounds for Expulsion

- 1. The principal may expel a student from the school if, whilst attending school or travelling to or from school or engaged in any school activity away from the school, including travel organised by the school:
 - a. the student does anything mentioned in point 1 (a g: Grounds for Suspension), and
 - b. the student's behaviour is of such magnitude that having regard to the need of the student to receive an education compared to the welfare and safety of other pupils at the school and the need to maintain order and discipline within the school, a suspension under point 1 is inadequate to deal with that behaviour.
- 2. In determining whether to expel a student the principal must also take into account:
 - a. any special needs of a student who has an impairment and
 - b. the age of the student.

Any review or appeal processes will be guided by the instructions set out in the aforementioned document "Suspension and Expulsion of School Students Procedures" PD/2002/0014/V002.

The complete document regarding suspension and expulsion will be made available to any parent on request.

Review

This procedure will be reviewed by all staff at the staff development day Term 1, 2024. This procedure was revised Term 1, 2023.

APPENDIX:

THE CORE RULES

All students in NSW government schools are expected to:

- Attend every school day, unless they are legally excused, and be in class on time and prepared to learn.
- Maintain a neat appearance, including adhering to the requirements of the school's uniform or dress code policy.
- Behave safely, considerately and responsible, including when travelling to and from school.
- Treat one another with dignity and respect.
- Care for property belonging to themselves, the school and others.

Behaviour that infringes on the safety of others, such as harassment, bullying and illegal or anti-social behaviour of any kind will not be tolerated.



CULCAIRN PUBLIC SCHOOL

Anti-Bullying Procedure

BULLYING

Bullying at Culcairn Public School is not tolerated and will be dealt with seriously. Bullying devalues, isolates and frightens. It affects an individual's ability to achieve and has long term effects on those engaging in bullying behaviour, those who are the subjects of bullying behaviour and the onlookers or bystanders.

Bullying can be defined as; intentional, repeated behaviour by an individual or group of individuals that causes distress, hurt or un-due pressure. It involves the abuse of power in relationships. Bullying can involve all forms of harassment (including sex, race, disability-including anaphylaxis and complex medical conditions, homosexuality or transgender), humiliation, domination, intimidation and victimization of others.

Bullying behaviour can be:

- Verbal eg name calling, teasing, abuse, put-downs, sarcasm, insults, threats
- Physical eg hitting, punching, kicking, scratching, tripping, spitting
- Social eg ignoring, excluding, ostracising, alienating, making inappropriate gestures
- **Psychological** eg spreading rumours, dirty looks, hiding or damaging possessions, malicious SMS and email messages, inappropriate use of camera phones.

Students who are bullied may:

- Feel frightened, unsafe, embarrassed or angry
- Suffer from low self esteem
- Be worried about coming to school
- Be away from school a lot
- Suffer depression
- Have feelings of isolation or loneliness
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How to Report Bullying

Students and parents need to report all incidents of bullying that occur at school. Students must feel confident that they will be supported.

Reports can occur in a number of ways:

- Parents should inform the school
- Students should speak to school staff or the Principal
- School staff will report all incidents to the Principal

Recording all Incidents

All incidences of bullying at Culcairn Public School will be recorded by the class teacher and/or the teacher on playground duty using an Incident form or Reporting slip. All forms are given to the Principal, filed and if necessary will be followed up. (The class teacher and/or teacher on duty will deal with the issue in the first instance.)

What happens?

Teachers at our school will always:

- Listen to reports of bullying
- Protect the bullied child
- Act on these reports, record the incident and inform the Principal.
- Maintain a Bullying Register

The staff member and/or Principal will assure the bullied student that the incident will be dealt with, the bullies will be individually spoken to first and the bullied student spoken to last.

Consequences

- 1st consequence loss of 10 minutes play
- If a student is found to be bullying again, a Warning of Suspension letter will be sent home to the parents and an interview will be requested with the Principal.
- If the student continues to bully others, the student will be suspended from school in line with the NSW Department of Education guidelines 'Suspension and Expulsion of School Students Procedures'. In cases involving physical contact/violence (eg punching), this is an automatic suspension.

Existing programs being delivered to students across K-6: Stop Think Do and Bounce Back. For further information on these programs, please see the Principal.

Review

This procedure will be reviewed by all staff at the first staff development day Term 1, 2024.

This procedure was updated Term 1, 2023.