



## URDD EISTEDDFOD DISTRICT ROUND

Congratulations to all the pupils who took part in the district round which were held in Penweddig School on Thursday 4<sup>th</sup> March 2010 and the Arts Centre on 2<sup>nd</sup> March 2010. Many of the competitions were of an exceptionally high standard. The following pupils have gone through to represent Penglais and the local area in the County round:

- Ceri Davies – Disco Dancing (Year 7-9)
- Penglais Junior Disco Dancing Team (Year 7-9): Ceri Davies, Erika Busson, Tara Howard, Celine Barker, Leanne Hopson, Sarah Cooke, Alysha Fitzpatrick
- Welsh Learners' Recitation (Year 7-9): Leanne Davies
- Welsh Learners' Recitation Party (Year 7-9)
- Cerdd Dant Solo (Yr 7-9): Sophie Rudge
- Cerdd Dant Duet (Yr 7-9): Katherine Lewis and Sophie Rudge
- String Solo (Yr 7-9): Thomas Mathias
- Brass Solo (Yr 7-9): Grady Hassan
- Girls' Solo (Yr 7-9): Sophie Rudge
- Junior Cerdd Dant Party (Yr 7-9)
- Junior Girls Group (Yr 7-9)

The County Round of the Urdd Eisteddfod will be in The Pavilion, Pontrhydfendigaid on Wednesday 17<sup>th</sup> March for Dance and on Friday 19<sup>th</sup> March for all other competitions. Parents are very welcome to attend and support Penglais pupils.



## URDD WINNERS STAR AT DISNEYLAND PARIS

St. David's Day was celebrated with a dash of magic at the Disneyland resort in Paris last weekend. Mickey and Minnie Mouse led the celebrations wearing traditional Welsh costumes during a colourful parade. They were joined by five talented youngsters, all winners at last year's Urdd Eisteddfod, who also took part in a concert near Sleeping Beauty Castle at the resort. The festival culminated in a stunning firework display.

The winners included Sophie Rudge, Year 9, who said, "I can't believe I got to sing at Disneyland Paris. It's been so amazing – I can't quite believe it's happened to me".

The youngsters were invited to take part after the Disney organisation and the Urdd signed a new partnership deal. They were all winners of competitions at last year's Urdd Eisteddfod at Cardiff's Millennium Centre. Sophie was the winner of the Cerdd Dant solo for under 14s.

Last weekend's celebration was the fifth time a Welsh festival has been staged at the resort and was the biggest yet. Urdd spokeswoman Mali James said they hoped winners from this year's Eisteddfod will also be offered the opportunity to take part in next year's St. David's Festival at Disneyland Paris.

## URDD FORUM

Carys Jones (Yr 12), Emyr Hopkins (Yr 11), Rhys Jenkins (Yr 10) and Sophie Rudge (Yr 9) are representing Penglais at the County's Urdd Forum. After a series of successful evening and weekend meetings, Carys, Rhys and Sophie will be travelling to Brussels as part of the County's group to present the annual goodwill message on behalf of the Urdd to the youth of the world.

## ST. DAVID'S DAY

A very successful concert was held at the Great Hall for Years 7, 8 and 9 to celebrate St. David's Day. A varied programme of musical, recitation and dance items entertained the pupils. This year's guest speaker was Jeremy Turner of Arad Goch who captivated the audience with his description of what Wales meant to him. The school canteen prepared several Welsh dishes for the pupils which include leek and cheese quiche, cawl, Welsh lamb pasties, Snowdon pudding and dragon shortbread. The Welsh department and Mrs. Wells set up a Welsh display in the foyer area of the school.

## NOTICE TO PARENTS RE ST. PADARN'S GRAVEYARD

Last year the school asked parents to ensure that pupils did not use the graveyard as a short cut on the way home from school. This followed reports that pupils had been misbehaving in the graveyard. This is a very serious matter and the pupils involved showed a disappointing lack of respect. The school has placed the graveyard 'out of bounds' and the police regularly check the area. Please ensure that your son / daughter observes the rule about not entering the graveyard.

## OXFAM UNWRAPPED

Sometimes we forget to value the variety of opportunities available at Penglais. We all study a wide range of subjects, play different sports and musical instruments and perform in plays. We can take the bus to school. Children in overcrowded resettlement camps in northern Uganda often trek for three hours to arrive at the nearest school, wading through muddy rivers, arriving tired and hungry before the lessons begin. We represent a lucky minority.

Oxfam delivers aid and protection and saves lives. In December, the Penglais School Council contributed to the 'Oxfam Unwrapped' scheme. Forms in Years 7-11 raised enough money to buy school desks and chairs, school supplies and the amount needed to teach a teacher. This last gift will bring modern teaching techniques to poorer countries. These teachers will share their new skills with future teachers, proving the potential of the scheme to implement long-term change.

Penglais School also bought goats, chickens, animal houses and food, fertiliser and bags of seeds. We collected enough money to feed families, provide safe water and fix wells. We supplied money for health checks. The weight of poverty can be relieved: with the right support, we can help those in need regain control of their own lives. Poverty is not an insurmountable problem. Thanks to everyone who donated, we hope to raise even more money next year!

Oxfam is currently providing supplies in Haiti in the wake of the devastation caused by the recent earthquake. They have been distributing clean water to thousands of people. However, part of the Oxfam office and a key warehouse full of £75,000 worth of vital water and sanitation equipment were destroyed when the quake struck. If you want to help, please visit the Oxfam website and donate in the section for the Haiti Earthquake Appeal.

SOFIA ROPEK-HEWSON, SCHOOL COUNCIL

## HPV INJECTION

The third HPV injection will be given to girls in Penglais On Thursday 22<sup>nd</sup> April. A small number of students who were late having the first two injections will be informed of a different date for their third one. If you have any queries, please contact the school nurse, Helen Stretch, on 07980277360.

## GEOGRAPHY AND HISTORY GCSE EASTER REVISION SESSIONS

With the exam season fast approaching, the History and Geography departments have decided to offer some revision sessions for pupils. Each session will run from 10.00am – 3.00pm and pupils will be given a break for lunch. The Geography department will be based in room B12 and History will use A13.

The revision sessions on offer are as follows:

Monday 29<sup>th</sup> March  
Tuesday 30<sup>th</sup> March  
Wednesday 31<sup>st</sup> March  
Thursday 1<sup>st</sup> April  
Wednesday 7<sup>th</sup> April  
Thursday 8<sup>th</sup> April  
Friday 9<sup>th</sup> April

Geography  
Geography  
History  
History  
Geography  
History  
History

Weather and Climate  
Ice  
Hitler's Germany  
USA Civil Rights and Foreign Policy 1  
Rivers  
USA Civil Rights and Foreign Policy 2  
USA 1910-1929

Each session will aim to revise the course content and help pupils to develop the exam techniques necessary for success. Pupils are welcome to attend all of the sessions on offer or they can select those that are the most appropriate to their needs. We hope that pupils will take full advantage of the help that has been offered to them.

Pupils can also check out the GCSE sections of our blogs:

History: <http://penglaisschoolhist.blogspot.com>

Geography: <http://penglaisschoolgeog.blogspot.com>

THE GEOGRAPHY AND HISTORY DEPARTMENTS



### LEARNING SUPPORT CENTRE

Pupils in the Learning Support Centre had a very enjoyable and informative talk from Mathew Jones from Fire Safety Direct at the beginning of February. He explained the different types of fire extinguishers and their uses and everyone had the opportunity for some 'hands-on' practice.

Well done to Mathew Jenkins (Year 7) who has been awarded his Rock-hopper 2 Swimming Skills Certificate and to Chris Thomas (Year 8) for gaining his 10m swimming certificate.

### MATHEMATICS

A maths department website is under construction

<http://sites.google.com/site/penglaisschoolmathssite>.

You will find various items to help students from Years 7-13. In the Basic Numeracy section I have selected some of the best sites for improving numeracy with lots of fun games and activities.

Six of our most promising Year 10 maths students have recently started work on an AS module (Decision Maths) and will be sitting their exam next January. About 15 Year 11 students have been attending lunchtime lessons twice a week and will be sitting Additional Maths in June. Many thanks to all involved.

**Maths equipment** – A reminder that all pupils from Years 8-11 must bring a calculator to each Maths lesson. Persistent offenders are likely to be given lunchtime detentions.

**P.A. DENNIS, Head of Maths**

### CONGRATULATIONS ELINOR THOROGOOD



In January Elinor won the gold medal in the 200m Individual Medley at the Urdd National Gala in Cardiff. At the end of February she competed in the Welsh Schools Cross-country championships where she came 7th and has

been selected to represent Wales at the Home Nations International Cross-country match in Mansfield at the end of March.

## ENGLISH AND MEDIA STUDIES

**GCSE English and English Literature** – It has been a busy term for all our GCSE students as they complete their English and Literature coursework folders. Congratulations to all those students who completed their folders on time and gained valuable marks towards their final GCSE results.

**Revision Sessions** – Teachers in the Department are running a series of revision and preparation sessions for the forthcoming examinations. A letter was sent home via the students and the first session on “Of Mice and Men” was well attended. A list of future sessions is given below. The sessions will take place at 3.30 after school has finished.

11 <sup>th</sup> March	Romeo and Juliet
18 <sup>th</sup> March	Paper 1 Reading
25 <sup>th</sup> March	Paper 1 Writing
15 <sup>th</sup> April	Paper 2 Reading
22 <sup>nd</sup> April	Paper 2 Writing
29 <sup>th</sup> April	Poetry for the Lit paper

**“Read a Million Words”** – The department is taking part in the “Read a million words” initiative from the Welsh Assembly Government which seeks to foster opportunities to improve reading and encourage a love of books. A sum of money has been allocated for this purpose and the books for Years 7 and 8 are already on order. We look forward to receiving them and, of course, reading them very soon!

**Media Studies Trip to the Ffresh Student Film Festival** – On the 11<sup>th</sup> and 12<sup>th</sup> February, 30 Year 12 Media Studies students attended the Ffresh Student Moving Image Festival at the Arts Centre.

The experience proved to be very rewarding with a wide range of opportunities on offer. The fresh face of film making today was seen in the range of short films made by students from Wales as well as the chance to hear from local directors and producers. The experience of listening to those who work in the industry like director, Marc Price and animator, Ben Hibon proved a particularly invaluable experience for our students. For those students who are considering taking their studies further, there was the opportunity to meet representatives from Welsh universities to discuss the courses they offer in Media and Film. “It’s My Shout”, a Welsh based company, informed the students about the experience they can offer young people who are interested in taking up “hands on” training opportunities working alongside film professionals.

Not surprisingly, all students and staff involved in the two day festival enjoyed this invaluable experience.

### BAG

### COLLECTION

A reminder to all parents that there will be a collection of unwanted clothes, curtains, bedding, belts, shoes, handbags etc. from 12<sup>th</sup> to 16<sup>th</sup> April. School will receive £450 per tonne. Bags can be brought to school during the day and between 3.30 and 5.30pm after school. Money will go to YUWO School near Wondo Genet. Please use this as an opportunity to clear out your wardrobes and airing cupboards.

### YOUNG CONSUMERS OF THE YEAR COMPETITION



Congratulations to Naomi Parry, Maegan Icke, Cicelie Vobe and Hannah Green who won the Ceredigion heat of the Young Consumers of the Year competition. They will be representing Ceredigion at the Wales Finals on 9th March in Llandrindod Wells.

## PHYSICAL

### EDUCATION

**Athletics** – The following pupils competed in the Dyfed cross country in Oakwood on 2<sup>nd</sup> February having been successful in the Ceredigion Cross Country and therefore representing Penglais and Ceredigion. In Year 7 Emily Thomas came 1<sup>st</sup>, and Callum Carter-Davies 26<sup>th</sup>, in Year 9 Megan Carter-Davies was 9<sup>th</sup> and Ruth Dingle 23<sup>rd</sup>, in Year 10 Ryan Williams was 13<sup>th</sup> and Elinor Thorogood, Year 13, came 4<sup>th</sup>. Both Emily and Elinor went on to represent Dyfed in the Welsh Championships at Brecon on 27<sup>th</sup> February. Emily came 2<sup>nd</sup> and Elinor came a very creditable 7<sup>th</sup>. Both students will represent Wales in the next International race. Congratulations to all competitors.



**Fencing** - Year 9 pupil Celine Brendler-Spaeth competed in the Welsh Youth Fencing Championships held in Cardiff on 7<sup>th</sup> February, having just returned from the school ski course in France the previous day. Celine was successful in all her preliminary rounds and came away with the Gold medal in the women's U14 category. Celine hopes to continue her training with the squad and compete in various venues across Wales. We wish her every success.

### ICELAND 2011

A reminder to all parents who have a child /children going on the Iceland trip in 2011 that £400 in total (this includes the deposit) needs to be paid by June.

Many thanks – Mrs. J.E. Elgood



*Emily Thomas*

### GYMNASTICS SUCCESS

Peter Goodwin (year 9), took part in the Welsh Schools Tumble and Vault finals in Cardiff. Peter was one of five in the under 19 team selected to represent West Wales. The team won bronze place.



## TRAVEL BEHAVIOUR CODE

With effect from 4<sup>th</sup> January 2010 Welsh Assembly Government has introduced a Travel Behaviour Code which sets out regulations for schools to follow concerning the behaviour of pupils when off school premises and not supervised by school staff. The Code is compulsory for all learners up to the age of 19 and applies to all forms of travel to and from school. Learners must comply with the code and it includes journeys taken during the day as well as journeys at the beginning and end of the day. I set out the two key sections of the Code:

### Travel Behaviour Code for Students

Your safety is very important. You must behave responsibly and safely when travelling to and from school or college, you must also follow the rules in the School Bus Travel Behaviour Code.

If you do not follow this Code, for your own safety, and other people’s local authorities, schools and colleges can take action against you. This might involve taking away your right to school transport and even excluding you from school.

Your Responsibility	Your Safety	Your Rights
<ul style="list-style-type: none"> <li>▪ Always respect others, including other pupils, drivers and the public.</li> <li>▪ Always respect vehicles and property.</li> <li>▪ Always be polite.</li> <li>▪ Never drop litter.</li> <li>▪ Always obey the law.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Always behave well when travelling.</li> <li>▪ Always follow the driver’s instructions when travelling.</li> <li>▪ You must not distract drivers.</li> <li>▪ Always cross the road safely and sensibly.</li> <li>▪ Always travel by a safe route.</li> </ul>	<ul style="list-style-type: none"> <li>▪ To be safe when travelling.</li> <li>▪ To be treated fairly and with respect.</li> <li>▪ To tell someone if somebody or something is causing you problems.</li> <li>▪ Not to be bullied or picked on.</li> </ul>
Please tell a teacher, parent or driver about any bad behaviour or bullying you see.		

## School Bus Travel Behaviour Code

- When at the bus stop, always wait sensibly, off the road.
- Make an agreement with your parents what to do if the bus does not arrive or if you miss it.
- When the bus arrives, wait for it to stop. Never push or rush for the door.
- Show your bus pass (if you have been given one) when you get on the bus.
- On a school bus stay in your seat for the whole journey.
- On a public bus find a seat if one is available.
- Never block the aisle with your bag or other belongings.
- Always wear a seatbelt if one is provided.
- You must not distract the driver when he or she is driving.
- Never eat or drink on the bus.
- Never throw anything in or from the bus.
- Never damage or vandalise any part of the bus.
- Never operate the bus doors or exits, except in an emergency.
- Always follow the instructions of the driver or passenger assistant at all times.
- If there is an accident, stay on the bus until you are told to leave. If it is unsafe to stay on the bus then leave by the safest exit.
- Never try and get on or off the bus until it has stopped.
- Always get off the bus sensibly, taking all your belongings with you.
- Never cross the road in front of or close behind the bus.



## Your Voice, Your Choice

On 12th February, five members of the School Council - Andrew Morel, Rubab Khan, Seren Dupont, Rhys Jenkins and Isabella Hughes – attended the ‘Your Voice, Your Choice’ consultation event organised on behalf of the Welsh Assembly Government. The students attended a training consultation session and were then invited to participate in ‘live’ Assembly Government consultation workshops on issues including school uniform, anti-social behaviour and sustainability.



**School Council and Alfie Butts**

*Youth Forum group at the ‘Your Voice, Your Choice’ event.*



## EUROPEAN YOUTH FORUM AT RUTHIN DECEMBER 2009

At the European Youth Parliament Forum held in North Wales in December, the team from Penglais debated such issues as Nuclear Armament, Climate Change, Human Rights in Afghanistan and the Role of the UK in Europe with students from six other schools, in the Council Chamber of Ruthin.

Each team member proposed or opposed one of the questions, putting their arguments in a three minute speech. This was followed by several rounds of questions and points from the other teams to which the proposing and opposing teams had to respond, finishing with another three minute concluding speech. The teams did not get the choice of what they would like to talk about, they had to argue whatever position they had been given whether they believed in it or not.

Penglais were opposing the proposal that the UK should play a bigger role in the EU. Their debate was singled out by the jury for

being the most passionate, lively, wide-ranging, interesting and well debated of all of the topics. Although the team didn't win they obviously made an impression and, as well as enjoying themselves, they learned a lot.

Congratulations to: Jessica Davies, Rachael Davies, Ben Jones, Rhys Jones, Andrew Morel, Ffion Thomas and Aaron Wood.



## SCHOOL COUNCIL

Congratulations to the newly elected Year Representatives for Year 7, Cai Elgood and Yasmin Morgan.

## YEAR 12 GEOGRAPHY FIELDTRIP MARCH 1<sup>ST</sup> – 5<sup>TH</sup> 2010

This year's Geography fieldwork to Shropshire was led by Mrs Elgood and Mrs Allen, and was blessed with high pressure and Mr Jones's music. The first day was spent in Shrewsbury town centre where pupils carried out land use mapping, decibel recordings, environmental surveys and mental mapping. The new flood defences at Frankwell were also studied, although they were not required for this week. Pupils' stamina was also developed as Monday evening saw the first late night study session. Tuesday was spent studying river flooding, first at Cardingmill Valley and then Ashes Hollow in the shadow of the Long Mynd. The waders were put to good use at Quinny Brook, near Craven Arms. Wednesday saw us brave the traffic into Birmingham to study inner city regeneration in North Solihull and then redevelopment in the CBD of Birmingham, as well as a study of access in the CBD. During the tour by Council officials in North Solihull pupils were shown the new areas of housing and schools as well as some areas waiting for demolition. In the centre of Birmingham large scale redevelopments were seen at Millennium Point, the Bull Ring, Brindleyplace as well as the soon to be completed Cube by the Mailbox. On Thursday rural change was studied in various villages around Bridgnorth, and questionnaires were asked to locals to find out their views on rural change. 'Jersey Boys' accompanied one



group on the way to Shrewsbury Sports Village on Friday, where pupils were shown round the complex by centre staff to learn about the impact of the sports venue in the surrounding area. Further surveys and questionnaires were carried out in the nearby residential areas. The horrors of the recent roadworks in Newtown on the way back to Aberystwyth were far worse than anything seen in and around Birmingham. Both the content and the fieldwork skills used are all relevant to the G1 and G2 exams pupils will be taking this Summer, and pupils should also have explained by now to their parents that they are capable of getting themselves up early in the morning, cooking their own breakfast and washing up, working into the late evening and tidying up their bedroom. The geography staff are very grateful to Mr Varley and Mr Sykes for their time and help in driving the van with pupils' belongings to and from the barns in Much Wenlock.







## NATIONAL SEAT BELT CAMPAING 2010

As part of the national seat belt campaign 2010 , the Road Safety Section and Corporate Passenger Transport Unit in partnership with the police are planning to target school buses to check whether designated school buses are fitted with seatbelts and whether all the pupils are wearing them.

The aim is:

- to inspect all coach buses for seatbelts and to see if all onboard are wearing them
- advise the pupils of the dangers of not wearing the seatbelt and issue leaflets to all
- inform pupils that spot checks will be carried out in the upcoming months by the police.

Parents are reminded that failure to wear a seat belt (if fitted) sanctions a 1 week ban from school transport as instructed in the School Transport “A guide for Parents/Guardians and Pupils”



## YEAR 11 CATERING PRACTICAL EXAM

Last week all Year 11 pupils undertook their final practical exam, worth 25% of their final mark. The standard of cooking was exceptionally high, with all pupils producing two dishes. The main dishes ranged from spicy lasagne, noisettes of lamb, and stuffed chicken parcels, with desserts including lemon cheesecake, chocolate brownies and crème brulee. The quality of cooking was also closely inspected by Mr Jones, Mr Fisher and Mrs Grasham. We are very grateful for all the help parents have given their children, both in helping to organise the ingredients and helping the pupils practise their dishes. The practical exams and work experience accounts for 60% of their final mark.



## THE ROTARY YOUNG CHEF COMPETITION

Jon Griffiths a pupil in Year 11 is through to the semi final of the Rotary Competition which takes place on Saturday 13th March in Birmingham. He will be competing against 7 others from Wales and the West Midlands. Jon has already won through two heats to get this far - the local heat in Havourford West and the district heat in Builth Wells. He has had a lot of support from the chefs at Gwestry Cymru and together they have created a fantastic menu. Jon has spent a lot of time perfecting this menu at home, at school at at Gwesty - good luck Jon.

Latest progress report - the semi final took place as planned and unfortunately although he performed really well he didn't go through to the final.



# ANTI-BULLYING POLICY

The school's anti-bullying policy has been revised and a copy is set out below:

**We expect everyone to show respect for others at all times. Bullying is unacceptable.**

## STATEMENT OF INTENT

We are committed to providing a caring, friendly and safe environment for all of our pupils so they can learn in a relaxed and secure atmosphere. Bullying of any kind is unacceptable at our school. If bullying does occur, all pupils should be able to tell and know that incidents will be dealt with promptly and effectively. We are a TELLING school. This means that *anyone* who knows that bullying is happening is expected to tell the staff.

## WHAT IS BULLYING?

Bullying is a deliberate attempt to make someone feel uncomfortable, unwanted or intimidated. There are many forms of bullying. It may take place over a period of time, it can be carried out by an individual or a group.

Bullying can be:

- Emotional      being unfriendly, excluding, tormenting (e.g. hiding books, threatening gestures).
- Physical      damaging property, pushing, kicking, hitting, punching or any use of violence.
- Racist          racial taunts, graffiti, gestures. (Appendix 1)
- Sexual          unwanted physical contact or sexually abusive comments.
- Homophobic    because of or focusing on the issue of sexuality. (Appendix 2)
- Verbal          name-calling, sarcasm, spreading rumours, teasing, insulting or hurtful comments about looks, ability, accent, families, gender etc.
- Cyber          all areas of internet, such as e-mail and internet chat room misuse, mobile threats by text messaging and calls. Misuse of associated technology i.e. camera and video facilities. (Appendix 3)

*Bullying is not usually involved when people have an occasional fight, disagreement or have fallen out of friendship.*

## WHY IS IT IMPORTANT TO RESPOND TO BULLYING?

Bullying hurts. No one deserves to be a victim of bullying. Everybody has the right to be treated with respect. Pupils who are bullying need to learn different ways of behaving.

The whole school community has a responsibility to respond promptly and effectively to issues of bullying.

## OUR RESPONSE

We take all complaints seriously and aim to follow up all reported incidents of bullying within 24 hours of the complaint being made. Where bullying has been identified, we will take immediate and continuing action to stop it.

- Pupils will be reminded about the Code of Conduct and reprimanded if necessary. We will do our best to help pupils rebuild good relationships.
- Parents will be contacted and made aware of our actions at an appropriate point in the investigation.
- In serious cases further sanctions will be implemented, ranging from:
  - detention at break and lunchtimes
  - removal from lessons
  - Headmaster's detention.
  - placement in ENCIL.
  - fixed term exclusion, or even a permanent exclusion depending on the gravity of the case.

Bullying on the buses to and from school will be dealt with in the same way and in liaison with Ysgol Penweddig when it is appropriate. Exclusion from the bus or even from school will be used as a sanction in serious cases.

Any pupil who suffers assault or harassment out of school will be encouraged to report this to the Police.

### **OBJECTIVES OF THIS POLICY**

- All governors, teaching and non-teaching staff, pupils and parents should have an understanding of what bullying is.
- All governors, teaching and non-teaching staff should know what the school policy is on bullying and follow it when bullying is reported.
- All pupils and parents should know what the school policy is on bullying and what they should do if bullying arises.
- As a school we take bullying seriously. Pupils and parents should be assured that they will be supported when bullying is reported.
- Bullying will not be tolerated.

### **SIGNS AND SYMPTOMS**

A child may indicate by signs or 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.
- doesn't want to go on the school/public bus.
- begs to be driven to school.
- changes his/her usual routine.
- is unwilling to go to school (school phobic).
- begins to truant.
- becomes withdrawn, anxious or lacking in confidence.
- starts stammering.
- attempts or threatens suicide and/or runs away.
- cries themselves to sleep at night or has nightmares.
- feels ill in the morning.
- 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 bully).
- has dinner or other monies continually 'lost'.
- has unexplained cuts or bruises.
- comes home hungry (money/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 cyber message is received.

### **ROLE OF PARENTS/GUARDIANS**

- If parents/guardians suspect bullying is taking place, you should contact the school immediately.
- The easiest and quickest way is to telephone – this can be done at any time the school has a 24 hour answering service.
- If you wish to speak to a member of staff in person you may ask for an appointment with the Head of Year or Assistant Head of Year.
- Encourage your child to inform the school or allow you to contact us if he/she is being bullied. The bullying is likely to persist unless the school is informed.
- The school will keep parents informed of any investigation and its outcome either by telephone or in writing.

### **ACTIONS PUPILS SHOULD TAKE IF THEY OR ANYONE THEY KNOW IS THE VICTIM OF BULLYING**

The most important action is to **TELL** someone. If there is immediate danger, tell the nearest adult or senior pupil. Otherwise, these people will help:

- Form Tutor
- Your Head of Year or Assistant Head of Year
- Year Manager
- A representative of PALS ( Pupils Always Listening -Year 9 peer support group)
- Any member of staff whom you find approachable
- Your friends

You should also tell your parents or guardians.

**TALKING** is the key to making bullying stop:

- It is not grassing or dobbing.
- Unless you talk to someone, the bullying will not stop or go away.
- Bullies depend on the victim thinking that “ It may get worse, if I tell”.
- All pupils, particularly senior pupils, should take on the responsibility of reporting unacceptable behaviour/bullying.
- Avoid becoming involved if possible, especially physically, as this can create more problems.
- Remember, pupils see much more than staff particularly in the more remote areas of school and when travelling on bus or foot.

## WHAT WE WILL DO

- Teachers and other members of staff will deal with minor incidents on the spot.
- More serious or persistent bullying will be referred to the Head of Year or senior staff who will listen, enquire into the complaint and question witnesses.
- If it is appropriate, the parties will be brought together by agreement and every effort will be made to reconcile them. Disciplinary action will be implemented if necessary.

All our actions will have the aim of preventing a recurrence of the bullying. If the bullying does not stop, the victim should report this immediately and we will deal with it promptly.

## HOW WE SUPPORT PUPILS WHO HAVE BEEN BULLIED

We aim to stop the problem and rebuild the confidence of those who have been bullied as well as to alter the behaviour of those who have been doing the bullying. To help us achieve this, we will:

- Provide time and a secure space after an incident
- Talk to parents
- Encourage friends to be observant and supportive
- Help to develop new friendship groups
- Discuss acceptable ways of dealing with problems
- Offer counselling when appropriate
- Make sure other teachers or support staff are aware of the problem if this is helpful
- Tell the pupil what action has been taken and continue to monitor the situation

## PUPILS WHO ARE BULLIES.

- Pupils who bully are very often weak, insecure or vulnerable.
- Bullies will face disciplinary sanctions which may range from a reprimand to a fixed term or permanent exclusion.
- Whilst being disciplined these pupils will be supported.
- Parents will be informed and asked to discuss the issue.
- Counselling maybe offered – School Counsellor.
- The Head of Year may deem it appropriate to involve the Inclusion Unit.
- A referral to DEWIS can be made for help to avoid such behaviour and manage any problems with anger.

## FURTHER STEPS

- A pupil-friendly chart setting out the main points of this policy will be displayed in every classroom
- We will provide a post box in the foyer for use by those who want to report bullying in a discrete way
- During each academic year some assemblies will address bullying issues

- A range of curriculum subjects, especially English, Welsh and PHSE include units of work on the subject
- A PALS group will be retrained each year
- The school council will report pupil concerns
- Mr H E Lewis, Head of Pastoral, will record all incidents of racial abuse, which must **always** be reported to him
- The policy will be published in the staff handbook, the school prospectus and newsletters to the parents.
- The policy will be reviewed automatically once every four years. This will always involve the School Council and Governors.
- All interested parties may suggest changes at anytime to Mr H E Lewis, who may consult with the School Council and Governors to amend the policy.

## APPENDICES

### Appendix 1

#### What is Racist Bullying?

Any hostile or offensive action against people because of their skin colour, cultural or religious background or ethnic origin.

It can include:

- Physical, verbal or emotional bullying.
- Insulting or degrading comments, name calling, gestures, taunts, insults or 'jokes'.
- Offensive graffiti.
- Humiliating, excluding, tormenting, ridiculing or threatening.
- Making fun of the customs, music, accent or dress of anyone from a different culture.
- Refusal to work with or co-operate with others because they are from a different culture.

### Appendix 2

#### What is homophobic bullying?

Any hostile or offensive action against lesbians, gay males, bisexual or transgender people, or those perceived to be lesbian, gay, bisexual or transgender.

These actions might be:

- Verbal, physical, or emotional (social exclusion) harassment, insulting or degrading comments, name calling, gestures, taunts, insults or 'jokes'.
- Offensive graffiti.
- Humiliating, excluding, tormenting, ridiculing or threatening refusing to work or co-operate with others because of their sexual orientation or identity.

### Appendix 3

#### What is Cyberbullying?

Cyberbullying is the use of Information Communications Technology (ICT), particularly mobile phones and the internet, deliberately to upset someone else.

#### What's different about cyberbullying?

Bullying is not new, but some features of cyberbullying are different from other forms of bullying:

- **24/7 and the invasion of home/personal space.** Cyberbullying can take place at any time and can intrude into spaces that have previously been regarded as safe or personal (Social networking sites e.g. Facebook, Bebo, MSN can be areas bullies will target).
- **The audience can be very large and reached rapidly.** The difficulty in controlling electronically circulated messages means the scale and scope of cyberbullying can be greater than for other forms of bullying. Electronically forwarded content is hard to control and the worry of content resurfacing can make it difficult for targets to move on.
- **People who cyberbully may attempt to remain anonymous.** This can be extremely distressing for those being bullied. The person cyberbullying may never be in the same physical space as their target.