

Al Khair Prep School

Safeguarding Update

Spring Term 2020



This term's newsletter is focusing on a very important issue, your child's mental health. In recent years the number of primary school children being diagnosed with mental health issues has risen, we would like to give parents/ carers information on the strategies the school uses to prevent bullying from occurring by promoting an anti-bullying environment and how we deal with incidents of bullying when they do occur.

At Al Khair Prep school, we take bullying and its impact very seriously and have a zero tolerance approach to any incidents of bullying. Children and parents/ carers should be assured we make every effort to prevent bullying from occurring by actively promoting an anti-bullying environment in school. When incidents do occur, they are responded to in a swift and timely manner including support for those who have experienced bullying aimed at countering any negative effects.

Bullying—What is it?

Bullying is when someone is being hurt either by words or actions on purpose, usually more than once, feels bad because of it, and has a hard time stopping what is happening to them. It can happen at any time and it can happen in any place.

Bullying takes place in many types of relationships. It is behaviour that can make people feel hurt, threatened, frightened and left out and it can happen face to face and online.

Bullying behaviour can harm children physically or emotionally and, although the actual behaviour might not always be repeated, the threat that it might can be sustained over time, typically by actions: looks, messages, confrontations, physical interventions, or the fear of these.

At Al Khair Prep, we have a Policy to help staff spot signs of bullying and step in to stop it happening. This is also designed to prevent bullying happening in the first place.

No one EVER deserves to be bullied.

Bullies often downplay their actions by saying it was a bit of fun, a misunderstanding, a joke but at Al Khair Prep we want all children to feel safe in the relationships they make with others so that no person has power over another.

In some cases, children may not realise that their behaviour is bullying. They are perhaps modelling the behaviour of adults or other children, not understanding that it is wrong because they have never been taught otherwise. In these circumstances, the intent to bully may not be present, but the impact and effect on the person being bullied will be no less severe because of this. Children will fall out and disagree with each other as they form and build relationships. This is a normal part of growing up and most children and young people have the ability to bounce back from this type of behaviour.

At Al Khair Prep we will help the bully to learn better ways to communicate!

Spotting the signs that my child is being bullied?

You know your child best so will be aware if something seems wrong. The type of behaviour that might be an indication of bullying includes:

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 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

What to do if your child is being bullied – advice to parents

Listen to your child

Reassure your child

Avoid retaliation but don't ignore it

Seek support from the school

Ways the school try to prevent bullying in school:

The school's PSHE lessons focus on anti-bullying. These lessons teach children about the different types of bullying and how they can report something if they are worried.

We also have regular assemblies and workshops which teach children about different aspects of bullying such as cyber bullying.

We teach & encourage our children to tell a school grown up if anything happens that worries them, but often they'll take it to you, as their parents, in the first instance.

Therefore, if you are concerned about an aspect of bullying at our school [however big or small], please contact either your child's class teacher, or talk directly to our head teacher.

Common Myths About Bullying

There was a time when bullying was actually seen as an acceptable behaviour. Here are some of the things people used to say about bullying and the real truth behind these myths.

Myth: "Some people deserve to be bullied."

Truth: No one deserves to be hurt or harmed. Everyone deserves to be treated with respect.

Myth: "It's only teasing."

Truth: When it hurts someone and it's done on purpose, it is bullying.

Myth: "Words will never hurt you."

Truth: Words may not leave bruises or broken bones, but they can leave scars on the inside.

Myth: "Kids will be kids."

Truth: Hurting others is never okay

The truth is, bullying is never okay!

Parenting Positively

Coping with Bullying

For parents

of children between 6 and 12



Parenting Positively: Coping with Bullying

This booklet is for parents of children aged 6 to 12 years who are being bullied and for parents of children who are bullying others. It gives information on the reasons behind bullying and how you can help your child if they are being bullied or are bullying other children.

A copy of the booklet can be purchased for no cost clicking on the link below.

<https://shop.barnardos.ie/products/ebook-parentingpositively-copingwithbullying-forchildren>

'Knock on the door'

Counselling Clinic

We recognise the importance and value of providing a safe place for children to be able to speak openly about their concerns and fears.

Al Khair Prep School, have introducing weekly 'Knock on the door' clinics for both KS1 AND KS2 children, who will be able to pop into the library and be able to speak to someone about anything that may have on their mind.

We hope that these clinics will:

- provide a supportive relationship to children
- provide a safe environment where a child can improve social skills, self-awareness and learning capacity
- enhance the overall emotional health and mental wellbeing of the child.



Al Khair Prep School

'Knock on the door'

Counselling Clinic for Children

Just need to talk?

Relationships

Bullying

Problems with friends or family

Changes to your body

If you are feeling sad or angry

When

Every Friday

KS1 12pm -12.30pm

KS2 12.30pm -1.15pm

Where

The School Library

A Place to talk

Al Khair Prep Safeguarding Team

If you are concerned about any child for any reason, contact the DSL (Designated Safeguarding Lead) as soon as possible, so we can help.

Speak to us.
We are here
to listen

Do you need
someone to
talk to?

Do you need
Help?



Ms Almas Iqbal
DSL Manager



Ms Saher Iqbal
DSL Deputy



Ms Afra Asim
DSL Deputy

We are here
to listen



Ms Naveed Ahmed
DSL Deputy

Tell someone if you
are worried

Keeping you safe

Safeprep@alkhairschool.org.uk

“Safeguarding and promoting the welfare of children is **everyone’s** responsibility. **Everyone** who comes into contact with children and their families has a role to play. In order to fulfil this responsibility effectively, all practitioners should make sure their approach is child-centred. This means that they should consider, at all times what is in the **best interests** of the child.” Page 4, KCSIE, 2019

Click the link below to read KCSIE, 2019 (Part 1)

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/836144/Keeping_children_safe_in_education_part_1_2019.pdf