



# Anti-Bullying at Wayland Academy

## Welfare Day

# What is Welfare Day about?

- Feeling good about yourself
- Understanding current issues in the world
- Understanding HOW you can be safe and prevent yourself from harm
- Understand how to deal with different situations
- To be confident and PROUD of yourself and all you do at school and at home
- To reach Wayland Academy's expectations

## What, When, Where and How often?

- Welfare day will take place once a week (See next slide)
- Welfare day will cover the following topics: Behaviour expectations; Safeguarding yourself; Anti-Bullying; Radicalisation/Extremism;
- You will learn about each one of these topics once a week
- There will be quizzes, questionnaires, information, video clips and discussion topics

# Welfare Day timetable

Welfare Day timetable Autumn Term 17/18

	<b>Hero + 7FL Monday</b>	<b>Macmillan Wednesday</b>	<b>Star + Y11s Tuesday</b>	<b>Nelson Thursday</b>
<b>11<sup>th</sup> September</b>	Mental Health	Mental Health	Mental Health	Mental Health
<b>18<sup>th</sup> September</b>	Extremism	Extremism	Extremism	Extremism
<b>25<sup>th</sup> September</b>	Anti-Bullying	Anti-Bullying	Anti-Bullying	Anti-Bullying
<b>2<sup>nd</sup> October</b>	Safeguarding	Safeguarding	Safeguarding	Safeguarding
<b>9<sup>th</sup> October</b>	Behaviour	Behaviour	Behaviour	Behaviour
<b>16<sup>th</sup> October</b>	Prejudice&Discrimination	Prejudice&Discrimination	Prejudice&Discrimination	Prejudice&Discrimination
<b>30<sup>th</sup> October</b>	Mental Health	Mental Health	Mental Health	Mental Health
<b>6<sup>th</sup> November</b>	Extremism	Extremism	Extremism	Extremism
<b>13<sup>th</sup> November</b>	Anti-Bullying	Anti-Bullying	Anti-Bullying	Anti-Bullying
<b>20<sup>th</sup> November</b>	Safeguarding	Safeguarding	Safeguarding	Safeguarding
<b>27<sup>th</sup> November</b>	Behaviour	Behaviour	Behaviour	Behaviour
<b>4<sup>th</sup> December</b>	Prejudice&Discrimination	Prejudice&Discrimination	Prejudice&Discrimination	Prejudice&Discrimination
<b>11<sup>th</sup> December</b>	Welfare day form project	Welfare day form project	Welfare day form project	Welfare day form project

# Anti-Bullying

## **Physical**

Hitting, kicking, or any unwanted physical contact. Taking or hiding belongings or money of others.

## **Verbal**

Name calling, teasing, insulting, writing unkind notes, homophobic, racial comments  
And discrimination against faith.

## **Emotional**

Being deliberately unfriendly, tormenting, spreading rumours, scaring, humiliating,  
Isolating another person.

## **Cyber**

The use of Communication devices and technology to cause distress and upset to somebody else (In or out of school). This includes use of social networking sites, emailing and instant messaging.

# Anti-Bullying

## **POSSIBLE SIGNS OF SOMEONE BEING BULLIED**

Students who are being bullied may show changes in their normal self:

- 1.Their valuables may be continually lost or destroyed.
- 2.The student's behaviour can alter becoming shy and nervous.
- 3.Feigning illness or clinging to adults.
- 4.Changes in their eating habits, like suddenly skipping meals or binge eating.
- 5.Students may come home from school hungry because they did not eat lunch.
- 6.Not wanting to go out.
- 7.They may show changes in their work patterns.
- 8.Lack concentration or may even truant from school.
- 9.Difficulty sleeping.
- 10.Self-destructive behaviours such as running away from, harming themselves.
11. Some students may start to bully others.

# Anti-Bullying

## **POSSIBLE SIGNS THAT SOMEONE MIGHT BE BULLING SOMEONE ELSE**

1. Get into physical or verbal fights
2. Have friends who bully others
3. Are increasingly aggressive
4. Getting into more trouble than normal
5. Have unexplained extra money or new belongings
6. Blame others for their problems
7. Don't accept responsibility for their actions
8. Are competitive and worry about their reputation or popularity

# Anti-Bullying

**BULLYING MUST BE REPORTED TO YOUR TUTOR  
OR PROGRESS LEADER**

They may ask you to write everything down

They **WILL** pass the information on to a  
member of the SLT

# New Bullying Report form

PART A – To be completed by student

<b>Students Name</b>	
<b>Form</b>	
<b>Dates that bullying has happened/Times/Places</b>	

<b>Type of bullying (Please tick)</b>	
Verbal	<input type="checkbox"/>
Physical	<input type="checkbox"/>
Cyber	<input type="checkbox"/>
Relational / Social	<input type="checkbox"/>

<b>What was the bullying relating to? (Please tick)</b>	
Race	<input type="checkbox"/>
Gender	<input type="checkbox"/>
Special Educational Needs or Disability	<input type="checkbox"/>
Age	<input type="checkbox"/>
Family	<input type="checkbox"/>
Appearance or health condition	<input type="checkbox"/>
Homophobia	<input type="checkbox"/>
Religion	<input type="checkbox"/>
Other...	<input type="checkbox"/>

<b>Person affected</b>	
<b>Name(s) of those involved in bullying</b>	
<b>How long has the bullying been happening for?</b>	
<b>What happened?</b>	
<b>Were there any witnesses? If so, who?</b>	
<b>Signature:</b>	<b>Date:</b>

- Found at reception in the registers grid



# Anti-Bullying at WAN – “ B BOX”

The B Box is

- A place to write down and put worries
- A member of the safe team will empty it every day
- A member of the safe team will discuss your worry with you
- Please put your name on the sheet of paper you are putting into the box
- The B Box will be placed at reception (near the register trays)

# Anti-Bullying at WAN - PALS



- A person to go to if you are being bullied
- A person to listen to you
- Hand selected for your safety
- Students form the older year groups
- PALS will advise you
- PALS will be supportive

# Anti-Bullying – Discussion

Why do bullies bully people?

How can you prevent bullying?