

ANTI-BULLYING PLAN 2023

UPPER COOPERS CREEK PS

Bullying behaviour has three key features. It involves the intentional misuse of power in a relationship. It is ongoing and repeated, and it involves behaviours that can cause harm. The NSW Department of Education requires all NSW public schools to have an Anti-bullying Plan which details the strategies implemented to reduce student bullying behaviours.

Resources

The NSW anti-bullying website (see: <https://antibullying.nsw.gov.au/>) provides evidence-based resources and information for schools, parents and carers, and students. Schools are encouraged to visit the website to support whole-school prevention, early intervention and response approaches and strategies for student bullying behaviour.

Upper Coopers Creek's commitment

Our school rejects all forms of bullying behaviours, including online (or cyber) bullying by maintaining a commitment to providing a safe, inclusive and respectful learning community that promotes student wellbeing. Executive staff are committed to establishing evidence-based approaches and strategies that promote a positive climate where bullying is less likely to occur.

1 School culture and inclusion

All members of the school community are active participants in building a welcoming school culture that values diversity and fosters positive relationships. A key component of a supportive school culture is building respectful relationships and an ethos that bullying is not accepted, in both online and offline environments. School staff will actively respond to student bullying behaviour.

Our school engages in the following practices to promote a positive school culture.

1.1 Student assemblies

Student bullying and expectations about student behaviour will be discussed and information presented to promote a positive school culture where bullying is not accepted.

Dates	Communication topics
Term 1	Behaviour code for students National Anti-Bully Day
Term 2	Bullying - what you need to know
Term 3	Bystander to Upstander
Term 4	Valuing Diversity

1.2 Staff communication and professional learning

Staff will be supported with professional learning that provides evidence-based ways to encourage and teach positive social and emotional wellbeing and discourage, prevent, identify, and respond effectively to student bullying behaviour.

Dates	Communication topics and Professional learning
Term 1	Behaviour Code
Term 2	STEPS - Bullying No Way
Term 3	STEPS - Bullying No Way
Term 4	Responding to parents - Bullying No Way

1.3 New and casual staff

New and casual staff will be informed about our school's approaches and strategies to prevent and respond to student bullying behaviour in the following ways.

The principal speaks to new and casual staff when they enter on duty at the school, as part of the induction process.

2 Partnerships with families and community

Effective schools have high levels of parental and community involvement. This involvement is strongly related to improved student learning, attendance and behaviour. Our school proactively builds collaborative relationships with families and communities to create a shared understanding of how to support student learning, safety and wellbeing.

2.1 Website

Our school website has information to support families help their children to regulate their emotions and behaviour and develop socially. Information is provided to assist if children have been involved in bullying behaviour (as the person engaging in bullying behaviour, as the person being bullied or as the person witnessing the bullying behaviour).

The following are published on our school's website. Check the boxes that apply.

☒ School Anti-bullying Plan ☒ NSW Anti-bullying website ☒ Behaviour Code for Students

2.2 Communication with parents

Our school will provide information to parents to help promote a positive school culture where bullying is not acceptable and to increase parent's understanding of how our school addresses all forms of bullying behaviour.

Dates	Communication methods and topic
Term 1	school newsletter - National Anti-bullying/ behaviour code
Term 2	P&C- Defining student bullying and school support
Term 3	school newsletter - bystander behaviour
Term 4	school newsletter - diversity

3 Support for wellbeing and positive behaviours

Our school's practices support student wellbeing and positive behaviour approaches that align with our school community's needs.

Social and emotional skills related to personal safety, resilience, help-seeking and protective behaviours are explicitly taught across the curriculum in Personal Development, Health and Physical Education (PDHPE).

Examples of other ways our school will embed student wellbeing and positive behaviour approaches and strategies in practices include the following.

At Upper Coopers Creek Public School we implement the following strategies to aid in the prevention of bullying behaviour:

- Model non-aggressive approaches to behaviour management.
- Remove opportunities for bullying to occur- supervision, monitoring group formations by students.
- Talk about bullying and the effects it has on the victim and those around them.

We implement the following programs to aid in the prevention of bullying behaviour:

- Explicitly teach Smiling Minds mindfulness program and immerse the students in the language to promote positive behaviours.
- Personal Development Lessons - building self-esteem/ assertiveness, role play situations - bully, victim and bystander.
- Positive Behaviour for Learning Program (PBL) – Identifying and promoting high expectations of behaviour in different identified settings throughout the school. Upper Coopers Creek's three overriding expectations promote stakeholders to Be Safe, Be Kind, Be Awesome.

Incident Recording - All complaints made to staff of bullying type behaviour are reported to principal and the following are recorded in behaviour book: the nature of each incident, the students involved, the setting and any actions taken by staff. This will be tabled at staff meetings to inform all staff.

Completed by: Jennifer Wright

Position: Principal

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