



PRINCIPAL'S MESSAGE

Thursday, 18 March 2021

Dear parents and carers,

BULLYING NO WAY DAY!

You have a key role in preventing and responding to bullying. Learning what bullying is and what it is not, is the first step in talking about how to prevent or respond to bullying with your child. 'Bullying' is a word that is used for lots of things that are not actually bullying. These other behaviours may be just as serious but may require different responses. Schools can be much more effective when parents report bullying and support their efforts to deal with it. If your child reports that bullying is occurring at school, or the bullying involves students from the school outside of school, you should let the school know the situation.

Working together with the school is the best way to help your child resolve bullying issues. At Charles Conder we will work with you to resolve the situation and will also work with the other student's parents. Due to privacy laws, they will not be able to share information about any other students involved. At Charles Conder Bullying is always taken seriously. Children and young people need to know that they are being heard and that their feelings matter, and that their issue will be investigated respectfully.

Young people often tell their friends or parents first and only go to teachers for help as a last resort. This can mean that when a student does tell a teacher about bullying it may already be serious and part of a bigger story continuing over some time.

If a student reports bullying to you

- reassure them that you will try to **help them**
- **avoid minimising** the issue, or saying dismissive things that imply the issue is not important
- find a **suitable place** to talk, or make a time to discuss the problem privately
- ensure that your **voice is calm** and your body language is open as you listen
- **listen** without interrupting, using only encouraging questions or sounds to show you are listening
- only after you have **heard their whole story** should you ask specific questions if you need more details
- if they haven't already told you, ask the student **when, how and where** the bullying happens, including:
 - what words have been said or written
 - has anyone been physically hurt and how
 - who is usually around
 - who else have they told about this
 - if it is happening online ask if there is any evidence of what has happened
- ask questions to help you **distinguish** between single incidents of conflict and an ongoing pattern of bullying
- **write down** the information, or ask an older student to write down the details themselves and give it to you
- **reassure** the student it's never okay to be bullied
- reassure the student it is **not their fault** that the other person is behaving in such a way
- **praise** the student for speaking out, acknowledging that talking about it takes lots of courage
- ask the student what **they want you to do** and whether they want you to do anything at this stage

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- if they want your assistance to stop the bullying, tell them you will now start **your school's procedures** to investigate and respond to their report
- reassure them that the school takes this seriously and that you will **get back to them** as soon you can
- ask the student if they **feel safe in the short term** in case you need to take preventative safety measures.

The national definition of bullying for Australian schools says:

Bullying is an **ongoing** and **deliberate misuse of power** in relationships through **repeated verbal, physical and/or social behaviour** that intends to cause physical, social and/or psychological harm. It can involve an **individual or a group** misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening. Bullying can happen **in person or online**, via various digital platforms and devices and it can be **obvious** (overt) or **hidden** (covert). Bullying behaviour is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records). Bullying of any form or for any reason can have **immediate, medium and long-term effects** on those involved, including **bystanders**.

Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.

Jason Walmsley

Principal

CHARLES CONDER SWIMMING CARNIVAL

Congratulations to all students who attended our swimming carnival. It was wonderful to see so many students having 'a go' and enjoying themselves. A big thank you to Lanyon High and Clare Culhane who volunteered their time throughout the day. Additionally, it was wonderful to see so many parents attend the event, your support was greatly appreciated. Individual results can be found as a separate attachment to today's newsletter, students who met the qualifying times for the Tuggeranong Championships are highlighted in bold. We wish them the best of luck for the regional carnival that will take place in week 8. Each student listed will receive their place ribbons at our Tuesday morning assembly in Week 9. The students listed were the top 4 recorded times in each event. Well done to all.

Jon Tucker

Sports Coordinator

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