

Our Feelings Rainbow



Blue	Green	Yellow	Red
Running Slow	Just Right	Fizzy	Scared or Angry
Unhappy	Positive	Excited	Mad
Tired	Proud	Nervous	Yelling
Withdrawn	Calm	Frustrated	Aggressive
Tearful	Focussed	Annoyed	Big behaviours



West Park CE Primary School

Anti-Bullying Information



West Park CE School
School Rules

Be kind

Be safe

Be your best

What is bullying?

A bully is someone who hurts another child or group of children on purpose, more than once, using behaviour which is meant to hurt, frighten or upset them. It is never ok to hurt or harm others.

When is it bullying?

Several

Times

On

Purpose

Our promise to you is to ALWAYS treat bullying seriously. You have the right to feel happy and safe at West Park.

What will happen if you bully?

You must take responsibility for your actions and accept the sanctions given. You need to take steps to repair the harm you have caused. You need to talk to an adult about your worries and concerns.

Bullying can be...

Emotional: Hurting your feelings, leaving you out, showing jealousy towards others.

Physical: Punching, kicking, spitting, hitting, biting, pushing.

Verbal: Being teased, calling names, spreading rumours, hurting or causing offence with words or hand signs.

Racist: Calling names because of the colour of your skin, your beliefs or religion, or the country of your birth.

Sexual: Rude comments, unwanted physical contact or inappropriate touching.

Homophobic: Calling you gay or lesbian.

Cyber: Saying unkind things by text, email and online.

Sharing pictures without permission. Just because it is not face to face it still hurts.

Who can I tell?

Any trusted adult in the school.
An adult at home such as your parents.
A friend

NSPCC 0800 1111

If you are being bullied

Start Telling Other People

Reach out for someone who can help.

