



Carlisle and Hampton Hill Federation

SAFEGUARDING NEWSLETTER

Issue 4 Spring 2025

This term's newsletter aims 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.



Carlisle and Hampton Hill Federation schools recognise that bullying can be emotionally abusive and can cause severe and adverse effects on children's emotional development.

- Bullying is recognised by the Carlisle and Hampton Hill Federation schools as being a form of child-on child abuse; children can abuse other children.
- ✓ Abuse is abuse and it should never be tolerated or passed off as "banter", "just having a laugh" or "part of growing up".
- ✓ We recognise that even if there are no reports of bullying, it does not mean it is not happening and it may be the case that it is just not being reported.
- ✓ All victims will be taken seriously and offered appropriate support, regardless of where the abuse takes place.

Our federation definition of bullying is:

'behaviour by an individual or a group, repeated over time that intentionally hurts another individual either physically or emotionally'.

This is communicated and known by the children using the acronym 'S.T.O.P.' (Several Times On Purpose)

Is it bullying?

Bullying can take many forms and it may not be easy to recognise. To make things a little easier, bullying usually has these common features:

- **INTENT** - it is deliberate!
- **REPEATED** - it happens more than once!
- **HARMFUL** - it causes physical or emotional damage!
- **POWER IMBALANCE** - it is difficult for those being bullied to defend themselves

Keeping children safe is everyone's responsibility



Future issues of our safeguarding newsletter will include spotlights on:

- **Road Safety**
- **Domestic Abuse**
- **Attendance and Punctuality**



How our federation works to prevent bullying...

- ✓ Regular PSHE lessons and assemblies about standing up against bullying, kindness and celebrating difference
- ✓ Taking part in national Anti-Bullying Week and Odd Socks Day in November
- ✓ Encouraging children to speak to a trusted adult (at home or school) if someone is unkind to them
- ✓ Encouraging children to write down their worry and put it into the class 'Worry Box/Monster' if they do not want to speak to an adult in school
- ✓ Rights Respecting Schools

The senior team that take the lead on safeguarding are:



Mr. Marc Lowery
Designated Safeguarding Lead (HHJS)



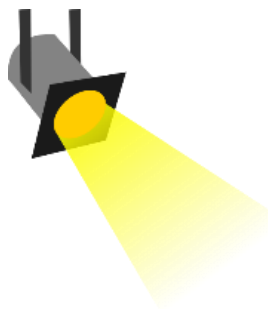
Mr. David Wells
Designated Safeguarding Lead (CIS)



Ms. Zoe Brittain
Deputy Designated Safeguarding Lead

Spotlight on: Anti-Bullying

TOP TIPS FOR FAMILIES



How can I spot signs of bullying?

A child who is being bullied might:

- be reluctant to go to school
- complain of tummy upsets or headaches regularly
- show signs of distress on a Sunday night or at the end of the school holidays
- become quiet or withdrawn
- seem upset after using their phone or tablet

What should I do if I think my child is being bullied?

If your child is being bullied, don't panic. Your key role is listening, calming and providing reassurance that the situation can get better when action is taken. This is where an understanding of the definition of bullying, relational conflict and banter will be useful, so that you are able to discuss with your child what they have experienced and consider the best approach.

1. **Listen and reassure** them that coming to you was the right thing to do. Try and establish the facts. It can be helpful to take notes of what your child says, particularly names, dates, what happened and where it happened. Keep any evidence such as pictures of injuries or screenshots of online messages.
2. Assure them that the bullying is **not their fault** and that they have family that will support them.
3. **Find out what your child wants to happen next.** Help to identify the choices open to them; the potential next steps to take; and the skills they may have to help solve the problems.
4. **Request a meeting** to discuss the situation with your child's teacher or year group leader. Remember, every child has a right to a safe environment in which to learn and play.
5. Encourage your child to get involved in activities that **build their confidence and esteem** and help them to form friendships both inside and outside of school.

What To Do If Your Child Is Bullying Others

If you are concerned your child may have harmed another child or other children, don't panic! Help is at hand.



In [this video](#), former Kidscape CEO, Lauren Seager-Smith, shares her advice for if your child is bullying others.

This website is also a great source of advice for dealing with this challenging experience.

<https://www.kidscape.org.uk/advice/advice-for-parents-and-carers/what-to-do-if-your-child-is-bullying-others>

Useful Information/Websites

<https://anti-bullyingalliance.org.uk/anti-bullying-week-2024-choose-respect/parents-and-carers>

<https://www.kidscape.org.uk/advice/i-am-a-parent-or-carer-landing-page>



You can read our Federation Anti-Bullying Policy [here](#).

Reporting safeguarding concerns

At times when we aren't at school and you have concerns around the safety/wellbeing of a child, contact the **Single Point of Access** on 020 8547 5008 (8am to 5.15pm, Monday to Thursday, and 8am to 5pm on Friday. Out of hours, phone (020 8770 5000.)

Urgent calls

Call 999 if you think a child or young person is in immediate danger.

Both schools now have email addresses for you to report confidential safeguarding concerns. These are only seen by the senior safeguarding leads.

safeguarding@carlisle.richmond.sch.uk or safeguarding@hamptonhill.richmond.sch.uk