



BARNAWARTHA PRIMARY SCHOOL

SAFE and responsible citizens, RESPECTFUL and honest individuals and successful and confident LEARNERS.

Student Engagement and Wellbeing Handbook 2019



Teaching Emotional Intelligence

At Barnawartha Primary School children are taught 5 concepts of Emotional Intelligence. Having a deep understanding of these concepts ensures that children have the skills to build a safe school environment and embrace the ups and downs of life and learning. Being emotionally intelligent has the greatest impact on academic outcomes.

Each concept is taught through guidance of our **Life Raft** program, developed within Wilson McCaskil's **Play is the Way Program**. This program is a practical methodology for teaching social and emotional learning using guided play, classroom activities and an empowering language. The following concepts that children learn, then become our mantras within the school:

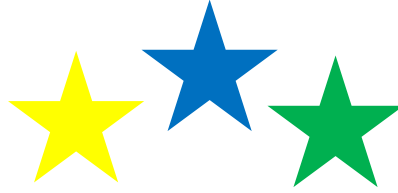
1. **The Golden Rule: "Treat others as you would like them to treat you"** Children learn that if someone is unlike you we seek to understand them.
2. **"Be Brave - Participate to Progress"** Children learn that, school is about stepping bravely into the unknown. The unknown is often uncomfortable. The braver you are, the more you learn.
3. **"It takes great strength to be sensible."** Children learn that, we do the right thing because it is the best thing to do.
4. **"Have reasons for the things you say and do."** Children learn that, if you don't know why you are doing something then don't do it because it's most likely wrong.
5. **"Pursue your personal best no matter who you work with."** Children learn that, we do not come to school to be better than others. We come to school to better ourselves by being able to work with others.

To support students in mastering these skills they also learn to **"Be the master, not the victim of their feelings."** They do this with the help of a...

"Self Mastery Checklist."

- Am I doing the right thing or the wrong thing?
- Am I making strong decision or weak decision?
- Are my feelings in charge of my actions or is my thinking in charge?
- Am I running away from the problem or am I dealing with it?
- Am I being my own boss or am I inviting my teacher to be my boss?
- Is my teacher trying to help me or hurt me?

Rights & Responsibilities



As members of the Barnawartha school community, students, teachers and families have certain Rights and Responsibilities within our community. *The Right to teach and learn, and the Right to feel safe both physically and emotionally* are governing. Students, teachers and parents all share equal Responsibility in acting in ways that uphold each of our Rights.

Rules & Consequences

Rules and Consequences are used to support our Rights & Responsibilities.

When a student is unable to use self-controlling thoughts to manage their emotions and begins to act in a way that threatens our Rights and Responsibilities, then specific consequences are used to assist that student to retake charge of themselves.

Individual Behaviour Management Plans

If a student finds it hard to control their behaviour and behave in an unacceptable manner they may require an individual Behaviour Management Plan (BMP) that is developed in consultation with Principal, parents, class teacher and student support workers (if relevant). It is an expectation that parents/carers of students who are placed on a BMP will seek out and engage regularly with intervention programs and services such as a paediatrician and/or psychologist to support their child (at the families' expense). The parents and the student, will also participate in regular after school Student Support Group Meetings with the student's teacher.

All staff receive a copy of the BMP, so they can reinforce and support behavioural expectations and consequences. Consistency is then maintained for that student across the school.

Searching School Bags and Locker Tubs

In the event that a student, parent or teacher has suspicion of any inappropriate/dangerous/illegal activity or behaviour involving a student's bag or locker tub, they are to inform the Principal or classroom teacher immediately. Teachers have the right to search a student's bag and locker tub, **either** in the presence of the student who owns the bag **or** with another staff member.



Barnawartha Primary School

Student Rights & Responsibilities

Through consultation with staff, students and parents, we believe that:

Students have the right:	Students are responsible for:
To be a SAFE and responsible citizen.	
To work and play in a clean environment.	<ul style="list-style-type: none"> • Eating lunch and snack in the classroom/or "Snake Seat" and putting all rubbish in the bin before leaving. No wrappers are taken outside. • Keeping their desk and working areas tidy. • Cleaning up after themselves. • Offering to help others. • Helping to clean up if asked.
To know their belongings are safe.	<ul style="list-style-type: none"> • Asking for permission to borrow or use someone else's property. • Labelling all clothing and personal equipment. • Being responsible for personal items brought to school. The school will not replace or pay for any lost or broken items that the child brings to school. • Caring for their own and other people's property.
To feel safe in the classroom and playground.	<ul style="list-style-type: none"> • Being in control of their own thoughts, feelings and actions and making strong choices. • Being accountable for their actions and accept consequences when given without blaming others for their decisions. • Using the appropriate voice level. • Making steps to repair any harm caused either emotionally or physically to another person and restore relationships.
To be a RESPECTFUL and honest individual.	
To ask questions and share ideas	<ul style="list-style-type: none"> • Respecting the opinions of others. • Asking questions or making statements that are relevant and respectful to the discussion.
To be respected by their teachers, students, parents and visitors.	<ul style="list-style-type: none"> • Talking to teachers, students, parents and visitors to the school with respect. • Using their manners ("Please, thank you and may I"). • Welcoming visitors to the school. • Listening with your whole body, heart and mind.
To be a successful and confident LEARNER.	
To participate in school activities and be given reasonable adjustments to their education to allow them to achieve and experience success in the same opportunities as their peers.	<ul style="list-style-type: none"> • Working independently. • Doing their best, having a go and trying again. • Accepting support and/or constructive criticism and then applying strategies given to them to complete their task independently. • Using their initiative by using the environmental print and supports provided within the classroom.
<p>To learn & achieve to a high standard and be acknowledged for hard work and effort.</p> <p>To know their goals and pathways to achieve success both academically and emotionally.</p>	<ul style="list-style-type: none"> • Completing work that is of a high standard (bold, best and beautiful). • Completing homework or assigned tasks. • Fulfilling the high expectations and responsibilities placed on them from their families.
<p>To be supported by their family to learn organisational and responsibility skills.</p> <p>Have access to the school App at home and/ or school.</p>	<ul style="list-style-type: none"> • Being prepared for upcoming events. • Coming to school on time. • Wearing correct school uniform every day. • Having the things they need for the day (eg hat, drink bottle, lunch, snack). • Carrying their bag by themselves. • Supporting school and community events that the school is involved in.



Barnawartha Primary School

Staff (teaching and non-teaching) Rights & Responsibilities.

Through consultation with staff, students and parents, we believe that:

Staff have the right to:	Staff are responsible for:
To be a SAFE and responsible citizen.	
TRUST	
<ul style="list-style-type: none"> • Be trusted to undertake their role to the best of their ability. • Have their privacy protected. 	<ul style="list-style-type: none"> • Being aware of the legal responsibilities and obligations set out in the DET as to their Duty of Care, Child Safe Standards, Child Protection and Mandatory Reporting. • Maintain the privacy of others as per the relevant DET and school policies on privacy.
RESILIENCE	
<ul style="list-style-type: none"> • Undertake new and challenging situations with the support and backing of colleagues and leaders. 	<ul style="list-style-type: none"> • Being prepared to take on new and challenging situations and initiatives with the support, advice and assistance of colleagues when required.
To be a RESPECTFUL and honest individual.	
<ul style="list-style-type: none"> • Expect that they will be treated as a professional and with respect in their interactions with all members of the school community. • Expect that positive relationships will form the basis for daily interactions. • Be valued for their contribution to the wider school. 	<ul style="list-style-type: none"> • Treating others in a respectful and fair manner in all interactions. Ensure that issues are dealt with calmly and in a non- emotive, non-confrontational way. • Actively contribute to creating a positive work environment. • Valuing the work of others within the school environment. Encourage achievement and celebrate success.
HONESTY	
<ul style="list-style-type: none"> • Work in an environment which is open and honest. 	<ul style="list-style-type: none"> • Ensuring that all interaction is based on open and honest communication. • Undertaking their role in a highly professional, organised and honest manner to never put the school in disrepute.
To be a successful and confident LEARNER.	
TEAMWORK	
<ul style="list-style-type: none"> • Work in an environment that actively supports and facilitates teamwork. • To engage in cooperative teamwork, which utilises outstanding skills in communication, collaboration and tolerance. 	<ul style="list-style-type: none"> • Acting as a committed and professional member of the teams to which individual staff may belong. • Engaging in cooperative teamwork, which utilises outstanding skills in communication, collaboration and tolerance.
PROFESSIONAL LEARNING	
<ul style="list-style-type: none"> • Be part of the Performance and Development recognition and appraisal process that involves receiving feedback from colleagues and leaders to enhance teaching pedagogy and/or work practices. • Access targeted Professional Learning which is agreed upon to further develop teaching and learning practices and/or work practices. 	<ul style="list-style-type: none"> • Taking an active part in recognition and appraisal processes. To set personal goals, collect evidence, attend meetings and to be prepared to discuss personal progress. • Maintaining standards in relation to hours of Professional Learning undertaken over the required period. (VIT registration).
BEING YOUR BEST	
<ul style="list-style-type: none"> • Expect the school to constantly strive to operate in a way which reflects high standards. To strive for continuous improvement and to be the best. 	<ul style="list-style-type: none"> • Supporting the school to be the very best. To continue to provide constructive feedback and to be supportive of efforts to improve processes and procedures. • Being a positive and proactive advocate of the school and its students.

Barnawartha Primary School

Parent's Rights & Responsibilities

Through consultation with staff, students and parents, we believe that:

Parents have the right to:	Parents are responsible for:
To be a SAFE and Responsible citizen.	
<ul style="list-style-type: none"> Know their child is safe and is ensuring the safety of others. 	<ul style="list-style-type: none"> Modelling positive behaviours of problem solving and conflict resolution to their children to teach them how to solve problems peacefully.
<ul style="list-style-type: none"> Know where their child is at all times. 	<ul style="list-style-type: none"> Making sure their child arrives to school on time (8:50am) and is collected at 3:30pm. Ensuring their child has a safety plan when travelling to and from school. Ensure their child has 'safe words' or 'code words' they can use if they feel their safety is compromised. Ensure their child knows how they are getting home from school and who is collecting them. Ensuring their child is aware of any intervention or court orders regarding custody and who can or cannot collect them from school.
<ul style="list-style-type: none"> Know their child has access to a healthy menu on school canteen days. Know that any prescribed medication will be administered as per prescription and stored securely. 	<ul style="list-style-type: none"> Making sure their child has enough sleep at night, a clean/dry uniform appropriate to the climate, appropriate footwear and a healthy lunch and snack every day. To ensure that their child takes prescribed medication as directed, provides it to school if applicable and informs staff of any changes.
<ul style="list-style-type: none"> Know the school's values and Codes of Conduct set out in the Student Wellbeing and Engagement Manual. 	<ul style="list-style-type: none"> Reinforcing the school's philosophies, Rights and Responsibilities with their child set out in the Student Wellbeing and Engagement Manual.
To be a RESPECTFUL and honest individual.	
<ul style="list-style-type: none"> Be welcomed to join the many opportunities to be involved in as a proactive and contributing member of our school. 	<ul style="list-style-type: none"> Being a proactive advocate of their child's school, education and wellbeing. Establishing a partnership to participate in school functions, community events and education (eg committees, social/family events, excursions, classroom helper, volunteer, working bees, playgroup, car-pooling, raffles, cake stalls, promotion).
<ul style="list-style-type: none"> Be part of a school community which is open, inclusive and honest with strong family values that underpin our philosophy that "It takes a village to raise a child." 	<ul style="list-style-type: none"> Ensuring that all interaction is based on open, honest and respectful communication. Undertaking their role as a community member of Barnawartha Primary School in an honest and respectful manner to never put the school in disrepute. Interacts with all families in a respectful manner, regardless of education/socio economic/religious/marital status/gender/disability.
To be a successful and confident LEARNER.	
<ul style="list-style-type: none"> Know their child is getting an excellent education. Reasonable adjustments are being made for students with disabilities to allow them to achieve success through the same opportunities provided to them as their peers. 	<ul style="list-style-type: none"> Instilling high expectations of academic and behaviour achievement and responsibilities on their child whilst at school and when in the community. Supporting the school and their child to be independent, confident learners.
<ul style="list-style-type: none"> Be kept informed of their child's learning progress and behaviour at school. 	<ul style="list-style-type: none"> Supporting their child with homework or assigned tasks. Attending SSG meetings, parent teacher interviews/student led conferences.
<ul style="list-style-type: none"> Be aware of additional external support, networks or agencies available for their child that can be provided by external agencies, services, and/or medical practitioners (eg paediatricians, therapists, counselling, disabilities support groups, books and websites) 	<ul style="list-style-type: none"> Being proactive in seeking, utilising and linking into additional advice, support networks or agencies to support their child through external agencies, services, and/or medical practitioners (eg paediatricians, therapists, counselling, disabilities support groups, books and websites) being accountable for the additional costs and time needed to support their child. Making appointments - eg hairdressers/dentist/medical, after school hours if possible.



OUTSIDE

In consultation with staff, students and parents, we believe that:

Rights	Rules	Positive Acknowledgement	Negative Consequences
<p>Students, Teachers and Visitors have the Right to learn and play in a clean environment.</p>	<p>Food must be eaten in the designated area. We do not walk around with food. Lunch and snack must be eaten in the designated classroom or area and rubbish put in the bin before leaving/playing. Chewing gum is not permitted at school.</p>	<ul style="list-style-type: none"> Barny Star for being respectful of our school grounds. Verbal praise. 	<p>Reminder to eat in the designated area. (Yard duty) picking up rubbish/tidying the school. Chewing gum put in bin, any unused gum/packets removed and will be collected by parents at end of day.</p>
<p>Students, Teachers and Visitors have the Right to be safe in the playground.</p>	<ul style="list-style-type: none"> We play in our designated play areas. We do not play in or outside the toilet areas. We must have permission from a teacher to come inside. We play all large ball games or kicking batting games such as football, tennis, cricket, soccer and basketball/ netball on the oval or basketball courts. 	<ul style="list-style-type: none"> Barny Star for playing safely in our playground. Showing initiative, knowing the guidelines and expectations Verbal praise 	<ul style="list-style-type: none"> Minimum 15 minutes time-out on the 'Snake Seat'. (If this occurs at the end of a break then it is carried onto the next break.)
	<ul style="list-style-type: none"> We walk our bikes, scooters and skateboards in and out of school through the Historic Gates. We always wear a helmet when riding our bikes, scooters and skateboards to and from school. When riding to and from school we follow all road rules and keep ourselves and others safe. 	<ul style="list-style-type: none"> Verbal praise 	<ul style="list-style-type: none"> Parents notified. Student issued with warning that they may not be allowed to ride their bike to school until assurance of safety is demonstrated.
	<ul style="list-style-type: none"> We wear a school approved broad brimmed hat from the 1st of September till end of Term 1. 	<ul style="list-style-type: none"> Verbal praise 	<ul style="list-style-type: none"> No Hat = Play undercover Snake Seat and Junior Undercover. Shade sails and trees are out of bounds.
	<ul style="list-style-type: none"> We do not use sticks as a weapon, to threaten, intimidate or physically harm others. 	<ul style="list-style-type: none"> Barny Star for playing safely in our playground. For using equipment productively. Verbal praise 	<ul style="list-style-type: none"> Warning to put stick down. If still refusing then child is removed from yard (15 minutes). Suspension if child refuses to follow instructions or has damaged property or physically harmed another person.

<p>Students, Teachers and Visitors have the Right to be treated with respect by their peers. Assault either verbal or physical is a serious criminal offence.</p>	<p>We solve problems peacefully. We do not assault others with intent to harm physically or emotionally (immediate suspension). For example:</p> <ul style="list-style-type: none"> We do not spit at others. We do not swear or make racial comments at others. We do not push, pinch or trip others. We do not slap, hit, punch or kick others. We do not threaten to harm another person. We do not damage another person's property. We do not mistreat/damage/graffiti school property. We do not throw objects (eg sticks, stones, rocks) 	<ul style="list-style-type: none"> Barny Star for being an Active bystander or Peacemaker. Verbal praise 	<ol style="list-style-type: none"> Immediate Removal. Parents notified: child suspended. (Maximum of 5 days suspension). Apology letter to person assaulted including steps to restore trust. <p>(NOTE: Depending on the circumstances of the incident/assault, the student may face immediate expulsion.)</p> <p><i>The assaulted person (or their parent/guardian) has the legal right to take this matter further with police.</i></p> <p>Any damaged items will be replaced by families at their cost.</p>
<p>Students, Teachers and Visitors have the Right to be treated with respect by their peers.</p> <p>Stealing is a criminal offence.</p>	<p>We care for others and behave in a friendly manner at all times.</p> <p>We do not tease, name call, bully or harass others.</p> <p>We do not yell or scream at others. We do not tell others to "shut-up".</p> <p>We do not exclude others as an act of power over the group.</p> <p>We do not steal.</p>	<ul style="list-style-type: none"> Barny Star for being: respectful/safe; Making others feel welcome and included; Being an active bystander or peacemaker. Always respecting other people's property. Verbal Praise 	<ol style="list-style-type: none"> Removal from the yard. Parents notified of incident. (property returned if stolen). After school Detention and an apology letter to person affected including steps to restore trust.
	<p>We follow adult instructions at all times.</p> <ul style="list-style-type: none"> Overt refusal to follow adult instructions by either verbal (eg saying, spelling, miming, or abbreviating or writing, saying "no" "shut up" "whatever"), or body language (walking away, turning away, grunting or making inappropriate/offensive gestures). 	<ul style="list-style-type: none"> Barny Star for following instructions or showing initiative. Verbal Praise 	<ol style="list-style-type: none"> Warning issued to follow adult instruction. Removal from yard (15 mins). Complete "Student Reflection". (verbal/ written/drawn) when returned to class. Parents notified. After school detention may be issued. <p>NOTE: If student refuses to follow instruction/return to teacher/class then parents are contacted and child is collected and suspended for following day for overtly refusing teacher instruction.</p>

	<ul style="list-style-type: none"> We do not leave the school grounds without permission. We do not refuse to return to class/group/adult. 	<ul style="list-style-type: none"> Barney Star for always following teacher instruction. Being trustworthy and reliable. Verbal praise. 	<p>Leaving school grounds - Police will be contacted.</p> <p>NOTE: If student refuses to follow instruction/return to teacher/class then parents are contacted and child is collected and suspended for following day for overtly refusing teacher instruction.</p>
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INSIDE

In consultation with staff, students and parents, we believe that:

Rights	Rules	Positive Acknowledgment	Negative Consequences
Students have the Right to learn and achieve.	<p>We follow all adult instructions.</p> <p>We do not distract other students or classes.</p> <p>We respect each other's property.</p> <p>We complete our work quietly and to the best of our ability.</p>	<p>Active Learners:</p> <ul style="list-style-type: none"> Barney Star for always following instructions or showing initiative. Being an active learner, pursuing your personal best, supporting the learning of others. Verbal praise 	<ol style="list-style-type: none"> Verbal/non verbal reminder. Time-out in classroom. Removal to table outside classroom (withdrawal area). Lunch or after school detention (15 minutes). <p>Phone call home student to be collected. Suspended for following day for overtly refusing teacher instruction.</p>
<p>Students and Teachers have the Right to feel safe- emotionally and physically.</p> <p>Assault either verbal or physical or threatened is a serious act of violence and a criminal offence.</p>	<p>We solve problems peacefully. We do not assault others with intent to harm physically or emotionally (immediate suspension).</p> <ul style="list-style-type: none"> We do not spit at others. We do not swear or make racial comments at others. We do not push, pinch or trip others. We do not slap, hit or punch others. We do not threaten to harm another student. We do not damage another person's property. We do not mistreat/damage school property (eg throwing furniture). We do not throw objects. 	<p>Active Bystanders and Peacemakers:</p> <ul style="list-style-type: none"> Barney Star for being an active bystander or peacemaker. Barney star for using soothing thoughts/catastrophe scale. Following the Golden Rule. Barney star for being respectful to others, including others and making others feel welcome. Barney Star for always respecting the property of others. Barney star for respecting the work space of others. Verbal praise 	<ol style="list-style-type: none"> Immediate Removal. Parents notified: child suspended. <p>(Maximum of 5 days suspension). Apology letter to person assaulted including steps to restore trust.</p> <p><i>The assaulted person (or their parent/guardian has the legal right to take this matter further with police).</i></p>

<p>Teachers have the Right to teach without interruptions.</p>	<p>We follow all teacher instructions.</p> <ul style="list-style-type: none"> We complete all tasks to the best of our abilities. We do not leave the classroom without permission. We go to the toilet and get a drink when the music is playing before we come inside. <p>Overt refusal to follow adult instructions by either verbal (eg saying, spelling, miming, or abbreviating or writing, saying "no" "shut up" "whatever"), or body language (walking away, turning away, grunting or making inappropriate/offensive gestures).</p> <ul style="list-style-type: none"> We do not leave the school grounds without permission. We do not refuse to return to class/group/adult 	<p>Active Learners:</p> <ul style="list-style-type: none"> Barney Star for being an active learner. For being trusted and respectful. For knowing the expectations and guidelines. For always following instructions and showing initiatives. Verbal praise 	<ol style="list-style-type: none"> Verbal/non-verbal reminder. Time-out in classroom. Removal to table outside classroom (withdrawal area). Lunch or After School detention. NOTE: If student refuses to follow instruction/return to teacher/class then parents are contacted and child is collected and Suspended for following day for <i>overtly refusing teacher instruction.</i> <p>Leaving school grounds - Police will be contacted.</p>
<p>Students, Teachers and Visitors have the Right to be treated with respect by their peers.</p> <p>Stealing is a criminal offence.</p>	<p>We use manners at all times-</p> <ul style="list-style-type: none"> We say please, thank you, may I and excuse me. We do not interrupt. We do not make offensive comments/ statements or ask questions that are irrelevant and disrespectful to the discussion. We do not yell or scream. We do not run in the classroom. We do not take other people's property. We do not steal. 	<ul style="list-style-type: none"> Barney Star for always using manners. Barney star for making others feel welcome, respected and valued. Verbal praise 	<ol style="list-style-type: none"> Verbal/non-verbal reminder Time-out in classroom. Removal to table outside classroom (withdrawal area). Lunch or After School detention. <p>NOTE: If student refuses to follow instruction/return to teacher/class then parents are contacted and child is collected and Suspended for following day for <i>overtly refusing teacher instruction.</i></p>
<p>Students have the Right to be part of the Barnawartha community.</p>	<ul style="list-style-type: none"> We wear correct school uniform every day, adhering to the rules set out in the Uniform Policy. We do not wear any jewellery, other than: watch, earrings (sleepers/studs). We don't not wear facial piercings or tattoos. We do not wear coloured nail polish. We do not have Mohawks or extreme hair colouring. Hair that is longer than shoulder length, or covers eyes (both genders) is required to be tied/pinned back. Extremely long hair (waist length) is expected to be plaited or tied in a neat and tidy manner that is not longer than shoulder length. 	<ul style="list-style-type: none"> Barney Star for wearing your uniform with pride. Barney Star for school pride. Verbal praise 	<ul style="list-style-type: none"> Inappropriate clothing is removed and student is given a "spare" uniform to wear for the duration of the day. Their clothing is returned at the end of the day. Jewellery removed & returned at home time. Nail polish removed. Parents called to remove hairspray or gel/colouring from child's hair.

Bullying and Cyber Bullying

"Bullying is a **repeated** verbal, physical, social or psychological aggressive behaviour by a person or group directed towards a less powerful person or group that is intended to cause harm, distress or fear (Department of Education 2015). It can involve such things as:

Direct Physical Bullying. (Repeatedly)

- Grabbing, aggressive staring, hitting, pinching, kicking, pushing & shoving, damaging property.
- Taking or knocking a person's books or belongings out of their hands or off their desk.

Direct Verbal Bullying. (Repeatedly)

- Publicly excluding a person from your group.
- Teasing and name calling.
- Homophobic or racist remarks.

Indirect Bullying. (Repeatedly)

- An action designed to harm someone's social reputation and/or cause humiliation.
- Lying and spreading rumours.
- Playing nasty jokes to embarrass and humiliate.
- Mimicking.
- Encouraging others to socially exclude someone.
- Damaging someone's social reputation or social acceptance.

Cyber bullying. (Repeatedly)

- Is direct verbal or indirect bullying behaviours using digital technologies. This includes harassment via a mobile phone, setting up a defamatory personal website or deliberately excluding someone from social networking spaces.

Being involved in online spaces - either at home or at school requires students to behave responsibly.

This includes:

- The language you use and the things you say.
- How you treat others & respecting people's property (copyright).
- Visiting appropriate online places/chatrooms/sites and social media outlets.

Behaving safely online means:

- Protecting your own privacy and personal information (formerly stranger danger)
- Selecting appropriate spaces to work and network
- Protecting the privacy of others (sharing personal information or images)
- Being proactive in letting someone know if there is 'something not quite right'. At home this would be a parent/carer, at school a teacher.

If you are being bullied you should:

- Tell the person you don't like what they are doing and you want them to stop.
- Seek support from bystanders.
- Discuss the matter with a student leader, teacher, parent, Principal or adult.
- Find ways that you can "Bully- Proof" yourself with strategies and a support network.

Our Emotional Intelligence (EQ) Curriculum and eSmart Digital Licence.

At Barnawartha Primary School, bullying in any form is not tolerated. We teach students about the **Golden Rule**, "To Treat Others The Way You Want To Be Treated." Through the EQ hour our students learn skills, strategies and language to be masters of their feelings rather than victims. This is reinforced daily through daily interactions where all students are educated with combined support from their families to identify the bullying behaviours, how they can be an active bystander and then strategies as to ways they can "Bully-proof" themselves. Our students learn about the power of the group to stand up to an individual. Often it only takes one voice or action from an active bystander to help empower victims to stand together to address and put a stop to bullying behaviours. The eSmart Digital Licence is a program that teaches and assesses student's knowledge about being safe online. Students complete modules about topics such as information sharing, purchasing, scams, virus', acceptable online behaviour, digital devices and strangers and friends.

Note: Knowing the difference, can make a difference.

Many distressing behaviours are not examples of bullying even though they are unpleasant and often require teacher intervention and management. It's important to unpack any anti-social situations and look for answers as to why relationships breakdown, or actions have occurred. Often it can be a misunderstanding, jealousy, paranoia or miscommunication that it stems from. Always confirm with your child about their role in the situation. Did they use the catastrophe scale? Did they confirm their feelings with the other person? Did they ask questions to make sure they had all the information before making any assumptions?

Mutual conflict: involves an argument or disagreement between people but not an imbalance of power. Both parties are upset and usually both want a resolution, or their own way. Unresolved mutual conflict can develop into bullying if one of the parties targets the other repeatedly in retaliation.

Social rejection or dislike: It's normal that throughout your child's schooling and lifetime that they will come across people with differences of opinion, interests and personalities that will make it difficult for some friendships to develop or maintain at the same level. Friendships can be cyclical and will often break down, rebuild or change entirely in the intensity, especially if there is someone new in the social group. It is not bullying unless it involves deliberate and repeated attempts to cause distress, exclude or create dislike by others.

Single-episode acts: of nastiness, name calling or physical aggression are not the same as bullying. If someone is verbally abused or pushed on one occasion they are not being bullied. Nastiness or physical aggression that is directed towards many different people is not the same as bullying. However, this does not mean that single episodes of nastiness or physical aggression should be ignored or condoned, as these are unacceptable behaviours.



Barnawartha Primary School Student Contract

I understand that Barnawartha is a community that values the academic and emotional wellbeing of each other. We believe that being a member of our school is a privilege and something to be proud of. At all times we place high expectations on ourselves to be the best that we can be in everything we think, say and do. Our school is a community much like a family, in which everyone cares, supports and encourages each other no matter what age or gender. We acknowledge that we have differences but we are always friendly and respectful to everyone in our community. It's the Barnawartha way.

I have read the Barnawartha Student Engagement and Wellbeing Manual with my family and I agree to fulfil my obligation to contribute to the social-emotional and physical wellbeing of this community from the moment I walk through the school gates and at all times that I represent my school.

I also agree to fulfil my obligations to myself and my family to learn and participate to the best of my ability, always upholding the values of our school to be a *Safe* and responsible citizen, a *Respectful* and honest individual and a successful and confident *Learner*.

If I do not make strong choices and have a weak moment, in which I don't uphold the values of our school, then I agree to accept the consequences of my actions as written in the Student Engagement and Wellbeing Manual.

Signed (student) _____

Students name _____

Witnessed and supported by (parents/guardians) _____

Parents/guardians name/s _____

Date: ___/___/ 201__
