

Culture

Dis/Ability

Race



Sexuality

Gender



Religion



This is what we expect to see

Archbishop

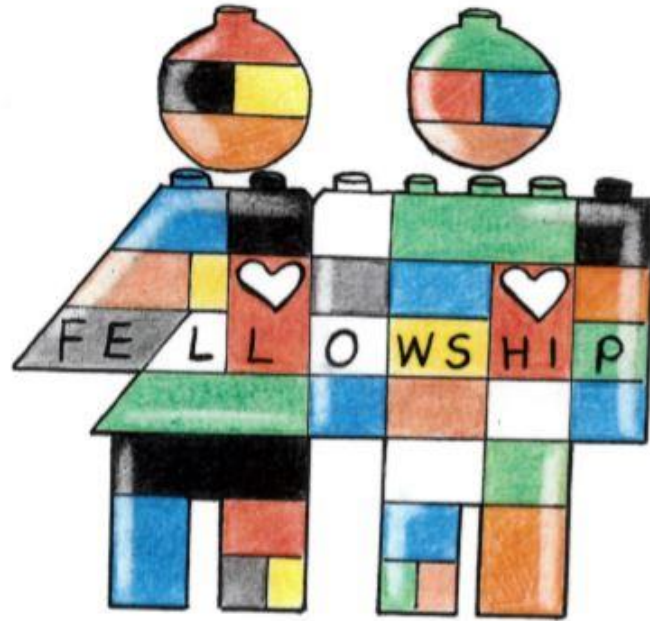
Benson

Rainbow school

Rainbow world

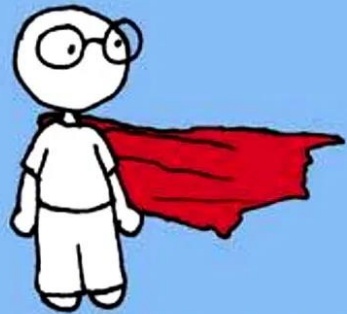
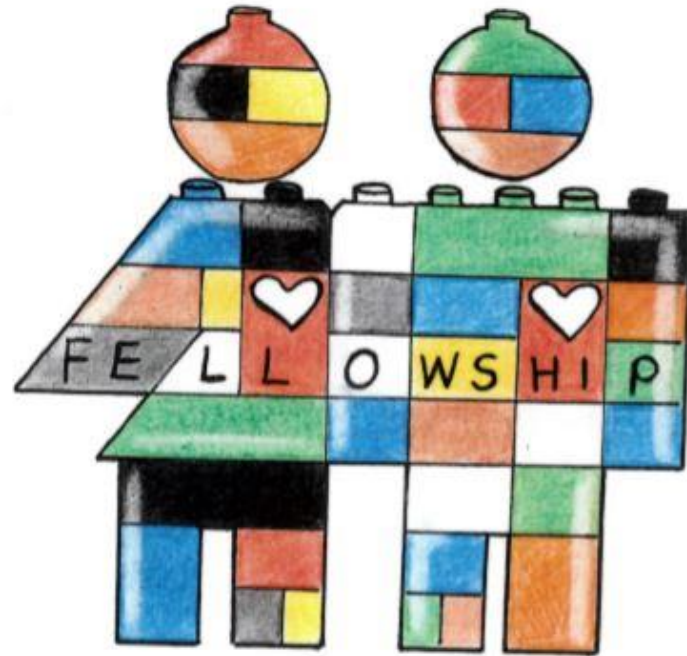
Rainbow Family of God

What do we expect of everyone in our school family with the value of **Fellowship**.



We recognise that we are all **fellow** brothers and sisters within a big global family and that we are **stronger together**.

Our Fellowship Code

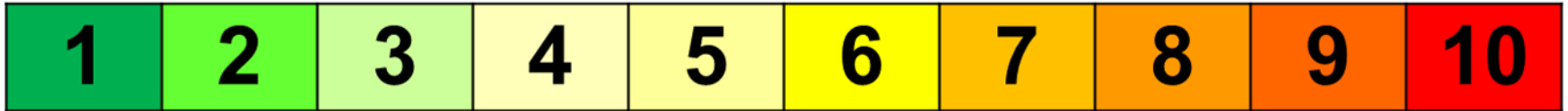


I am my own hero

**Steps to
self-help**



Our Feelings Spectrum



We expect to see everyone working hard to keep their feelings “in the green”.

Being a team player
Being positive.
Letting others go first.
Letting small things go.
Giving people a chance
Moving away from problems
Making calm choices

We should all know our triggers and our EWS (early warning signs). Listening to our body and to good advice can get us back in to the green

Very little happens in school that would explain a red reaction. Making a red choice is often about over-reacting to something that is not an 8/9/10 event

What could happen that might take us “out of the green”?

Name-calling

Calling someone “Four-eyes”
Mocking hearing aids

Body-shaming

“Marshmallow hair”
“Fat”

Using emojis online to tease
people (giraffe/tall)

Teasing/Taunting

“Your accent is funny/weird”
“You smell stink.”
“You fancy”

Threats/Aggression

“Do you want to fight?”
“I am going to get you later”

Body language

Ignoring/blanking people
Pretending you can’t see a person
Speaking over a person as if they are not
there

Obvious whispering with others & then
looking directly at a person
Trying to separate or break-up groups of
friends

Homophobia

“You’re so gay”
That’s so gay”

Racism

“You’re weird”
That’s weird
“Go back to”
“You don’t belong here”
“You look like chocolate”

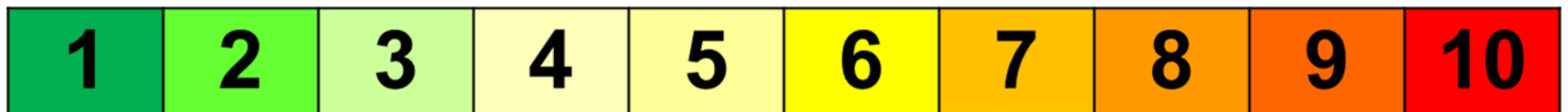
ABB bullying definition

Bullying is when a person or group, knowingly & deliberately, hurts you physically or hurts your feelings, on more than one occasion, making you feel sad or scared.

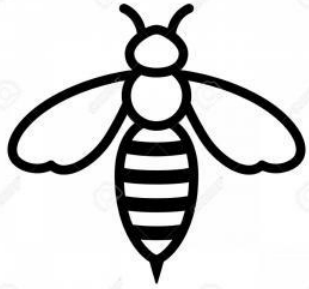
**Positive
friendship**

**Poor
friendship**

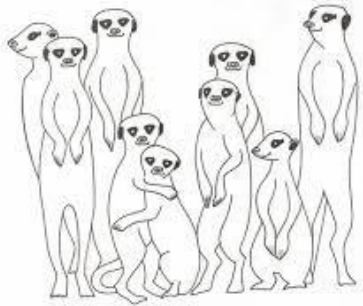
Bullying



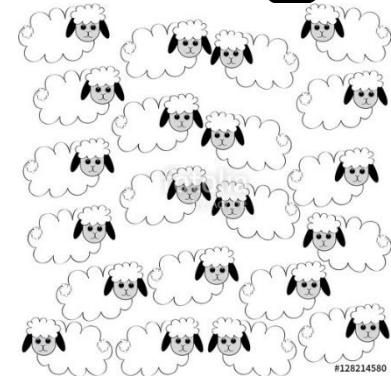
What group do you belong to?



Are you a
stirrer?



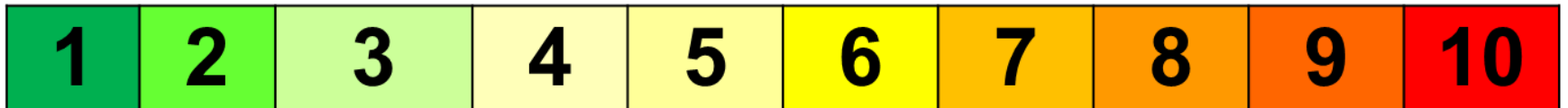
Are you a
watcher?

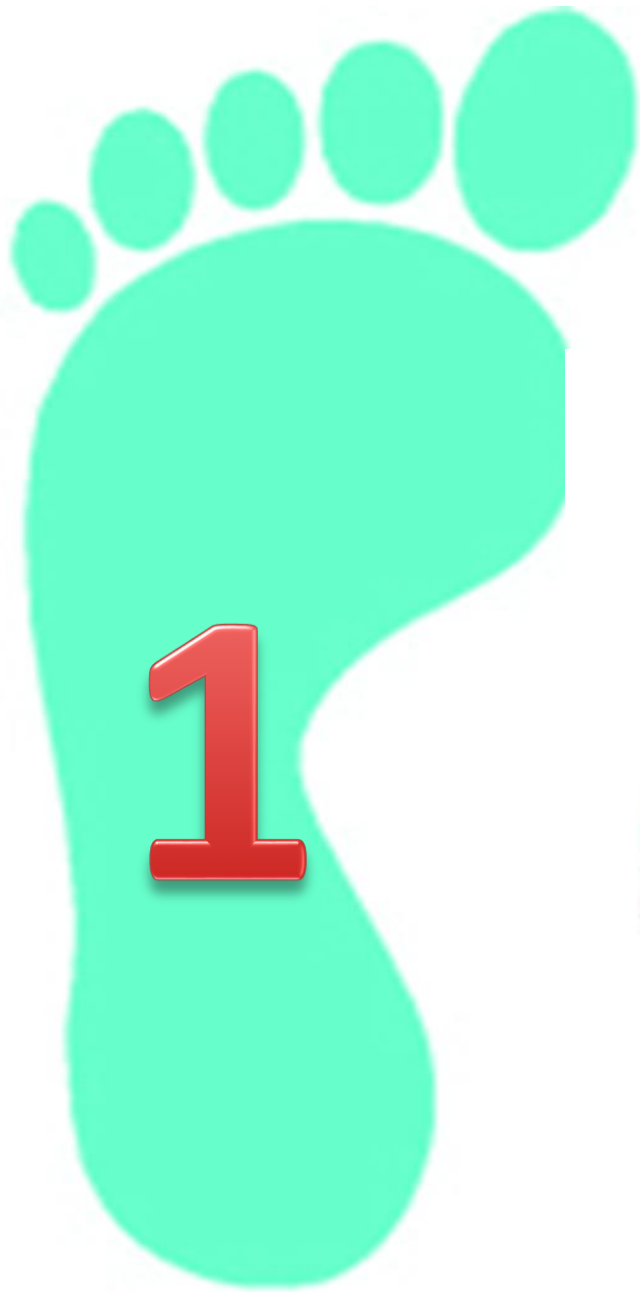


Are you a
follower?



Are you a
carer?





I am my own hero



Check.....



...find out more early on,
not when it is too late

Before you **act**, take a...

*Deep
Breath*



Can you master the 7/11 challenge?

*Sometimes the most important thing
in a whole day is the rest
we take Between Two Deep Breaths.*



Count 1 to 7
First, count from one to seven
on each "in" breath ...



Count 1 to 11
... then, counting at the same
rate, count from one to eleven
on each "out" breath





Before you speak:

THINK

T = Is it True?

H = Is it Helpful?

I = Is it Inspiring?

N = Is it Necessary?

K = Is it Kind?

If someone says something wrong or mean, don't judge or react too quickly.

Try to talk.

“I don't think you meant to say such an unkind/unhelpful thing? Why did you say it?”

“I know that it is not true/necessary. I think you do too? Why did you say it?”

I know you can think of something much nicer to say. How about.....?

Check where you are on the Feelings Spectrum **before** you take a deep breath?

Check where you are on the Feelings Spectrum **after** you take a deep breath?



Are you **calm enough** to ignore the incident?
Are you **calm enough** to follow good advice?

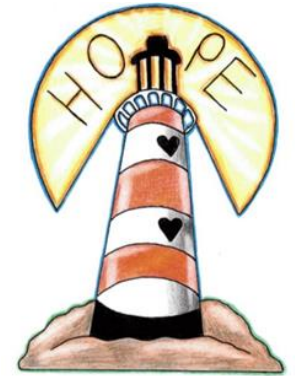




I am my own hero



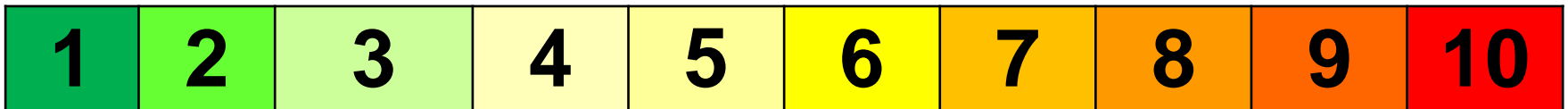
Not **wishing** that it will stop,
but **working** to make it stop



We are a Talking School...

Try using the “**take time to talk**” strategy.

Stay green – talk it through



Can we talk about what is happening?

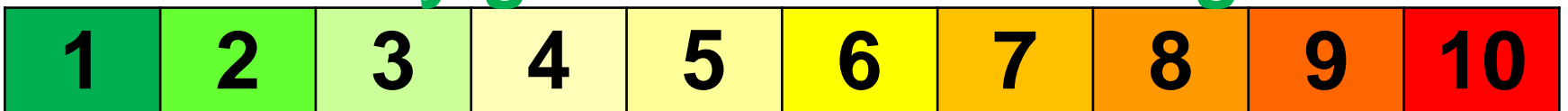
Can you tell me how you are feeling?

Can I tell you how I am feeling?

Can we find a way to make up?

You could ask a “silent” friend to help

Stay green – talk it through





Let the other child or children know how you are feeling.

A door moment

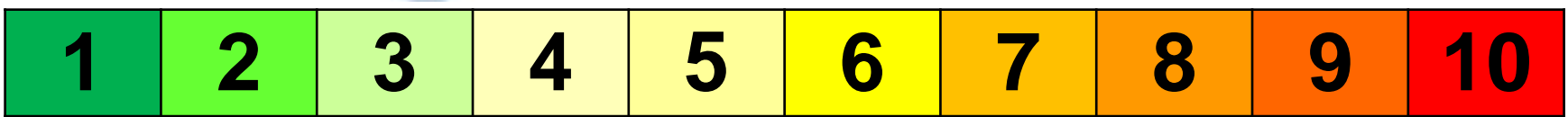


This is upsetting me, please stop.

This feels like bullying to me, please stop.



I believe & I can?



Forget.
Everything.
And.
Run.

F.E.A.R.



Face.
Everything.
And.
Rise.

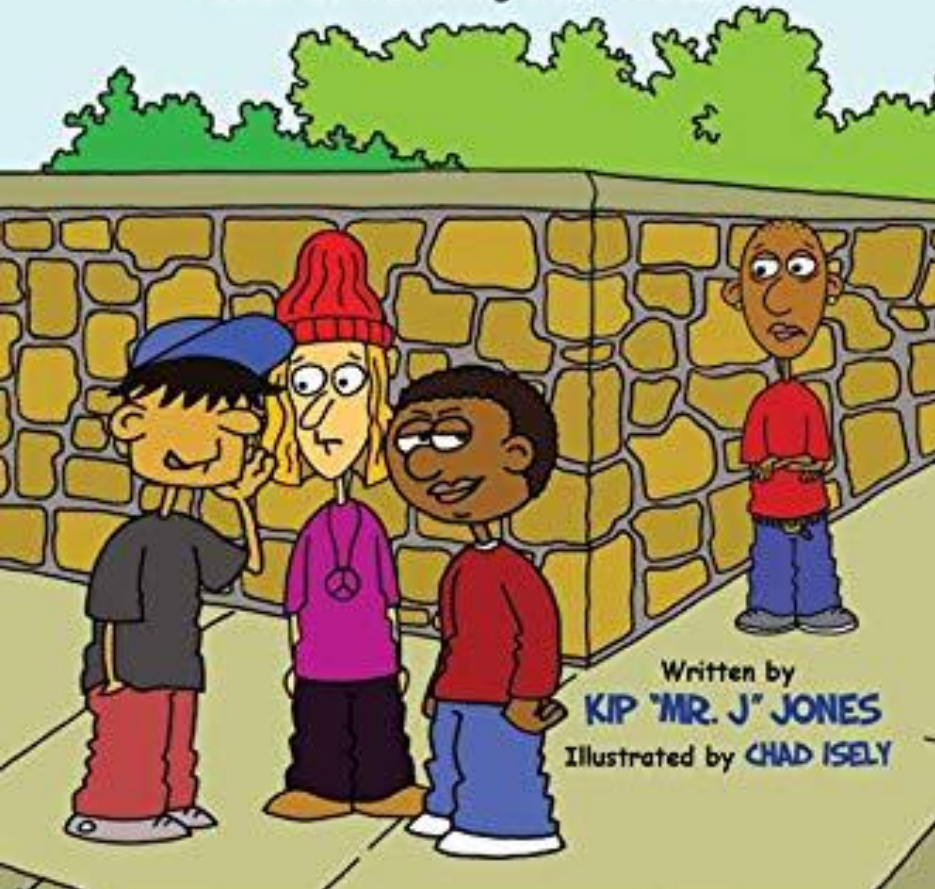
Say **S.T.O.P.**

Start **T**elling **O**ther **P**eople
Several **T**imes **O**n **P**urpose



THE POWER OF A POSITIVE NO

Willie Bohanon & Friends Learn the
Power of Resisting Peer Pressure



**That's your
choice, not
mine.**

**You go your way
& I'll go mine.**

**Everyone has a
different path**



I am my own hero



If the unkind, unfair or bullying behaviour continues, check how you are feeling.

Use a strategy to stay green



You might want to use the **S.T.O.P.** strategy again but this time you can say that you will be asking for help if it continues.

Or you can use another strategy.....????

If you are feeling sad or worried, try a
new face or a new place.

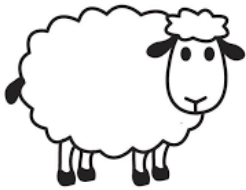
If you are feeling angry, then know your
safe space.



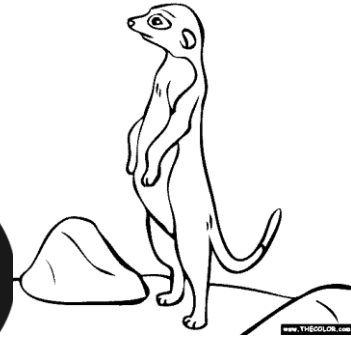
Don't allow or encourage others to join in.
This can make things a lot worse.



Be the one who **walks away** and doesn't stand there and let the problem grow



Why do people not help others when they are in need?

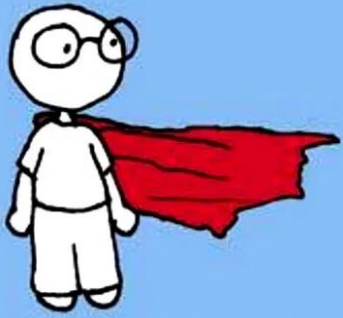


If you find it hard to move or change, choose a **“helping elf”** and share your problem with them. They can help you to decide what to do next.

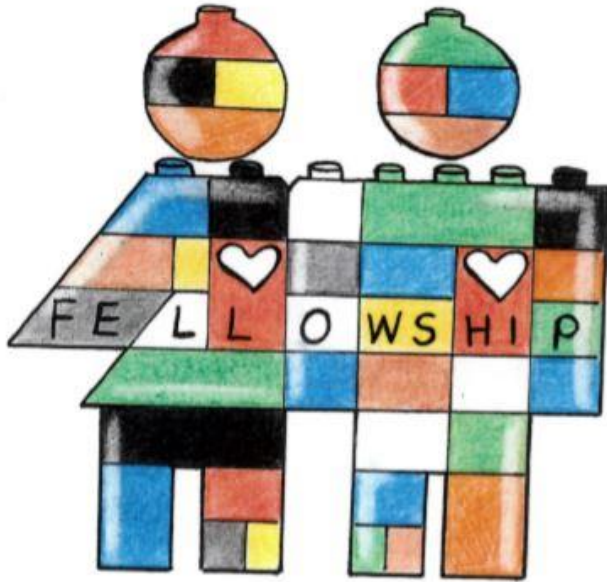
May you can nominate some in your class



Or talk to a **House Captain** or a **Sports Leader** and ask for their help or advice. Look out for their ties!

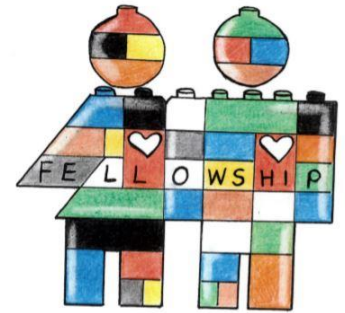


I am my own hero

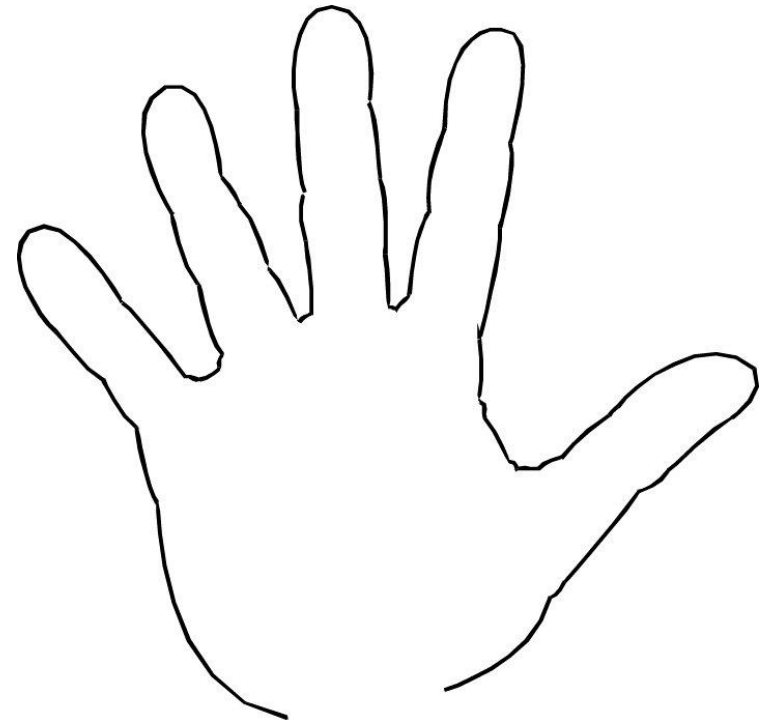


If the problem keeps happening or is a big problem, then use your

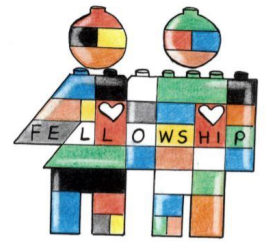
Hand of Fellowship



Who are your
trusted people
in school?



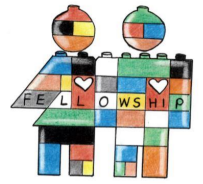
How can you ask an adult for help?



Can I talk
to you about
something that is
making me
sad?



Other ways to ask for help...



Could you
please help
me out with
.....?

Is it possible,
please, for
....?

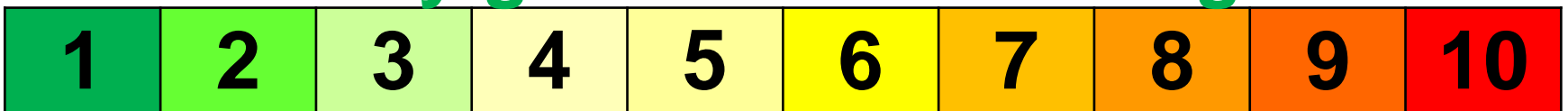
Do you have
time to help me
with a problem,
please?

share



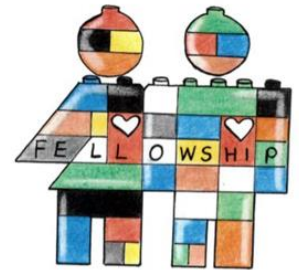
Can I ask you
for some
advice,
please?

Stay green – talk it through





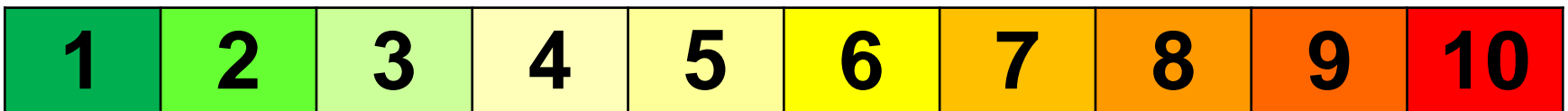
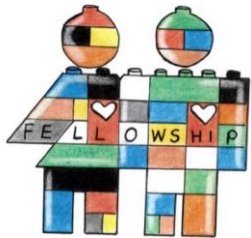
Keep talking to the same LSA if the problem continues. Let them know if the problem stops.



They may want to share the problem with your teacher.

Hiding in the toilets is not a strategy

There are lots of others ways of finding help from others





If the problem continues or it is a big worry for you



.....then try a “**bigger strategy**”



STAND UP
SPEAK OUT



Go and speak to **your teacher**
or Mrs Giblett about your problem.
Bring a **“helping elf”** or any friend
with you if you feel worried.



**REMEMBER TO PICK A GOOD TIME
TO ASK FOR HELP.**

What must you always do before
you go home?

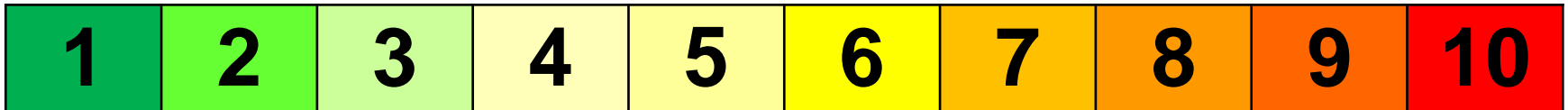


S.H.A.R.E.



Don't go to bed on a problem!

Problems can seem much bigger in the night. You can feel a lot worse.



It is easy to solve a problem when it happens.
Don't leave it too late or too long to tell

Our Fellowship Code



We care

5 Steps to Fellowship

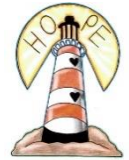
We share



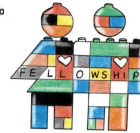
Deep Breath
T.H.I.N.K.



We repair



If I have a worry I can go to MY 5 trusted adults



**STAND UP
SPEAK OUT**



Slow down and scale your feelings. Control your reaction. **Keep green.**



I am my own hero



CONSEQUENCES

and

RESTORATIVE APPROACHES



Action that Heals

MAKE & ACCEPT AN APOLOGY

Making an Apology

Excuse me for...
I apologize for...
I beg your pardon. /Pardon. /Sorry.
I do apologize for
I must apologize for...
I shouldn't have...
I was wrong. Can you forgive me?

Accepting an Apology

That's all right.
Never mind.
Don't apologize.
It doesn't matter.
Don't mention it.
Forget about it.
No need to apologize, it's ok

Make an apology

Daily Class Behaviour Tracking Sheet

Reward positive behaviour and curtail negative behaviour.
Simply write the name or initials of the student in the box that suits the behaviour you have seen.
*Choose two students from the positive behaviour boxes to get certificates each day.
*Students who have three warnings in the negative behaviour boxes get an appropriate consequence.

Positive Behaviours:			
Responsibility, Organisation	Independent Work (see notes)	Self-reflection (peer-review)	
Collaboration, Participation	Helping, Kindness		
Negative Behaviours:			
Talking out, Intimidation, Disruption	Inappropriate Language	Non-compliance	
Harassment	Disruption of use of IT devices		



Meet with parents

Behaviour record



Lose Golden Time



Lose play time & privileges

Sometimes I feel frustrated or upset.

It's OK to feel frustrated but I need to stop and calm down.

My work doesn't need to be perfect. I just need to try my best.

When I am frustrated or upset I can tell Mrs. Ashley or Mrs. Holbrook and they can

Social story work

You won't always know all of what is being done.

You have to trust the adults.