

# AMBARVALE HIGH SCHOOL

## Anti-bullying Plan 2023

**Bullying behaviour has three key features. It involves the intentional misuse of power in a relationship. It is ongoing and repeated, and it involves behaviours that can cause harm. The NSW Department of Education requires all NSW public schools to have an Anti-Bullying Plan, which details the strategies implemented to reduce student-bullying behaviours.**

### Resources:

The NSW anti-bullying website (see: <https://antibullying.nsw.gov.au/>) provides evidence-based resources and information for schools, parents, carers, and students. Schools are encouraged to visit the website to support whole-school prevention, early intervention and response approaches and strategies for student bullying behaviour.

### Ambarvale High School's commitment:

Our school rejects all forms of bullying behaviours, including online or cyber bullying by maintaining a commitment to providing a safe, inclusive and respectful learning community that promotes student wellbeing. Executive staff are committed to establishing evidence-based approaches and strategies that promote a positive climate where bullying is less likely to occur.

### 1. School Culture and Inclusion

All members of the school community are active participants in building a welcoming school culture that values diversity and fosters positive relationships. A key component of a supportive school culture is building respectful relationships and an ethos that bullying is not accepted, in both online and offline environments. School staff will actively respond to student bullying behaviour

#### 1.1 Student assemblies

Student bullying and expectations about student behaviour will be discussed and information presented to promote school culture where bullying is not accepted.

Dates	Communication Topics
Term 1	Deputy Principal and Year Advisors discuss the School Behaviour Code for Students and the Anti-Bullying Policy on the first day of the school year.
Term 1	TRREC values at AHS are explained to students during school assembly and are the foundation for the schools Ambassador Program.

Term 1	School participation in Harmony Day focusing on inclusion and kindness
Term 2	Brainstorm Production performances to Stage 4 and 5 on creating awareness of cyberbullying and strategies to manage these situations
Term 3	School participation in the National Day of Action against Bullying
Term 3	Wellbeing Day sessions in which all students actively engage in activities with an anti-bullying focus including what bullying is, strategies on how to avoid it and what to do if it occurs
Term 3	R U OK? Day assemblies and activities for all staff and students
Term 4	Year 7 Positive Relationships Camp focusing on friendship building, resilience and making positive behaviour choices
Term 4	Multi-Cultural Day is the whole school celebration of our diverse and inclusive school community
Term 4	Academic Assemblies celebrating student achievement
Term 1-4	Whole School Assemblies - Expectations about positive student behaviour are discussed and information is presented to promote a positive school culture where bullying is not accepted.
	School Merit System and Ruby Assemblies occur - these are the ceremonies that formally recognise the students within our school who make positive behaviour choices.
Term 1-4	The delivery of Wellbeing Program such as Aikona Mentoring Program and Learning Links which incorporates modules that explore positive relationships and resilience building.

## 1.2 Staff communication and professional learning

Staff will be supported with professional learning that provides evidence-based ways to encourage and teach positive social and emotional wellbeing and discourage, prevent, identify, and respond effectively to student bullying behaviour.

<b>Dates</b>	<b>Communication Topics</b>
Term 1	Wellbeing activities which focus on Anti-Bullying is provided to staff for delivery during National Day of Action against bullying and violence, Harmony Day, and Bullying. No Way!
Term 1-4	AHS Anti-Bullying Pamphlet is accessible to all staff and distributed and unpacked with students
Term 1-4	Reinforcing respectful relationships to all staff at staff meetings.
Term 1-4	TPL opportunities that enables staff to develop their capacity to implement policy, support school values, identify and manage incidents of bullying should they occur.
Term 1-4	Student wellbeing information, including case management is discussed at fortnightly Year Advisor meetings.
Term 1-4	Student wellbeing information is communicated to staff via staff meetings, Sentral entries and emails
Term 1-4	PL opportunities provided to wellbeing team during fortnightly Year Advisor meetings, as well as during fortnightly PL bites session for all staff.

### 1.3 New and casual staff

New and casual staff will be informed about our school approaches and strategies to prevent and respond to student bullying behaviour in the following ways:

The Head Teacher Administration distributes 'The staff handbook' to all casual teaching staff. This contains the Anti Bullying Policy and School Care Continuum.

At Ambarvale High School, staff must provide current mandatory documentation prior to starting work, overseen by Head Teacher Administration.

New and casual staff are briefed on specific students with medical health care plans, wellbeing plans, and additional learning needs.

## 2. Partnerships with families and community

Effective schools have high levels of parental and community involvement. This involvement is strongly related to improved student learning, attendance and behaviour. Our school proactively builds collaborative relationships with families and communities to create a shared understanding of how to support student learning, safety and wellbeing.

### 2.1 Website

Our school website, Facebook page and Wellbeing Hub google website has information to support families to help their children including community programs, resources and organisations that can work with families supporting aspects of child rearing and social development. Information on our Wellbeing website is provided to assist if children have been involved in bullying behaviour (as the person engaging in bullying behaviour, as the person being bullied or as the person witnessing the bullying behaviour).

The following are published on our school website:

- ✓ School Anti-bullying Plan
- ✓ NSW Anti-bullying website
- ✓ Behaviour Code for Students

### 2.2. Communication with parents

Our school will provide information to parents to help promote a positive school culture where bullying is not acceptable and to increase parent's understanding of how our school addresses all forms of bullying behaviour.

<b>Dates</b>	<b>Communication Topics</b>
Term 1 -4	The Ambargram School newsletter which defines student bullying and school supports
Term 1-4	Ambarvale High School's Wellbeing Pamphlet, which outlines support systems within our school community
Term 1-4	School Facebook page and Website publishes Ambarvale High School's Anti-Bullying Policy, TRREC Values and Care Continuum
Term 1-4	Tell Them From Me student survey results/feedback discussed at executive meeting

### **3. Support for wellbeing and positive behaviours**

Our school's practices support student wellbeing and positive behaviour approaches that align with our school community's needs through:

- The Wellbeing Team
- Student Support Officers and Wellbeing Nurse
- School Counsellors
- Interagency communication and information sharing
- Referrals to external agencies including MFRS, ICAMHS and Headspace

Social and emotional skills related to personal safety, resilience, help-seeking and protective behaviours are explicitly taught across the curriculum in Personal Development, Health and Physical Education (PDHPE) and in timetabled Year 8 fortnightly lessons.

Examples of other ways our school will embed student wellbeing and positive behaviour approaches and strategies in practices include the following:

- The Ambarvale Silver Ambassador Program
- Congratulation Calls and Letters
- Reward Excursions
- Merit Award System
- Ruby, Ambassador and Academic Assemblies
- Ongoing programs which develop student wellbeing, including the Aikona Mentoring Program; Year 12 learning mentor program; Learning Links Social Skills program and Love Bites

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