

# Castle Hill High School

## Anti-bullying Plan 2023

### NSW Department of Education

**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 and 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.

#### Castle Hill 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.

Our school engages in the following practices to promote a positive school culture.

##### 1.1. Student assemblies

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

Dates	Communication topics
Day 1 Term 1 for each Year Group	Behaviour Code for students - discussed in PC and Bullying plan in diary
Each school assembly	Bullying pledge at assembly
Term 2-4	Targeted programs with specific students: Managing the Bull, RAGE, Cherish, LoveBites. Programs designed to build resilience and deal with issues around bullying.
Term 1	Year 7 Brainstorm Production – Friendship, change, bullying and cyber bullying
Term 1	Year 8 PYLO talk - Cybersafety and cyberbullying
Term 1 - 4	Year 7 Ethics – Bullying plan and the role of bystanders
Term 1 - 4	Year 8 Resilience – Care of self, Care of others
Term 1	Year 7 Peer Support – one meeting per fortnight
Term 1	Year 9 PYLO talk – harassment and the law
Term 2	Year 7 PYLO Seminar – Cybersafety and cyberbullying
Term 2	Year 10 My Strengths program
Term 2/3	Year 9 – Care of self and care for others, change and how to manage yourself, making the right decision (PDHPE)
Term 3	Year 8 My Resilience program
Term 3	Year 10 PYLO Seminar – peer pressure, safe partying and looking after your friends

## 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.

Dates	Communication topics and Professional learning
All year	Anti Bullying plan and flowchart posters up in locations around the school
Term 1 - 4	Year 7 Ethics and Year 8 Resilience - Teaching and reinforcing respectful relationships
Term 1	Staff Development Day – reinforced expectations regarding CHHS behaviour and anti-bullying policies.
Each Thurs recess meeting	Students of concern, friendship issues, bullying reports – information made available to staff
Wed Wk A	Welfare meeting – Year Advisor and Deputy Principal reports regarding bullying issues
Term 1 - 4	Wellbeing Learning hub

## 1.3. New and casual staff

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

- information is provided in a Staff handbook issued to all staff when they enter on duty at the school
- Head Teacher Teaching and Learning discusses Anti bullying plan and policy with all new permanent teachers during Staff Induction meeting Term 1 each year.
- Head Teacher Administration discusses school policies and issues a Staff Handbook to all casual staff on their first day of duty
- the Principal speaks to new executive staff when they enter on duty at the school, as part of the induction process. Staff Handbook with policies issued.

## 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 has information to support families help their children to regulate their emotions and behaviour and develop socially. Information 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's 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.

Dates	Communication methods and topics
Term 4	Year 7 Introduction meetings – Behaviour code for students, Anti Bullying policy
Term 1	Year 6 Information Evening – Welfare programs, including Anti Bullying policy
Term 1 - 4	Anti Bullying policy and plan published on the school website and in student diaries
Term 1 - 4	Articles included in the CHHS Newsletter when appropriate
Term 1 - 4	P&C may choose to organise guest speakers on a range of topics that effect adolescents

## 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.


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).

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

- Each year during Week 10 Term 2 our school celebrates Spirit Week, which highlights the positive relationships students build with each other and staff during their time at CHHS
- Positive relationships are fostered within individual classrooms
- Respectful relationships are exhibited by staff, who act as role models for students
- There are a number of mentoring activities that take place throughout the school year during PC, e.g. Year 10 boys mentoring Year 8, Year 10 girls mentoring Year 8.
- The following issues are explicitly taught during PDHPE: Year 7 – Bullying and the role of bystanders, Year 8 – Mental health-your rights and responsibilities, Year 9 – Mental health resiliency, supporting others, Year 10 – Diversity and values, supporting each other.

Completed by: Jennifer Dane

Position: Deputy Principal

Signature: 

Date: 8/12/2022

Principal name: Georgina Fleming

Signature: 

Date: 8/12/2022