



@RichmondParkCPS  
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**Richmond Park School,  
Carmarthen**



10<sup>th</sup> February 2020

Dear Parents/Carers,

Richmond Park School takes the issue of bullying very seriously. In association with the Parent Council, we have created an anti-bullying information leaflet for parents, which you should have received alongside this letter. The leaflet includes a QR code to the anti-bullying page on our website, which includes our 'Positive Behaviour and Anti-Bullying Policy', links to anti-bullying websites, information from the Welsh Government about bullying, etc. Please read this leaflet carefully to find out what to do as a parent if you suspect that your child is being bullied, as well as for clarity about our definition of bullying, which is:



***'Behaviour by an individual or group, repeated over time, which intentionally hurts others either physically or emotionally'.***

In order for the school to carry out our duty of providing all students with a safe environment in which to learn, grow and develop, the school seeks to enlist the support and co-operation of all parents in the school community.

In addition to the information in the leaflet and our website, you may also find these tips for parents from the 'Anti-Bullying Alliance' website useful:

- If your child is being bullied, don't panic. Explain to your child that the bullying is not their fault and together you will sort this out.
- Bullying is never acceptable; and should always be taken seriously. It is never your child's fault if they've been bullied.
- Try and establish the facts. It can be helpful to keep a diary of events. If the bullying is online, save or copy images and text.
- Find out what your child wants to happen. Help to identify steps you can take; and the skills they have to help sort out the situation. Make sure you always keep them informed about any actions you decide to take.
- You may be tempted to tell your child to retaliate but this can have unpredictable results. Your child might get into trouble or get even more hurt. Rather, role play non-violent ways they can respond to children that are bullying them (e.g. "I don't like it when you say that to me / do that to me. Stop."); show them how to block or unfriend people if the bullying is online and help them identify other friends or adults that can support them.
- Encourage your child to get involved in activities that build their confidence and esteem, and help them to form friendships outside of school (or wherever the bullying is taking place).

Please follow the advice in the attached leaflet and contact your child's class teacher in the first instance if you suspect that they're being bullied. The class teacher should be given suitable time and opportunity to put in place action to remedy the situation and give time for the action to take effect. If the incident has not been improved after this action, please bring your concerns to the Headteacher, who will take all necessary steps to resolve the situation and ensure that your child is happy and safe in school.

Kind regards

Mr D Cooper  
Deputy Headteacher

