

**Culture**

**Race**

**Dis/Ability**



**Religion**

**This is what  
we expect  
to see**



**Sexuality**

**Gender**

**Archbishop**

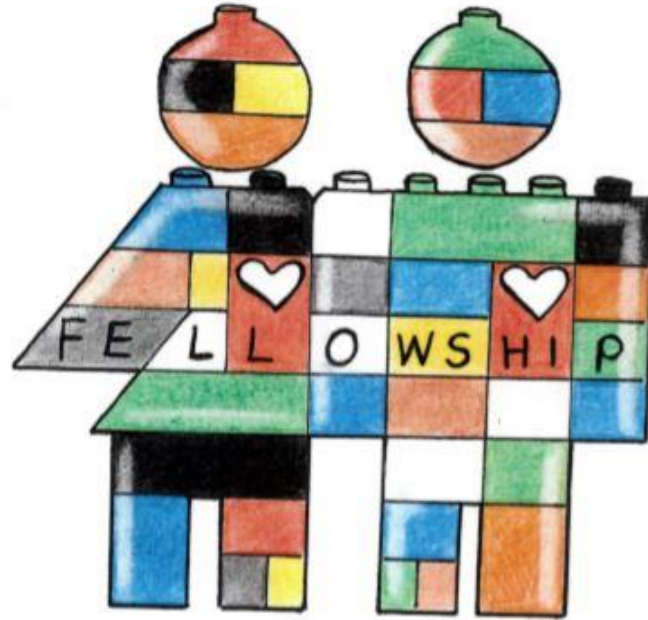
**Benson**

**Rainbow  
school**

**Rainbow  
world**

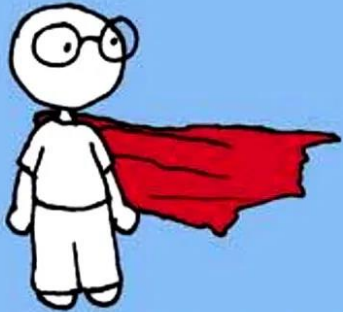
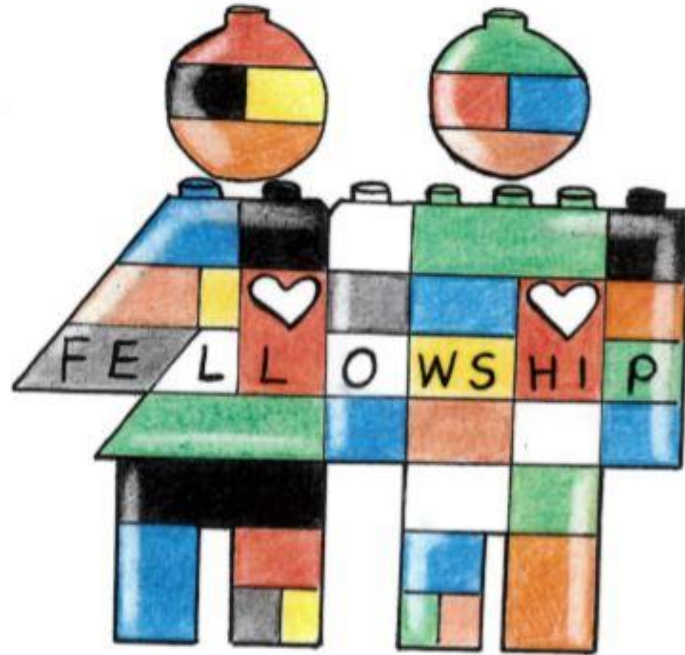
**Rainbow  
Family of God**

# 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 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

## **Body-shaming**

“Marshmallow hair”  
“Fat”  
Using emojis online to tease people (giraffe/tall)

## **Homophobia**

“You’re so gay”  
That’s so gay”

## **Teasing/Taunting**

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

## **Racism**

“You’re weird”  
That’s weird  
“Go back to .....

## **Threats/Aggression**

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

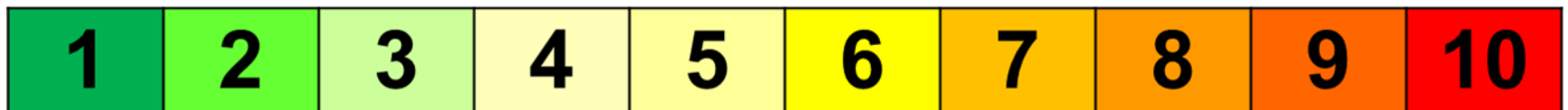
# ABB bullying definition

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.

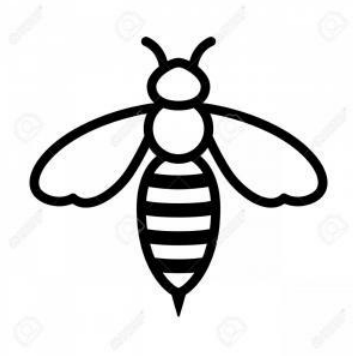
**Positive  
friendship**

**Poor  
friendship**

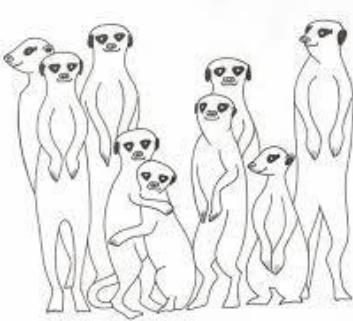
**Bullying**



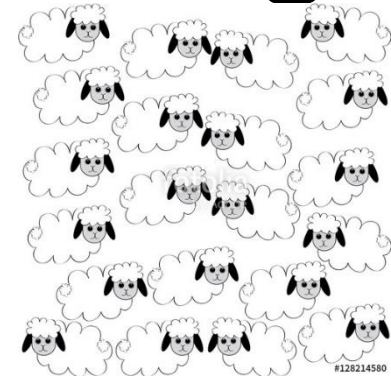
# What group do you belong to?



Are you a  
**stirrer?**



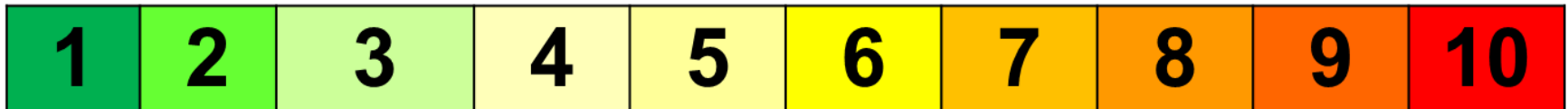
Are you a  
**watcher?**



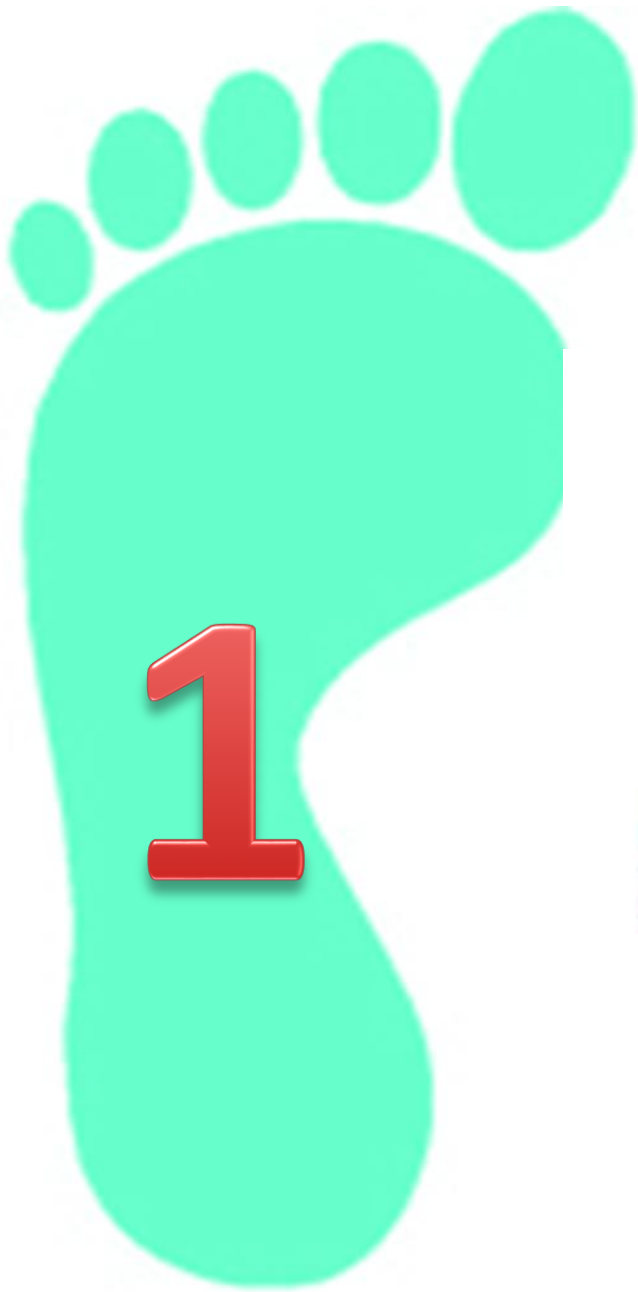
Are you a  
**follower?**



Are you a  
**carer?**







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# 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?

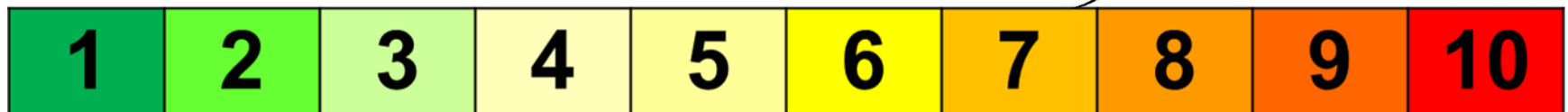
Sometimes the most important thing  
in a whole day is the rest  
we take *Between Two Deep Breaths.*



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?



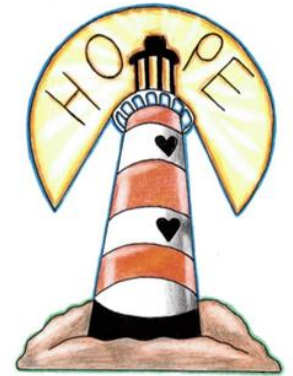


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Not **wishing** that it will stop,  
but **working** to make it stop



**We are a Talking School...**

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

**Stay green – talk it through**

1	2	3	4	5	6	7	8	9	10
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**Can we talk  
about what is  
happening?**

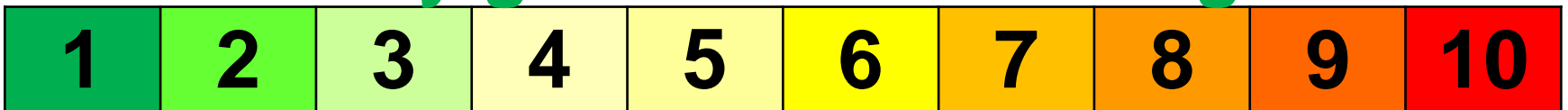
**Can you tell  
me how you  
are feeling?**

**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**



**I believe &  
I can .....?**



**This is  
upsetting me,  
please stop.**

**This feels like  
bullying to me,  
please stop.**



**Forget.**  
**Everything.**  
**And.**  
**Run.**

**F.E.A.R.**



**Face.**  
**Everything.**  
**And.**  
**Rise.**

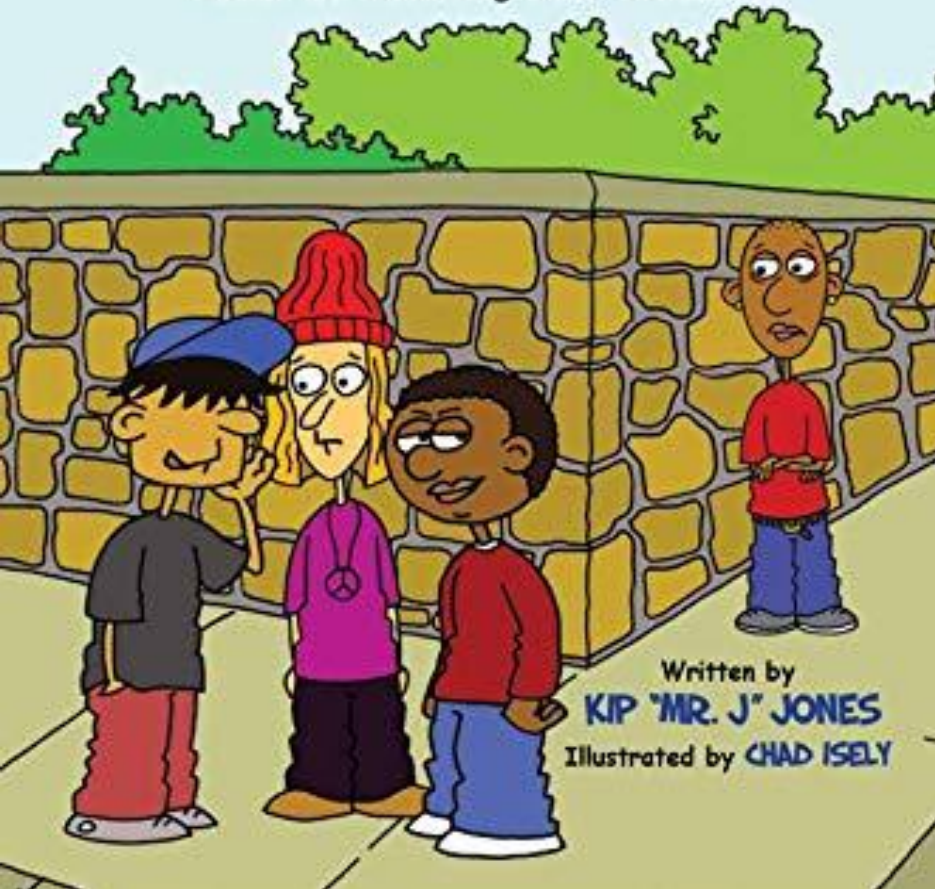
**Say S.T.O.P.**

**Start Telling Other People**  
**Several Times On Purpose**



# THE POWER OF A POSITIVE NO

Willie Bohanon & Friends Learn the  
Power of Resisting Peer Pressure



Written by  
**KIP "MR. J" JONES**  
Illustrated by **CHAD ISELY**

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

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

**Everyone has a  
different path**



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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.

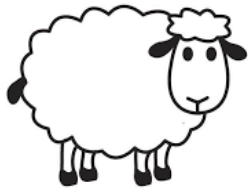
If you are feeling angry, then know your  
safe space.



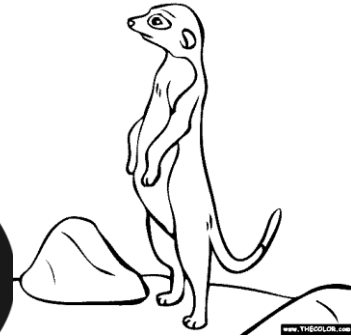
Don't allow or encourage others to join in.  
This can make things a lot worse.



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.

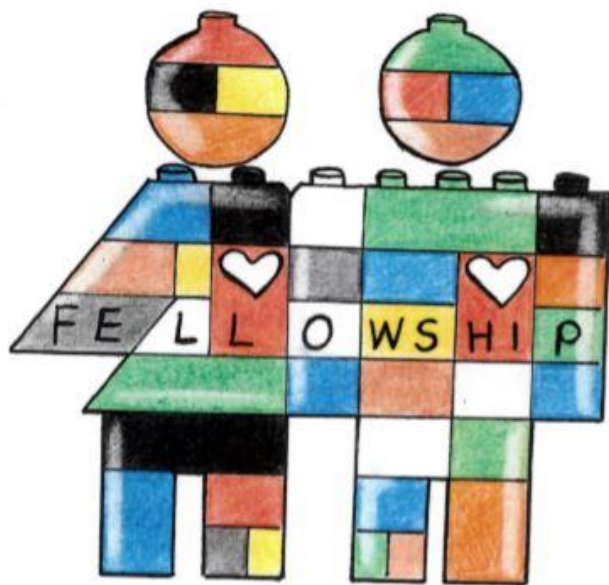
May you can nominate some in your class



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

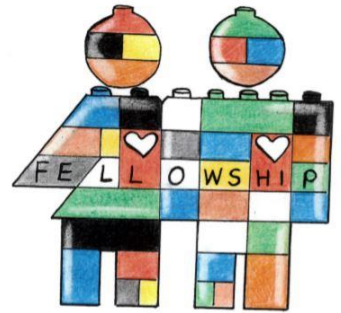


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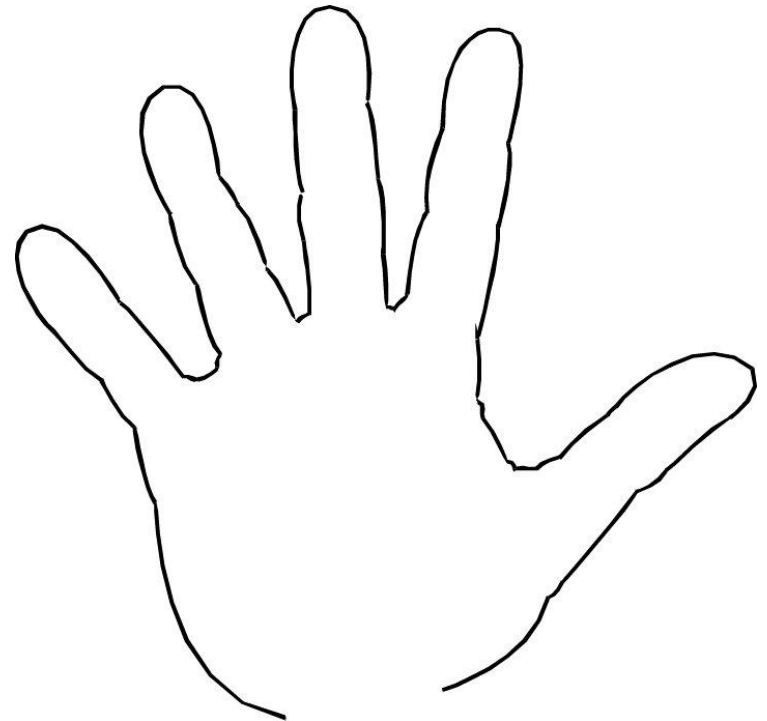


If the problem keeps happening or  
is a big problem, then use your

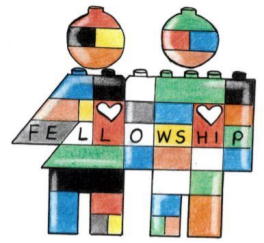
# Hand of Fellowship



Who are your  
**trusted people**  
in school?



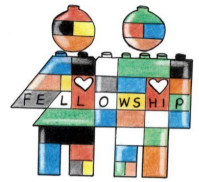
# How can you ask an adult for help?



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

1

2

3

4

5

6

7

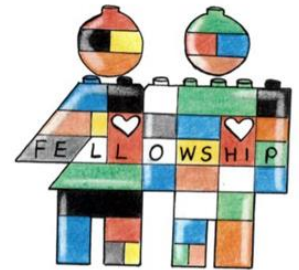
8

9

10

1	2	3	4	5	6	7	8	9	10
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**Keep talking to the same LSA** if the problem continues. Let them know if the problem stops.

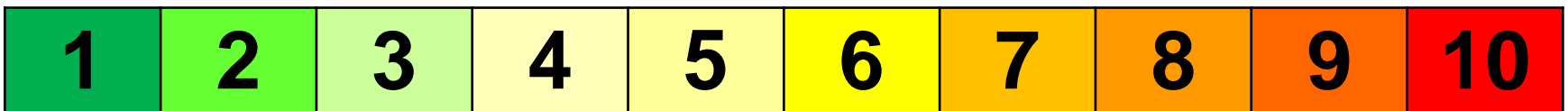
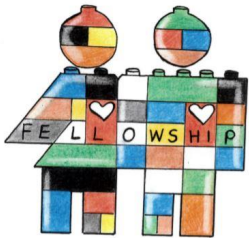


They may want to share the problem with your teacher.

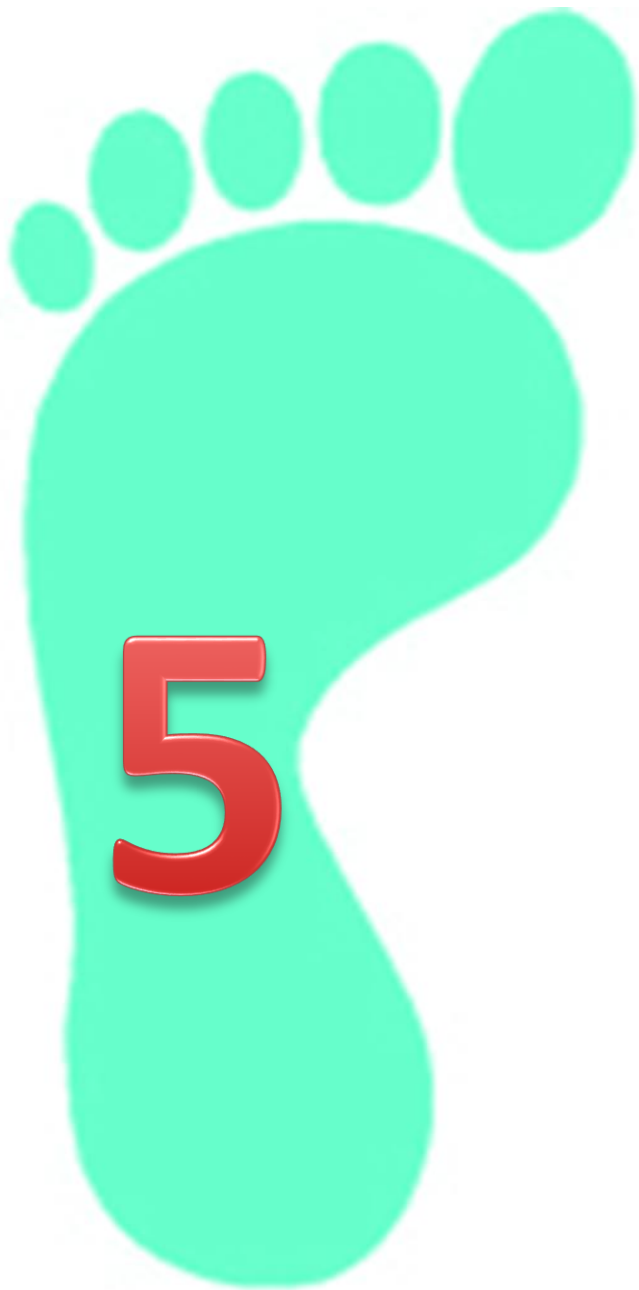
**Hiding in the toilets is not a strategy**



# There are lots of others ways of finding help from others



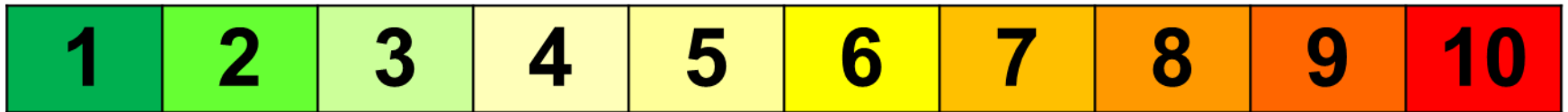




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If the problem continues or it is a  
big worry for you ....



.....then try a “**bigger strategy**”

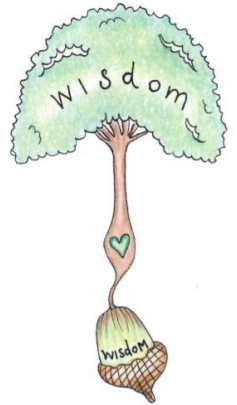


Go and speak to **your teacher**  
**or Mrs Giblett** about your problem.  
Bring a “**helping elf**” or any friend  
with you if you feel worried.



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

What must you always do before  
you go home?

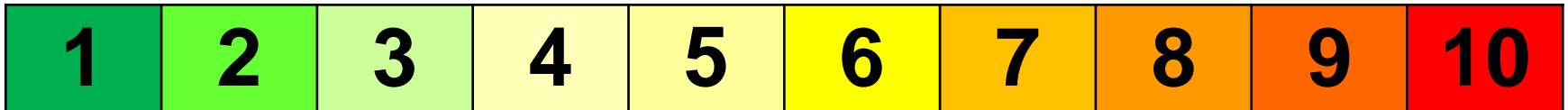


**S.H.A.R.E.**



# 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

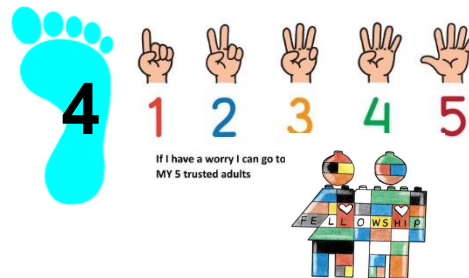
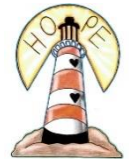
We share

We repair

**5 Steps to Fellowship**



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



**STAND UP  
SPEAK OUT**



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





# 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 set of initials of the student in the box that matches the behaviour you have seen.  
\*Choose two children 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 (and more)	Self-reflection (peer-assessment)
Cooperation, Participation	Helping, Kindness	

#### Negative Behaviours:

Talking out, Intense, Disruptive	Inappropriate Language	Non-compliance
Hand-in	Disruptive use of class time	



## Meet with parents

## Behaviour record



## Lose Golden Time



## Lose play time & privileges

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

You have to trust the adults.

<p>Sometimes I feel frustrated or upset.</p>	<p>It's OK to feel frustrated but I need to stop and calm down.</p>
<p>My work doesn't need to be perfect. I just need to try my best.</p>	<p>When I am frustrated or upset I can tell Mrs. Ashley or Mrs. Holbrook and they can</p>

## Social story work