Bullying affects everyone in different ways. But there are common feelings that come up when you are being bullied.

How can bullying affect you?

Most people who

Cyberbullying

sight, such as excluding people from groups or spreading lies or rumours. Because it is less obvious, it is often unacknowledged.

Covert bullying

Face

(Sources: National Safe Schools Framework)

The sort of repeated behaviour that can be considered bullying includes:

- Keeping someone out of a group (online or offline)
- Acting in an unpleasant way near or towards someone
- Giving nasty looks, making rude gestures, calling names, being rude and impolite, and constantly negative teasing.
- Spreading rumours or lies, or misrepresenting someone (i.e. using their Facebook account to post messages as if it were them)
- Mucking about that goes too far
- Harassing someone based on their race, sex, religion, gender or a disability
- Intentionally and repeatedly hurting someone physically
- Intentionally stalking someone
- Taking advantage of any power over someone else like a Prefect or a Student Representative.

Bullying can happen anywhere. It can be in schools, at home, at work, in online social spaces, via text messaging or via email. It can be physical, verbal, emotional, and it also includes messages, public statements and behaviour online intended to cause distress or harm (also known as cyberbullying). But no matter what form bullying takes, the results can be the same: severe distress and pain for the person being bullied.

Types of bullying

(source: National Safe Schools Framework)

Face-to-face bullying (sometimes referred to as direct bullying) involves physical actions such as punching or kicking or direct verbal actions such as name-calling and insulting.

Covert bullying (sometimes referred to as indirect bullying) is less direct, but just as painful. It means bullying which isn’t easily seen by others and is conducted out of sight, such as excluding people from groups or spreading lies or rumours. Because it is less obvious, it is often unacknowledged by adults.

Cyberbullying occurs through the use of information or communication technologies such Instant Messaging or chat, text messages, email and social networking sites or forums. It has many similarities with offline bullying, but it can also be anonymous, it can reach a wide audience, and sent or uploaded material can be difficult to remove. Most people who cyberbully also bully off-line.

How can bullying affect you?

Bullying affects everyone in different ways. But there are common feelings that come up when you are being bullied.
How bullying can affect individuals:

- Feeling guilty like it is your fault
- Feeling hopeless and stuck like you can’t get out of the situation
- Feeling alone, like there is no one to help you
- Feeling like you don’t fit in with the cool group
- Feeling depressed and rejected by your friends and other groups of people
- Feeling unsafe and afraid
- Feeling confused and stressed out wondering what to do and why this is happening to you
- Feeling ashamed that this is happening to you

How bullying can affect other people:

Bullying can have a negative impact on everyone – it is not just a problem for victims and bullies. If you see or know of others been bullied you may feel angry, fearful, guilty, and sad.

You may feel as bad as those who are being bullied.

You may also feel worried that the bullying could happen to you.

When bullying isn’t stopped or challenged by anyone it can create an environment where bullying is accepted and where everyone feels powerless to stop it. (taken from reachout.com)

Working to help our students identify what a bullying act is is very important. Staff will continue to build understandings at school and we ask for your support in helping students understand what bullying really means.

Have a wonderful week

Judy Hilbig

JUNIOR SCHOOL COUNCIL – EASTER RAFFLE

The Junior School Council raffle is looking a little thin. Please help our Junior School Councillors by sending along items so the raffle can be organised before the end of term.

Miss McAloon will be working with students on the day and will support councillors with establishing rosters etc so all students have a clear understanding of their responsibilities on the day.

MONEY PAYMENTS TO THE SCHOOL AND LUNCH ORDERS

Please help us by making sure all money payments to the school are in an envelope and correctly labelled – name, payment amount and what the payment is for. To help with this we have attached labelled envelopes with this newsletter. If at any time you need more please see Lynn. All lunch orders need to be made using the correct monies. It is very complicated and not practical to have change managed by the school or supplying shops. It is too easy for change to get lost or misplaced.

ALLERGIES – PLEASE AVOID SENDING NUTS TO SCHOOL

Just a reminder – we do have a child at school with a serious allergy to nuts (anaphylaxis). We do ask that you do not send any foods to school that contain nuts.

AUSKICK

Auskick time again.

This year Pomonal will be running the Auskick program for our area. Contact Adam Atchison on 53566153 for further details. Free tickets are available to families who register online before 31st March 2012.

CELLO AND VIOLIN LESSONS

Interested in learning the cello or violin?

Contact AJ@ the YHA on 5356 4544

HEAD LICE

Please help us by checking heads weekly – we will only eradicate these pests if we are all vigilant!

EMAIL

If you would like to receive the newsletter by email please let us know at school and we can add you to the list.

CALENDAR

OTHER DATES FOR THE CALENDAR

<table>
<thead>
<tr>
<th>TERM 2</th>
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<tbody>
<tr>
<td>Friday 20th April</td>
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<tr>
<td>Monday 23rd April</td>
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<tr>
<td>Friday 4th May</td>
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<tr>
<td>Monday 21st May</td>
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If you haven’t returned your permission forms for the group day please help us by doing so as soon as possible.

BUDDIES 2012

EASTER SATURDAY

My children would be interested in participating in a parade on Easter Saturday through the main street of Halls Gap.

Name: __________________________ Number of children participating: ____________

Suggestions for a parade theme: __________________________

THANK YOU TO THOSE WHO HAVE RETURNED THEIR FORMS