



Cabot
Learning
Federation

Empowering Learning

Student Friendly Safeguarding and Anti- Bullying Policy – The Nest



Date Policy Adopted: 14/02/2025

Date for review: 31/03/2026

Signed off by Principal – 14/02/2025

Keeping *you* safe in school

Keeping You Safe at The Nest

The Nest is your school, and we want it to be a happy and safe place. The adults at school are here to look after you and keep you safe.

What Does Keeping Safe Mean?

The adults in school will:

- Keep you safe from harm.
- Help you grow, learn, and be healthy.
- Take care of you while you're in school.
- Help you be happy and do your best.

How Do We Keep You Safe?

- We make school a kind and friendly place.
- We are always here if you need to talk.
- We teach you how to stay safe at school, at home, and online.
- We follow special rules to protect you.

What Will We Do?

- We will notice if something is wrong and help you.
- We will work with your family to keep you safe.
- We will always listen to you.
- We will support and care for you.

If something is worrying you, talk to an adult. We are here to help! 😊

The Nest Safeguarding Team

Who can I talk to?



Hope Allen



Abi Kirby-Shoyer



Kim Dew



Julie Lockwood

DSL



Hannah Hedge



Mel Burdon

In and Out of school

Keeping You Safe at School

We want our school to be a safe and happy place for you to learn and play. The adults in school will always do their best to keep you safe.

Who is in Our School?

- Everyone in school should be someone we know.
- Visitors must sign in and wear a special badge- called a lanyard.
- Some visitors have a green lanyard – this means they are allowed to work with you alone.
- Visitors with a red lanyard must always stay with a staff member. If you see someone with a red lanyard alone, tell an adult so that we can help them to find their way.

Keeping the School Safe

- We make sure the school is safe, but you must still be careful to avoid accidents.
- If the fire alarm rings, follow the adults to stay safe.
- If we ever have to stay inside (a lockdown), listen to the adults and follow instructions.
- When we go on trips, staff will make sure you are safe.

What is Abuse?

Abuse is when someone hurts you or makes you feel scared, upset, or uncomfortable. It can be:

- Physical – Someone hitting, kicking, or hurting you.
- Emotional – Someone saying mean things that make you feel bad.

- At Home – Someone hurting someone you love.
- Neglect – Not being cared for properly (not getting food, clean clothes, or being left alone).
- Touch – Someone touching you in a way that makes you uncomfortable.
- Bad Pictures or Words – Someone showing you things that make you feel embarrassed or scared.

Remember:

- It is never your fault if someone hurts you.
- You should always tell someone you trust.
- You have the right to be safe and happy.

Keeping Yourself Safe

- If someone says something upsetting, tell an adult you trust.
- Your body belongs to you! No one should touch you in a way that makes you uncomfortable.
- If someone hits or hurts you, tell an adult straight away.
- Never keep bad secrets. Some secrets (like a surprise party) are okay, but no one should ask you to keep a secret about touching, bullying, or anything that makes you feel bad.
- Be careful with presents. Some people give gifts to trick children. Always check with a trusted adult before taking gifts.
- Stay safe online. If you see something upsetting on your phone or computer, tell an adult.

If you are ever worried or scared, tell a trusted adult. We are always here to help! 😊

Our School's Promise for a Safe and Supportive Environment – Anti Bullying Policy



What is bullying?

In our school, a bully is someone who hurts someone more than once, by using words or behaviour which is meant to make them upset or frightened.

- **Emotional:** Hurting people's feelings, leaving you out, being bossed about.

- Physical: Punching, kicking, spitting, hitting, pushing.
- Through a 3rd person: Sending a friend with horrid messages.
- Verbal: Being teased, name calling, rude comments.
- Racist: Saying nasty things about you because of the colour of your skin, your religious beliefs or your culture.
- Cyber: Saying unkind things by texts, e-mail or online.

Bullying is not:

- A 'fall out' with a friend
- An accident
- Something that happens only the one time
- A one off physical act of aggression e.g, pushing someone.

How can I tell when I need a helping hand?



We will **always** treat bullying seriously.

We will talk to the bully and explain that they **MUST** stop being unkind to you. We will give out warnings or punishments and will talk to parents. Hopefully the bully will realise that he or she is being unkind and will show that they are able to behave more kindly to others so that you can feel safe and happy in school. An adult at the Nest will check to make sure you are okay.

What should I do if I'm being bullied?

Start **T**elling **O**ther **P**eople

DO:

- Ask them to **STOP**, if you can.
- Use eye contact and tell them to go away
- Ignore them and walk away.
- Act as though you don't care what they say or do
- Talk to a friend.
- Tell someone and get help straight away

- Use the classroom Worry Box if you are too worried to speak openly about what is happening
- Remember it is **NOT** your fault.

DON'T:

- Get angry or fight back - try not to react
- Hit them.
- Think it's your fault.
- Hide it.
- Do as the bully says.

Speak To Other People

What should I do if I see someone else being bullied?



- Tell an adult straight away. Don't stay silent or the bullying will keep happening
- Tell the bully to stop if it is safe to do so. Don't get too involved as you might get hurt or end up in trouble yourself
- Comfort the person who has been a victim of bullying and tell them to speak to someone. Reassure them that it is not their fault.

We will all work together to S.T.O.P. bullying



We want to make everyone feel safe and happy. Bullying can make people feel frightened and unhappy.

To deal with bullying, we will help everyone:

- To get on well together
- Respect and understand each other
- To believe that everyone has the right to be who they are.

Together, We Can Make Our School a Safe Place for Everyone!