



Scoil Phádraic Cailíní, Donabate, Co. Dublin

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Bí Cineálta.

This year all schools are updating their Anti-Bullying Policy in alignment with the new Bí Cineálta procedures. This will further support the systems we have in place to ensure that our pupils can play and learn in a happy environment.

This year the pupils will work on a pupil-friendly version of the Scoil Phádraic Cailíní Bí Cineálta Policy and display it around the school, on our website and where the school community can see it.

Bí Cineálta means Be Kind. As part of a recent Friday assembly, we discussed random Acts of Kindness and the children were encouraged to perform many kind acts at home and in school. Different ideas included: making a card for an elderly relative, thanking somebody at home and including children in their games. We believe that a simple act of kindness can help a person feel valued and reduce any tendencies towards unkind or bullying behaviour. We are encouraging everyone to set this example and to get involved in choosing kindness and be the reason to make someone smile.

Core definition of Bullying Behaviour.

Bullying is targeted behaviour, online or offline that causes harm. The harm caused can be physical, social and/or emotional in nature. Bullying behaviour is **repeated over time** and involves an imbalance of power in relationships between two people or groups of people in society.

In Scoil Phádraic Cailíní, we are committed to ensuring that all pupils who attend our school are safe from harm and that the wellbeing of our pupils is at the forefront of everything that we do. We recognise the negative impact that bullying behaviour can have on the lives of our pupils and we are fully committed to preventing and addressing bullying behaviour.

Signs and Symptoms

A child may indicate by signs or behaviour that she is being bullied. Adults should be aware of these possible signs and that they should investigate if a child:

- Is frightened of walking to or from school
- Begs to be driven to school
- Changes their usual routine
- Is unwilling to go to school (school reluctance behaviour)
- Becomes withdrawn, anxious, or lacking in confidence
- Attempts or threatens self-harm



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- Cries themselves to sleep at night or has nightmares/bedwetting
- Regularly feels ill in the morning
- Begins to do poorly in school work
- Comes home with clothes torn or books damaged
- Has possessions go “missing”
- Has unexplained cuts or bruises
- Becomes unreasonable when dealing with school issues
- Issues around eating
- Is frightened to say what’s wrong
- Gives improbable excuses for any of the above

These signs and behaviours could indicate other problems, but bullying should be considered a possibility and should be investigated.

Staff Training

The Assistant Principal attended Bí Cineálta training for school leaders. This provided information on Cineáltas and Bí Cineálta procedures.

Scoil Phádraic Cailíní will avail of a half-day school closure on Thursday, 29th of May 2025 to facilitate engagement of all school staff with these procedures.

Our approach to any unkind or inappropriate behaviour is guided by our Code of Behaviour as well as our Anti-Bullying Policy.

In dealing with this behaviour we use a “Restorative Practice” approach.

Restorative Practice approach is a way working with conflict that puts the focus on restoring relationships. It supports the ability to empathise and find solutions to problems.

All staff have been trained in this.

Ownership

Through use of the different programmes in the curriculum such as Stay Safe, Walk Tall and Webwise, we teach children about what bullying is and what we can do if a bullying incident occurs. Children at Scoil Phádraic Cailíní learn about the different roles that people can take in a bullying situation. They are taught that a bystander is someone who sees or knows about bullying or other forms of violence that is happening to someone else; they can either be part of the problem (hurtful bystander) or part of the solution (helpful bystander). Children also learn the importance of communicating if they have been bullied or witnessed incidents of bullying. We have a culture of developing positive relationships between staff and pupils in our school. We have a very active Pupil’s Council who have the opportunity to represent their class and liaise between staff and pupils.



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Our sixth class girls really enjoy being cara's and working with the younger pupils in our school. Being a Cara unleashes the leadership potential in our senior pupils, helps them to develop a sense of responsibility and set a good example for our younger girls helping to keep them safe as well as having fun.

Dealing with Bullying

It is recognised that incidents of bullying occur in all schools. It is essential that all such incidents are taken seriously and dealt with in an appropriate manner. A pupil or parent may report an incident to any member of staff; Scoil Phádraic Cailíní recognises a collective responsibility among the whole staff to ensure that any incidents are dealt with in a consistent and effective manner. The staff, led by the Principal, will be responsible for embedding anti-bullying awareness in the policies and practices of the school.