

ST. MARY'S CATHOLIC HIGH SCHOOL

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'50 GOLDEN YEARS'

'CHERISHING THE PAST! CELEBRATING THE PRESENT! CHAMPIONING THE FUTURE'

Date : Monday, 19th November 2018

**To : Parents of students from Year One - Year Thirteen : MINISTRY OF EDUCATION LAUNCHES
'NATIONAL PREVENTION OF ANTI-BULLYING WEEK'**

Dear Parents,

Greetings from St. Mary's Catholic High School, Dubai. The Ministry of Education has launched the 'National Prevention of Anti-Bullying Week' from the 18th to the 24th of November 2018. 'Bullying' and the various behaviours and attitudes that are associated with it are discussed with students on a regular basis at school during PSHE lessons, morning assemblies as well as registration time with their class teachers. We are constantly encouraging and promoting the values of tolerance, integrity and respect at school among a myriad of other core values that build character.

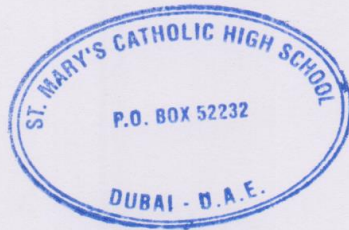
We would appreciate if you as parents, could reiterate these values at home and remind children about the importance of respecting both self and others. We would also be grateful if you would spend a few minutes to access a survey link provided by the Ministry that we have put on the school website and please complete the simple survey. This is different from the KHDA Parent Survey.

We have also organized a renowned specialist in the field of Cyber Security to come to our school and have an informative sessions with our students from years 6-9 on 'Cyber Bullying' and the impact of over indulgence and addiction to social media and the internet. This has been scheduled for these year groups tomorrow during school hours.

We are grateful for your constant collaboration in working together to help our children realise their true potential and more importantly towards helping them build up a strong and resilient character that will help them better cope with the demands of being learners in the 21st century.

Yours sincerely,

**Mr. Paul Asir Joseph
(Principal)**





THE SUPREME COUNCIL FOR
Motherhood
& Childhood



United Arab Emirates

The Anti Bullying Parent's Guide



Bullying causes severe mental health damage to children and can affect their learning abilities, and could last a life time



H.H. Sheikha Fatima bint Mubarak
President of The Supreme Council for
Motherhood & Childhood
has been keen on supporting
women, children, adolescents and newborns
anywhere around the world.
Hence, the commencement of the
"anti-bullying" program organized
by the Council in the UAE
in collaboration with UNICEF,
Ministry of Education and Abu Dhabi
Education Council
as per Her Highness's directives
to build healthy and progressive relations
between students, parents & caregivers and
educational staff members.
This approach is based on the consistent and
persistent approach of UAE's leadership
to provide all means of support for students
in order to reinforce their personalities positively
and keep them away from harm,
thus ensuring they will have a prosperous future.



Here's what you need to know as a parent

What is bullying?

It's the use of deliberate force forms of verbal or physical abuse whether individual vs individual or group vs individual, it is unjust and repetitive behavior and over time it is intended to hurt or pressure someone, where this person is unable to defend him/herself, due to the unequal strength between the bully and the person getting bullied.

Forms of bullying

Physical

Beating, kicking, throwing stuff, taking others' belongings and hiding it

Verbal

Cursing, harsh criticism, name calling, spreading rumours, phone calls and anonymous emails

Suggestive

Threatening, rude gestures, intentional neglect or alienation, and threats by staring

Social

Allying against someone, persuading others to alienate someone

How To Tell

If My Child Is Bullied?

Sometimes you can discover that your child is being bullied, or you see an effect that is suspicious

Physical signs:

Unjustified bruises, scratches or cuts, torn clothes or damaged belongings

School-related behaviors: Lack of desire or fear of going to school, fear of riding a school bus, asked to be dropped off to school by adults, low level of scholastic performance, returning from school in extreme hunger because his money was taken from him), complaining of losing his/her belongings, asking for an increase of money (to give it to the bully).

Psychosomatic symptoms:

Uncertain pain, headache, abdominal pain, mouth ulcers

Changes in social behavior:

Getting close to a few friends and not wanting to go out, not meeting with his/her friends as often as usual.

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Getting close to a few friends and not wanting to go out, not meeting with his/her friends as often as usual.

Emotional indicators:

Signs of pain, unhappiness, loneliness, depression, desire to cry, stuttering, thinking of suicide.

Disturbing Behaviors:

Nervousness and bad moods, not eating, eating too much, inability to sleep, nightmares, crying during sleep, wetting the bed, unwillingness to talk about what is happening.

Health indicators:

General stress, low performance, poor resistance to infection, recurrent diseases, threat or attempted suicide.



What Can I Do to prevent involved in bullying



my child from getting at school?

1. During the early days of the child's life, do whatever you can to enhance his / her feeling of a safe relationship with the care provider, because the lack of safety and serious anxiety during childhood can affect a child's ability to connect with his classmates later.
2. Be careful when choosing and using child care centers were in resorting to substandard centers in an early age can harm some children psychologically and affect their relationship with other children in school later on.
3. Keep in mind that during different stages of a child's development he/she need more opportunities to act independently and therefore you have to practice your role in a way that combines control and support at the same time.
4. Avoid the cold authoritarian relationship and over-controlling your child because it leads to acts of violent with his/her classmates.
5. Do not use bullying tactics or your child will become another copy of you
6. Do not be too lenient with your child because he/she needs to know that there are limits to everything he/she does
7. Do not overprotect your child by reducing the amount of experience he/she can learn from, and thus can mix with other different students, because your excessive protection of the child can make him vulnerable to bullying.
8. Positive aspects of a child's behavior must be discovered and enhanced because it will helps him/her to accept him/herself and trust in his/her personality, consequently becoming less affected by bullying.
9. You must show feelings of empathy with others through your personal behavior, this will help your child accept others and become more cooperative and less inclined to bullying.
10. Your child should be taught the Golden Rule (and practice it as well), which says in the Hadith: *(love for your brother what you love for yourself)*

What Can I Do If

If you suspect that your child may have been bullied in school, encourage him/her to talk to you about what happened with him/her, and know that it can be difficult for a child to talk about it, so be patient.

1. Beware to leave the situation up to the child to fix on his/her own under the argument that the child should defend him/herself from bullies, because this method will not work in most cases, especially if the child was bullied by a group of students.

2. At the same time, do not over-protect your child, and say, for example: "Well, Stay home and do not go to school and I'll take care of it."

3. Listen to your child with interest and empathy and try to know what is happening to him/her without pressing or questioning him/her to talk about what is happening.

4. It is not good to talk to the bully's parent, as it is not wise to face the child who is bullying your child.

5. Decide if it is best to discuss the problem with the school or not. This will depend on:

1. the severity of the bullying.
2. whether the child can learn how to address the situation or not.
3. the child's will to discuss the problem with the school.

P.S. In case the bullying is highly dangerous, ask the school for advice although the child may refused to do so.

6. If you decide to discuss the problem with the school, make sure to describe what happened to your child as accurately as possible.

7. Remember that the school needs to know what happened to your child for the benefit of all other children.

8. You will be sure that the bullying problem you have discussed will be carefully considered and addressed according to the school policy against anti-bullying.

My Child Is Bullied?



What Can I Do If

My Child Is Bullying Others?



- Deal with the situation clearly and seriously and take action to prevent it from continuing.
- Try to know why your child is doing this, maybe he/she were provoked. If that is true, look for ways to stop this provocation, which maybe, for example, calling him unkind names. Therefore, you can work on preventing this behavior without getting involved in bullying.
- Do not seek to threaten or punish your child in general because he / she is acting improperly, especially using physical punishment.
- If the child is involved in bullying as a result of others encouragement try to direct him to assess his own behavior, to judge what he has does and whether it is good to be affected by others.
- Show your appreciation of your child's behavior if he sympathizes with people who have been abused or harassed.
- Make sure that you are not involved in bullying because the model you show of yourself to your child is more influential when what you say.
- If you can't prevent the bullying, ask the school for help, because working with the school in these cases can often lead to better results.
- If the school tells you that your child is bullying others and ask you to come, be prepared to cooperate with the school in developing a plan to assess your child's behavior and stop what is happening.