



# WELLBEING NEWS

"Bullying is defined as an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and or social behaviour that intends to cause physical social and or psychological harm."

Dr Michael Carr-Gregg

## Understanding Bullying: What It Is, What It Isn't, and How to Help

At St Patrick's, we are committed to providing a safe and supportive environment for every student. One important part of this is helping our community understand what bullying really is- and what it isn't- so we can all respond in helpful ways.

### ***What is bullying?***

Bullying is when someone intentionally and repeatedly hurts, frightens or excludes another person. It can take many forms:

- Physical: hitting, pushing or damaging someone's belongings
- Verbal: name-calling, insults or threats
- Social: spreading rumours, excluding someone on purpose or encouraging others to do the same
- Cyber: using technology to send hurtful messages, post embarrassing photos or spread rumours online

A key part of bullying is that it usually happens more than once and involves a power imbalance – where one person (or group) has more power over another.

### ***What isn't bullying?***

It's important to remember that not every unkind act or disagreement is bullying. Examples that are not bullying include:

- A single argument or fight between friends
- Accidentally bumping into someone
- Teasing that is playful and accepted equally by everyone involved

While these behaviours might still be upsetting and need to be addressed, they are different from bullying because they are not ongoing and intentional.

### ***How can families help?***

1. Talk openly: Encourage your child to share what's happening at school and how they feel.
2. Help them name it: Use words like 'unkind behaviour' or 'bullying' accurately, so they understand the difference.
3. Support rather than solve: Teach your child strategies to respond calmly, seek help and stand up safely, rather than fighting back.
4. Contact us: If you suspect bullying, please let your child's teacher or a member of the school leadership team know. Early communication helps us investigate and support everyone involved.
5. Promote kindness and empathy at home: Simple conversations about respecting differences and including others can make a big difference.

By working together, we can help every child feel safe, valued and connected at school.

If you'd like more information, resources or to talk through any concerns, please don't hesitate to contact us.



Visit our [SchoolTV](#) page for expert advice, videos and further resources to help with this topic.



Challenging Bullying



Kidshealth - Bullying

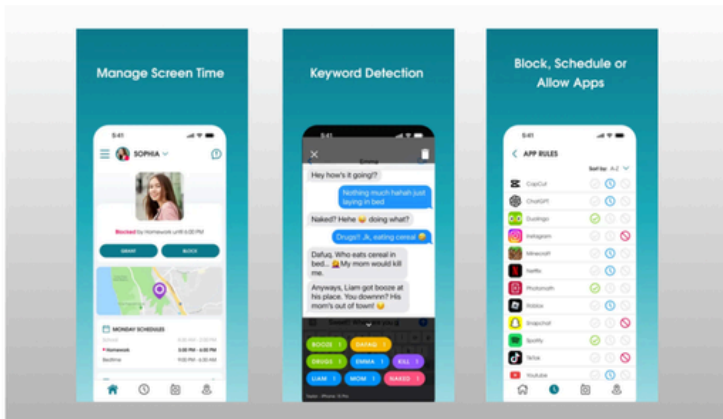


Sit With Us

# WELLBEING APPS WE



## OUR PACT



OurPact is a parental control and screen time management app designed to help families guide healthy device use. With OurPact, parents can block or allow apps, set daily screen time limits, schedule device-free times (like during homework, family meals, or bedtime), and track kids' locations with GPS.

It's a user-friendly tool that supports parents to encourage balance, focus and digital wellbeing, helping children develop healthy habits around technology.

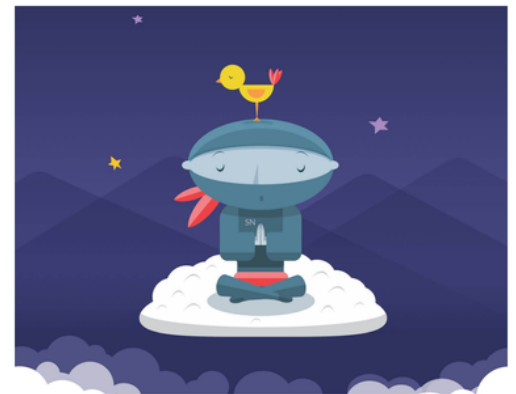
## SLEEP NINJA

Sleep Ninja® is a free, evidence-based smartphone app shown to be effective in helping young people with sleep problems. Over six weeks, Sleep Ninja teaches skills based on cognitive behavioural therapy for insomnia (CBT-I), which promotes sleep quality and healthy sleep habits and reduces symptoms of depression and anxiety.

Sleep Ninja is designed for use during the day (not at bedtime).

The app leads young people through six training sessions that include:

- The importance and role of sleep.
- How to become aware of any habits contributing to poor sleep (e.g., sleep environment, daytime routine, bedtime routine).
- Behavioural and cognitive strategies to change unhelpful sleep patterns.



## RAISING HEALTHY MINDS

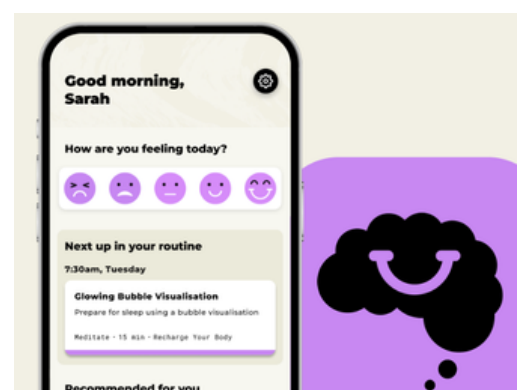


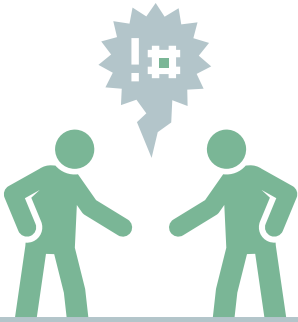
Raising Healthy Minds is a free app created by the Raising Children Network to help parents and carers support their children's social, emotional and behavioural wellbeing. The app offers practical tips, videos and articles tailored to your child's age, covering topics like managing big feelings, building resilience, and supporting positive relationships. It's designed to help families foster healthy minds and thriving kids, every day.

## SMILING MIND

Smiling Mind offers a variety of online meditation sessions and other daily meditation activities suitable for children, young people and adults. The app can measure progress and skills, as well as set daily meditation reminders. As your meditation skills develop, the sessions become more advanced.

Smiling Mind is an easy to use app that will help reduce stress and improve wellbeing.





## Friendship Fire

When there's a disagreement between friends. This is a normal part of relationships, but it's important to resolve it respectfully.

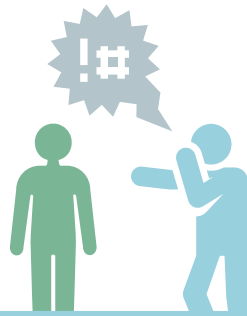
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### KEY TRAITS

- Usually a one-time incident.
  - Both parties involved are upset.
  - Can be resolved through communication and compromise.
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### EXAMPLE

Two friends disagree on what game to play and have a heated argument.



## Mean on Purpose

When someone is hurtful to others on purpose. This is intended to cause emotional pain.

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### KEY TRAITS

- Intentional and deliberate.
  - One-sided, with the intent to harm.
  - May involve name-calling, insults, or exclusion.
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### EXAMPLE

A student calls another student names and laughs when they get upset.



## Bullying

When someone repeatedly uses words and/or actions to hurt others on purpose. It involves a power imbalance.

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### KEY TRAITS

- Repeated and ongoing.
  - Power imbalance (physical, social, or emotional).
  - Intentional harm.
  - Can be verbal, physical, or cyber.
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### EXAMPLE

A group of students consistently exclude a classmate from activities and spreads rumours about them.