



Dear Parent or Carer

Monday 9th February 2026

Anti-Bullying update.

As parents and carers, we know that you want your child to be safe and happy at school. One way that we are working hard to keep children safe is through our anti-bullying strategy.

At Greenford High School, we define bullying as “the **repetitive, intentional hurting** of one person **or** group by another person **or** group, where the relationship involves an **imbalance of power**”. It can be physical, verbal, **or** psychological, and can happen face-to-face **or** online.

To help shine a spotlight on anti-bullying, assemblies this week will focus upon anti-bullying and what we do as a school to ensure that any incident of bullying is dealt with swiftly and efficiently. Assemblies will take place from **Monday 9th to Friday 13th February 2026**.

GHS Anti-Bullying Strategy			
Stage 1	Stage 2	Stage 3	Stage 4
1 st incident of bullying recorded on SIMs - L4 Behaviour	2 nd incident of bullying recorded on SIMs - L4 Behaviour	3 rd incident of bullying recorded on SIMs - L4 Behaviour	4 th incident of bullying recorded on SIMs - L4 Behaviour
60-minute detention Restorative conversation.	Internal Exclusion Attend Anti-bullying workshops.	Suspension from school (1-5 days) Parent or carer meeting.	Suspension or permanent exclusion from school. School to school placement.

What happens if bullying occurs?

In the first instance, students will accrue a level 4 behaviour point and receive a 60-minute detention for any of the following types of bullying to a member of our community -

- Bullying by name calling.
- Bullying on social media.
- Bullying in relation to homophobia or transphobia.
- Bullying in relation to racism.
- Bullying in relation to sexism or misogyny.
- Bullying physically.
- Bullying in relation to someone's disability.

If a student bullies more than once for any of the reasons stated above, they will receive the following sanctions

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 We respect all members of the community and do not tolerate bullying.**

- They will receive an **internal exclusion day**.
- They will attend a series of **anti-bullying workshops**.
- They will be involved in a restorative meeting with the victims of bullying.

Following this, if a student is found to be bullying again, they will receive a **suspension**, and further instances of bullying could result in **permanent exclusion**.

Who can students go to if they are bullied?

Students are familiar with this visual, reminding them of who they can go to if they are being bullied.



How can you help?

Most importantly, as a parent or carer, you are vital in helping us tackle bullying by helping your child recognise bullying.

Use the bullying temperature check below to help identify any signs of bullying from your child.

<u>Green</u>	My child seems happy and content. They like to go to school and have good relationships with other children and staff. While they have the occasional situation where others say or do unkind things to them, or they have said or done unkind things to others, they have been able to resolve the situation (including saying sorry if they have hurt someone else).
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<u>Amber</u>	My child is sometimes sad and can be reluctant to go to school. While they mention one or two friends, they seem to have regular fall outs with other children and have mentioned a few situations where children have said or done unkind things to them, or they have said or done unkind things to other children. They seem unsure how to resolve these situations, and I am not sure they are receiving enough help
<u>Red</u>	My child is often sad or upset and does not like school or their usual activities. They do not seem to have friends, and I am concerned that other children often say or do unkind things to them. They urgently need help to resolve the situation and to enjoy their school and social life.

If you want more information on how to spot bullying, when to step in and what advice to give, please visit the Anti-Bullying resource for parents [here](#) or visit their website -

[:https://anti-bullyingalliance.org.uk/tools-information/advice-and-support/advice-parents-and-carers](https://anti-bullyingalliance.org.uk/tools-information/advice-and-support/advice-parents-and-carers)

If you have any questions regarding the above, please do not hesitate to contact your child's pastoral team or myself, using the contact information below.

Mr M Harvey

mharvey@greenford.ealing.sch.uk

Assistant Headteacher