The 2014 National Day of Action against Bullying and Violence is the biggest yet with more than 750,000 students from 1,615 schools all ‘taking a stand together’ against bullying and violence. Saint Martin of Tours is counted as one of these schools in the 2014 National Day of Action against Bullying and Violence to be held on March 21st.

As a registered school we have ordered TAKE A STAND TOGETHER wristbands for every child and staff member. Wristbands are a colourful way to show our school’s support for the 2014 National Day of Action.

Each year level will be working with their Buddy grade on some exciting new activities to promote the messages of the National Day of Action against Bullying and Violence. Our Theme this year is “BE A BUDDY NOT A BULLY,” and classes will be asked come up with ideas to promote this theme in their classroom. Children and staff will be asked to wear something purple to link with our Better Buddy Values across the school. Children can wear a purple top if they have one or just a purple ribbon.

The following resources are from the parents section of the “SAFE SCHOOLS HUB”

http://www.safeschoolshub.edu.au/

Bullying

While conflict is a natural part of growing up and learning how to socialise, bullying can have long-term effects on the wellbeing of your child. It can happen anywhere and any child can become the target of bullying.

Select the relevant link below to learn more about:

- [How parents can help](http://www.safeschoolshub.edu.au/)
- [What to do if you think your child is being bullied](http://www.safeschoolshub.edu.au/)
- [What to do if your child is taking part in bullying another child](http://www.safeschoolshub.edu.au/)

Understanding what bullying is

It is good to be clear about what bullying is, so that other behaviours, even though they might be upsetting, are not confused with bullying behaviour.
Bullying is intentional, harmful and repeated verbal, physical, social or psychological behaviour that is directed by an individual or group towards one or more persons that usually involves an imbalance of power. Single incidents and disagreements between students where there is no imbalance of power are not defined as bullying.

**A mother and son talk about comebacks**

**Staying cybersafe**

Today's young people inhabit a digital world. They routinely use social media and mobile devices – such as smartphones and tablets – to connect with each other and to communicate continually. As a parent, you need to be cybersavvy and your child needs to be cybersmart so you can both operate safely and act responsibly in this highly connected digital world.

As a parent, it is critical that you be able to recognise and know how to handle the types of common cybersafety issues your child might face when they communicate online (eg chat online, use social networking sites, upload photos and videos, talk or text using their phones, play online games, file share or shop online).

Cybersafety issues include cyberbullying, sexting, unwanted online contact, grooming, e-security, privacy, illegal or offensive online content, excessive use of the internet, identity theft, and maintaining your digital reputation.

Select the relevant link below to learn more about:

- [What is cyberbullying?](#)
- [What to do about cyberbullying](#)
- [How you can help your child to stay safe online](#)

**Find out more**

For more information on these issues, go to the [Cybersmart website](#).

**KidsMatter**

It was wonderful to see Social Emotional Learning for children making front page news in the Sunday Age on March 2nd, and to see the media engaging with a positive story on children’s emotional literacy and wellbeing with such depth.

For those that missed the piece, you can find it at:


Karen Crimmins Student Wellbeing Leader