



# Building Friendships at Seascape Primary School



At Seascape Primary School we want all of our children to feel safe and to achieve. We encourage positive attitudes and discourage behaviour which can lead to bullying. We also recognise that other incidents may happen in school, which make children unhappy, but which are not bullying behaviour.

Please read through this leaflet with your child and talk about anything that worries them. If you have any questions or concerns raised by topics discussed in this leaflet, please speak to a member of our staff.



## My friend won't play with me

Sometimes a close friend may want to take part in activities with other children, which may mean that your child cannot play with their friend. Encourage your child to make a group of friends so they do not rely on only one child for friendship. Please explain to your child that this is a normal part of friendship and does not mean your child is being bullied. If your child feels a bit lonely and is finding it hard to adjust, they can always talk to one of our staff on duty in the playground or their teacher.

Sarah is feeling unhappy and left out because her friend is playing a game with another friend. A friendly adult comes over to reassure Sarah and she finds some other friends for her to play with. Sarah is glad there is always someone to help and other friends to play with.

## Making friends

Making friendships is an important part of school life. Sometimes this can be hard for children who lack confidence or are not used to making friends. You can help your child to make friendships by practising some key social skills with them. If your child feels a bit lonely and is finding it hard to adjust, we have a Buddy Bench where children can sit. We have play leaders in Year 5 who will look after any child sitting on the Buddy Bench and help them join in the games and find someone to play with. Also, encourage positive behaviour by asking your child to look out for other children who may be playing on their own or look lonely.



Tom was feeling lonely so he is sitting on the Buddy Bench. Jack, a play leader from Year 5, comes straight over to Tom and chats to him. Then Jack arranges for Tom to join in with some fun playground games with other children. Tom is happy now and making new friends.

## I was told to go away

Sometimes children can be thoughtless in the way that they talk to each other. If another child frequently uses unkind words to tell you or an adult at the school. We have Pastoral Support workers, adults on duty in the playground and our teachers who are all available to respond to any concerns. Also, talk to your child about the impact of words, and explain that unkind words can be as upsetting as being hurt physically. Talk to them about using appropriate words to other children.

Tom is upset that he is being told to go away when he tried to join in a game. He knows he needs to tell an adult in the playground, who will help him and find other friends he can play with.



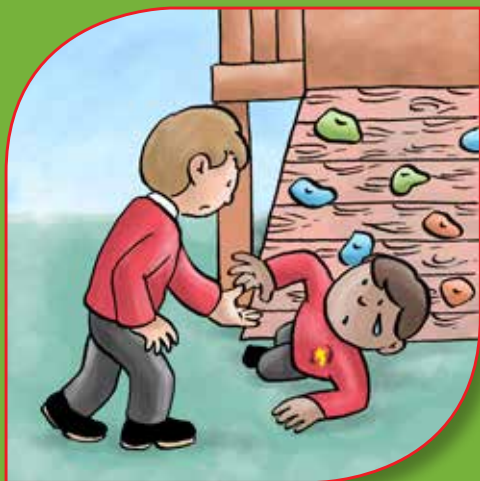
## Insulting someone and name calling

It is unfriendly to tease someone because they are different from you. Mean words can make a child feel as sad as being hurt on purpose. It is also very hurtful to insult someone's mum, dad or other members of their family. Think about how you would feel if unkind things were said about you or your family or friends.

We have Place2Be staff to help and support any child feeling lonely or upset or bullied. We also have a 'Place2Talk' box where children can post their worries and someone will respond to them.



Jack is feeling anxious as some of his classmates are saying unkind things about him. He decides to post his worries in the 'Place2Talk' box as he knows an adult will read them and help him.



## Bumps and scrapes

Hurting other children on purpose is not nice. Sometimes children hurt each other by accident. This is all part of growing up and does not mean they are being unkind to each other.

If you are hurt, go to the nearest adult and they will ensure you are taken care of by a trained first-aider.

If you bump into someone by accident, or hurt them, always remember to say “sorry”. That way the other person will know you have not hurt them deliberately and that it isn’t bullying.

Logan is upset because he fell over after Tom bumped into him when they were playing outside. Tom says ‘sorry’ and he tells Logan it was an accident. Then Tom helps Logan to get up.

## Learning to play nicely with others

It is important for children to enjoy playing with each other. We know that when children get stressed or overexcited they may not realise they are acting or playing roughly. Help your child to learn about gentle play by reinforcing this at home. A useful phrase is: ‘Use kind hands, feet and words’. Children can learn by being accountable for their behaviour. You can teach your child to make amends if they have hurt or upset another child by saying sorry or sharing a favourite toy, drawing a picture for them or playing their favourite game.



Sarah has upset Rosie when they bumped heads as they ran for the ball. Sarah wanted to make Rosie feel better so she said ‘sorry’ and offered Rosie her doll to play with.

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