

*St Joseph's
National School
Rehins, Ballina,
Co. Mayo*



Bí Cíneálta Policy

Bí Cineálta Policy to Prevent and Address Bullying Behaviour

The Board of Management of Rehins School has adopted the following policy to prevent and address bullying behaviour. This policy fully complies with the requirements of Bí Cineálta: Procedures to Prevent and Address Bullying Behaviour for Primary and Post-Primary Schools (2024).

The Board of Management acknowledges that bullying behaviour interferes with the rights of the child as set out in the United Nations Convention on the Rights of the Child. We all, as a school community, have a responsibility to work together to prevent and address bullying behaviour and to deal with its negative impact.

We are committed to ensuring that all students who attend Rehins School are kept safe from harm and that student wellbeing is at the forefront of everything we do. We recognise the negative impact bullying behaviour can have on the lives of our students and are fully committed to preventing and addressing it.

We confirm that we will, in accordance with our obligations under equality legislation, take all reasonable steps to prevent harassment of students or staff on any of the nine specified grounds: gender, civil status, family status, sexual orientation, religion, age, disability, race, and membership of the Traveller community.

Definition of Bullying

Bullying is defined in Cineáltas: Action Plan on Bullying and Bí Cineálta: Procedures as targeted behaviour, online or offline, that causes harm. The harm caused may be physical, social, or emotional in nature. Bullying behaviour is repeated over time and involves an imbalance of power in relationships between individuals or groups.

A detailed definition is available in Chapter 2 of the Bí Cineálta procedures. Each school is required to develop and implement a Bí Cineálta policy outlining how bullying behaviour will be prevented and addressed. Inappropriate behaviour that does not meet the definition of bullying is dealt with under the school's Code of Behaviour.

Section A: Development/Review of the Policy

All members of the Rehins School community were given an opportunity to contribute to the development and review of this policy.

Date : 30/09/2025

Method of Consultation : google form questionnaire.

Wellbeing Questionnaire, Staff Meeting, Policy Review

Students Surveys, Focus Groups, Parents Wellbeing Questionnaire, Focus Group with Parents' Association
Board of Management Board Meeting
Wider School
Community as necessary Consultation (e.g., Bus Driver)

Section B: Preventing Bullying Behaviour

This section sets out the prevention strategies used by Rehins School, including strategies specific to online, homophobic, transphobic, racist, sexist, and sexual harassment.

Culture & Environment

- Positive, inclusive school culture.
- Respectful relationships promoted school-wide.
- Use of circle practice in classrooms.
- Open communication and a telling environment.
- Safe physical access and active supervision.
- All staff trained to recognise and respond to bullying.

Curriculum (Teaching & Learning)

- Self-esteem development through whole-school activities.
- SPHE and RSE curriculum delivery.
- Inclusion of empathy, respect, and diversity lessons.
- Extra-curricular programmes (PE, Gardening, Meditation).
- Behaviour charts and buddy benches.
- Policies: Code of Behaviour, Acceptable Use, SEN, Child Safeguarding, etc. •
- Use of resources like FUSE, Mind Me Mind You, A Lust for Life.

Policy & Planning

- Clear anti-bullying policy implemented by all staff.
- Regular training and policy reviews.
- Strong reporting procedures.
- Policies cross-referenced: SPHE, RSE, SEN, Child Safeguarding, Acceptable Use, etc. •
- Specific approaches to support pupils with Special Educational Needs

(SEN). Relationships & Partnerships

- Strong communication with pupils and families.
- Build empathy, resilience, and respect.
- Work with local organisations and guest speakers (e.g. Barnardos). •
- Encourage parental involvement in online safety education.

Preventing Cyber Bullying Behaviour

- Promote digital citizenship.
- Implement Digital Media Literacy and SPHE.
- Clear and enforced Acceptable Use Policy.
- Ongoing conversations about respectful online behaviour. •
- Participation in Internet Safety Day.
- Education on the consequences of cyberbullying.

Preventing Homophobic, Transphobic, Racist, and Sexist Bullying

- Inclusive environment with representative displays and materials. •
- Celebrate diversity and ensure equal opportunities for all. •
- Workshops for staff, students, and parents.
- Peer support and mentoring programmes.
- Inclusive reading and teaching materials.
- Proactive reinforcement of respectful language and behaviour.

Supervision & Monitoring

Supervision

- 2 teachers and 2 SNAs supervising at all break times.
- Supervision inside on wet days.
- Always at least 2 staff on school trips.
- Clear expectations on yard play zones.
- Group planning to avoid known conflicts.
- Visitors always supervised.

Monitoring

- All incidents recorded using an incident report form.
- Thorough investigation of all reported cases.
- Follow-up actions tracked and reviewed.

Section C: Addressing Bullying Behaviour

Teachers responsible for addressing bullying behaviour will:

- Ensure privacy and sensitivity in all conversations.
- Listen to and involve the victim.
- Act quickly and appropriately.
- Inform the parents of all involved.

Steps Taken

1. Determining if Bullying Has Occurred
 - o Receive report.
 - o Collect and assess information.
 - o Document clearly.
 - o Decide based on the evidence.
2. Approaches to Address Behaviour
 - o Support the victim (check-ins, counselling, safety plans).
 - o Intervene with the bully (restorative practice, consequences, education). o
 - o Involve parents/guardians on both sides.
3. Review Progress
 - o Ongoing monitoring of interactions.
 - o Collect feedback from students, teachers, and parents.
 - o Adjust strategy if needed.
 - o Provide long-term support as required.

Support for Involved Students

1. Support for Victims
 - o Emotional and counselling support.
 - o Safety and resilience planning.
 - o Empowerment through inclusion in solutions.
2. Support for Witnesses
 - o Awareness and education.
 - o Recognition for positive action.
 - o Safe reporting systems.
3. Support for Those Displaying Bullying Behaviour
 - o Explore causes with empathy and pastoral care.
 - o Restorative conversations and improvement plans.
 - o Behaviour expectations clearly reinforced.
 - o Parental involvement to support change.

Section D: Oversight

- The principal will present bullying incident updates at each Board of Management meeting.
- This includes: number of reported incidents, ongoing cases, total cases since the start of the year.
- Verbal updates on trends, patterns, and strategies used will be included (no identifying information).
 - Policy is available on the school website and by request in hard copy.
 - A student-friendly version is displayed and available on request.

Ratification and Communication:

This policy will be in operation in October of the school year 2025/2026, having been ratified by Staff (27th September 2025) and BOM (16th October 2025). All staff will be emailed a copy of this policy and it will be available on the school website, school shared drive and on request from the school office.

This policy was ratified by the Board of Management on _____.

Signed: _____
Chairperson, Board of Management

Signed: _____
Principal