A screenshot of a video game

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Newsletter Item 14

Aim: To discuss the importance of discipline in resolving bullying behaviours, and to provide strategies for families to adopt at home

Understanding discipline

Discipline should encourage children to take responsibility for their own online and offline behaviour.

What happens at school?

Our school has policies that address the behavioural expectations of students. These plans are designed to encourage children to take responsibility for their own actions and develop self-discipline. These policies inform families, teachers and students of what is expected, and outlines rewards for positive and consequences for poor behaviour.

What can families do?

By working in conjunction with the school, families can provide their children with consistent expectations and boundaries both at school and at home.

• Set consistent, firm limits and rules. Children like to know where they stand. This includes limits and rules around internet use.

• When family rules are set, ask your children to tell you the rules in their own words.

• Be consistent with consequences and rewards.

• Acknowledge positive behaviour.

• Model desired behaviours to your children.

• Supervise your children so you know where they are and what they are doing. This also applies when they are online.

• Become familiar with your school’s behavioural policies so your children can see that you are actively involved.

Show lots of love and affection. You are the most important person in your child’s life and your time and attention is the most powerful reward you can give them.