



**Pleckgate**  
HIGH SCHOOL

# How can I get help?

**How can I report bullying or seek help for any concern I may have.**

# What to do if...



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Problem	Who and Where		
I arrive at school late?	After 8.30 sign in at Reception and then go to your lesson.	I have forgotten to bring something to school?	Explain to your subject teacher at the start of the lesson.
I am being bullied?	Tell somebody - your tutor, a parent/carer, a teacher or a friend. Alternatively email <a href="mailto:antibullying@pleckgate.com">antibullying@pleckgate.com</a> or Text 07860432312 REPORT IT!	I get something confiscated?	Ask the teacher who has confiscated it, when it can be collected and what the conditions are.
I have a dental/medical appointment	Bring a note for your tutor. This can be written in this planner. Sign out at Reception when you leave and sign in when/if you return.	I don't feel well?	Tell your teacher, tutor or your Head of Year.
I have lost something?	Lost property should be reported to Reception. Remember all property should be marked with your name. Ask Reception.	I am absent?	Get a parent/carer to phone the school on the first morning before 9.00am. Bring a letter on your return, catch up on missed work.
I don't understand a homework task?	See your subject teacher or your tutor.	I take medication?	Leave all medication at the Reception. Bring a letter from home to explain what the medication is for and when it needs to be taken.

# I'm being bullied or know someone who is being bullied

## What is bullying?



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Bullying is repeated behaviour by an individual or group that is seen as an attempt to hurt, frighten, humiliate or threaten you or someone else.

### Bullying can be:

- Physical- hitting, punching
- Verbal- name calling, insults
- Indirect- spreading rumours, excluding people
- Emotional- being unfriendly, graffiti
- Sexual- unwanted physical contact, sexting, photos
- Cyber- misuse of all areas of the internet/social media

Aspire & Believe. Act & Succeed.

[pleckgate.com](http://pleckgate.com)



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**I'm being bullied or know someone who is being bullied**

Tell someone. This could be a friend or member of staff

**Report it!**

Bullying will not be tolerated at Pleckgate

Report it so we can try to sort it!



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## **How do I report bullying?**

### **Bullying can be reported via**

Telling your form tutor or any other member of staff. (staff can report this via CPOMs)

On the school anti-bullying email address: [antibullying@pleckgate.com](mailto:antibullying@pleckgate.com)

School anti-bullying text service- 07860432312

Pleckgate High school website anti-bullying page

Visit an Anti-Bullying Ambassador. Available in the Empathy room in G9 every lunch time.



The Anti-Bullying Ambassadors



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## How can I get any other help

Report online concerns issues- follow the advice on the school website safeguarding page CEOP link

Request any help via [safeguarding@pleckgate.com](mailto:safeguarding@pleckgate.com)

This can help to arrange for someone to talk to, appointments with the school nurse, can provide information and guidance

Remember to check the 'student information' folder in showbie for other information.

Also let your tutor school council representative know of other services or changes you would like to see in school. These can then be discussed at the next school council meeting.