

## Bucket Fillers

We are bucket fillers  
when we:

Show love and respect to everyone  
Say or do something kind  
Give someone a smile  
Make others feel special  
Show understanding and compassion  
Are caring and kind towards others  
Remember to use our lids



## Bucket Dippers

We are bucket dippers  
when we:

Make fun of someone  
Do or say mean things  
Ignore someone  
Hurt someone with our hands, feet or  
equipment on purpose.  
Fail to accept we are unique children, who  
together are one!



Bucket dipping becomes the start of bullying  
when any bucket dipping behaviour is  
repeated by one child on three or more  
occasions within a half term.

Each bucket dipping incident that is reported,  
is recorded in the class behaviour book and  
action taken in line with our policy.

## What is Bullying?

Bullying is behaviour which makes another  
person or group of people feel uncomfortable,  
distressed or threatened.

Bullying is repeated over a period of time and  
unprovoked.

Bullying involves an imbalance of power.

Bullying means to cause harm which is not  
accidental.

Bullying can make those being bullied feel  
powerless to defend themselves.

## If you feel that someone has dipped into your bucket what can you do?

Tell your teacher, teaching assistant, midday  
play leader or another adult that you trust in  
school.

Tell a Bucket Dipping Investigator (BDI).  
Tell your class worry monster or write a note  
in the worry box in your classroom.

## Callands Community Primary School



## Proud to be Kind and Caring Fill-osophy (Anti-Bullying Policy)



A child friendly version

Senior Lead for Behaviour and Anti-Bullying – Mrs Davies



Safeguarding Governor – Mr Spencer (CoG)



Mrs Littler, Miss Whittaker, Mrs Brinkworth, Mrs Lee and Mrs Chambers form the Team Around the Child at Callands.

Pupil absence can be an indication of bullying, so at Callands we monitor this daily.

Pupils are actively involved in promoting bucket filling and promote an accepting, positive Anti-bullying culture at Callands. This is our Junior Safeguarding Team.



Bucket Filling is our school Fill-osophy: Proud to be Kind and Caring. This combines our School Mission statement PROUD (Preparation, Respect, Opportunity, Understanding, Determination) with our Bucket Filling behaviour. Bucket filling reduces negativity and self-centeredness and increases happiness, kindness, compassion, resilience, respect, understanding and acceptance of each other as unique. Children learn best when they feel happy. When they feel safe and valued, their buckets are filled and their mental and emotional needs are met. Children with full buckets receive a huge boost in their ability to learn and absorb information whilst realising how special, valuable and capable they are.

**Bucket Fill-osophy** helps individuals of all ages to grow in kindness, self-control, resilience and forgiveness. There are three simple rules to follow:

**Be a Bucket Filler**

**Don't dip**

**Use your lid**



Key points to remember:

When you fill someone else's bucket you also fill your own.

When you dip into someone else's bucket you also dip into your own. When someone dips into your bucket, your lid of resilience controls how much is taken out.

Our PROUD to be kind and caring Fill-osophy will teach us how to fill buckets; recognise how they become empty and how to protect what is in them!

Each week at Callands we have an assembly for Bucket Filling and we have a whole school Golden Bucket award each week too, where teachers nominate a class who have filled their bucket.

We want every person in our school to ask:

Have I filled a bucket today?

1. Be a bucket filler. Be kind.
2. Do your best not to dip.
3. Don't be mean.
4. Use your lid. Protect your bucket and the buckets of others.

Additional information can be found in our Proud to be Kind and Caring Fillosophy Anti-Bullying Policy.