



Bullying Prevention Plan for Safe and Mentally Healthy Schools

This action plan will be posted on the school's website

School Name: **Good Shepherd Catholic School**

Date: **November 11, 2019**

Safe School Action Team Composition: Please indicate number of representatives in the following categories:

Teaching Staff: 1 Students: 3 Non-Teaching: 1 Parents: 1 Community: 1 Admin: 1

Points for Consideration:

<p>Effective Action Plans consider the following sources of information:</p> <ul style="list-style-type: none"> • Current survey results (school climate) • Survey trends • Suspension reports • Feedback about safe and mentally healthy initiatives • Focus groups of students and educational partners • Audits of physical environment re: safe and mental health safe places • Review of existing programs and policies • Information and input from parents and community partners • Violent incident reports • Students sent to other schools, alt centres, offsite programs • Referrals to mental health agencies/partners 	<p>Effective safe and mentally healthy school programs:</p> <ul style="list-style-type: none"> • Are comprehensive in nature and adhere to the Foundations of a Healthy School • Reflect our mission • Reflect our faith • Focus on skill building • Focus on strengths of students and staff • Select appropriate targets for change • Select evidence based strategies and programs • Include students in the planning, implementing and evaluating of activities • Include parents in the planning and decision making process • Focus on the changing the social and physical environment • Attend to effective implementation practices
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Consider some of the following questions to help guide discussion and move you towards developing and selecting your school goals:

1. In what ways is Safe and Mentally Healthy Schools embedded into your school’s curricular programs? Are programs evidence based and age appropriate? Do gaps exist in any grade?
2. Do staff know the resources and guidelines provided for Safe Schools and Mental Health by the Ministry of Education? What type of training will be done?
3. Do all stakeholders feel welcome and involved in your school activities? What gaps, if any, are evident?
4. Are there comprehensive initiatives/programs that focus on positive, strength based assets? Are students and parents involved in the planning, decision making for these initiatives?
5. Are faith based practices focusing on spiritual and emotional health promoted as part of safe and mentally health schools?
6. Do you have anonymous confidential reporting at your school? Consider how students and staff report on mental health and bullying in your school.
7. Based on the information gathered and questions answered above identify up to three goals your school plans to implement. Complete the template below for each goal the team has identified.

Goal #1:			
Specific Goal:	Specific Implementation Strategies: (Classroom, Good News Assemblies, Special Activities)	Timelines:	Indicators of Success:
To celebrate all that is good about being human and affirm that students can make good choices by acting with compassion and having empathy for others and self	1. Mentor Text: “I Am Human” A Book about Empathy and revisit at points during the year 2. Read Aloud in Classroom Setting/Good News Assemblies Themes: *I Am Human and always learning *Being Human Means I Am Not Perfect and Make Mistakes *A Poor Choice can become a better choice with Thoughtfulness *A bad day can become a GREAT day with kindness Act with compassion, treat others with equality and be fair and rest of ideas in the mentor text	Sept.-June September October November/December January to June	1. Less reporting to the office of students of students being hurt by words 2. Staff/Volunteers hearing a difference in how students speak with each other 3. Displays in hallway filled with student displays on the themes 4. Reflection Papers written by students show more thoughtfulness as to how to fix the situations they create

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<p>Is this goal related to:</p> <ul style="list-style-type: none"> -Teacher Feedback -Student Feedback -Documentation at office from incidents at breaks 	<p>Stakeholders involved in the implementation and outcome of this goal:</p> <p>Principal, Teachers, Gr. 8 Leaders</p>	<p>How will you communicate the goal to stakeholders?</p> <p>Monthly Newsletters School Council Meetings Monthly Staff Meetings Safe Schools/Wellness Team meetings</p>
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<p>Goal #2:</p>			
<p>Specific Goal:</p> <p>To foster the virtue of kindness</p>	<p>Specific Implementation Strategies:</p> <ol style="list-style-type: none"> 1. Use of school family groups for different activities to set a goal for kindness and trying to follow the goal during different activities 2. Good News Assemblies with a dedicated time on kindness with Wellness team planning and Gr. 8 leaders facilitating 3. Use of mentor texts that develop the value of kindness 4. Participate in Kindness Week (Feb) *Focus on Pay It Forward 5. CYW support through various programs 6. Collaborative and Proactive Solutions 7. Use of the acronym "THINK" to provide students with a structure to stay focused on Kind Words 	<p>Timelines</p> <p>January-June</p>	<p>Indicators of Success:</p> <ol style="list-style-type: none"> 1. Less reporting to the office of unkind words being used 2. Staff/Volunteers hearing a difference in how students speak to each other 3. Displays in hallway filled with student acts of kindness
<p>Is this goal related to:</p> <p>School Climate Survey Parent Feedback Office Incident Reports</p>	<p>Stakeholders involved in the implementation and outcome of this goal:</p> <p>Teachers, Principal, CYW, Wellness Team and Gr. 8 leaders</p>	<p>How will you communicate the goal to stakeholders?</p> <p>Monthly Newsletters, School Council Meetings, Monthly Staff Meetings</p> <p>Safe Schools/Wellness Team meetings</p>	

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Goal #3:			
Specific Goal To continue to develop good sportsmanship in the school	Specific Implementation Strategies: -Wellness Team preparing activities for Good News Assemblies, running intramurals during winter months -posters made by students and posted in classrooms	Timelines January to June	Indicators of Success: 1. Less incidents during play of students showing poor sportsmanship 2. Student Reflections that share how they are setting goals and changing own actions
Is this goal related to: -Student Feedback -Parent Feedback -Reports on how students are interacting on the school yard	Stakeholders involved in the implementation and outcome of this goal: Teachers, Principal, Wellness Team	How will you communicate the goal to stakeholders? Monthly Newsletters School Council Meetings Monthly Staff Meetings Safe Schools/Wellness Team meetings	

Next Safe and Mentally Healthy Schools Action Team Meeting Dates: January - March.